

Carlow Operation Transformation Group Fitness Programmes

January - March 2018



SWIMMING							
Activity	Location	Duration	Start Date & Time	Description	Cost	Booking Enquiries	Contact Number & Email Address / Website
Swim For A Mile	The Talbot	2 x sessions a wk for 10 wks	Tues 16th Jan & Thurs 18th Jan. 6pm	Go from swimming 2 lengths of a pool to a mile	€30 reg fee & €3 per class	SFAM website/The Talbot	Ph: 059 9153838 / www.swimforamile.com
Swim For A Mile	Mount Wolseley	2 x sessions a wk for 10 wks	Tues 16th Jan 8.15pm. Sat 20th Jan 5pm	Go from swimming 2 lengths of a pool to a mile	€30 reg fee & €3 per class	SFAM website/Mount Wolseley	Ph: 059 9180100 / www.swimforamile.com
Swim For A Mile	Graigucullen	2 x sessions a wk for 10 wks	Tues 16th Jan & Fri 19th Jan. 9pm	Go from swimming 2 lengths of a pool to a mile	€30 reg fee & €3 per class	SFAM website/Graigucullen	Ph: 059 914 0330 / www.swimforamile.com
RUNNING							
Activity	Location	Duration	Start Date & Time	Description	Cost	Booking Enquiries	Contact Number & Email Address / Website
Couch to 5K	Presentation College Carlow	2 x sessions a wk for 10 wks	Tues 16th Jan & Thurs 18th Jan. 6-7pm	Fitness prog for people of all fitness levels	€2 a session	Joe Dunny	Ph: 085 2271188 / info@fit2go.ie
Couch to 5K	Tullow (Brother Leo Park)	2 x sessions a wk for 10 wks	Mon 15th Jan & Thurs 18th Jan. 6.45-7.45pm	Fitness prog for people of all fitness levels	€2 a session	John Kenny	Ph: 087 7956977
Couch to 5K	Rathvilly GAA pitch	2 x sessions a wk for 10 wks	Tues 16th Jan & Fri 19th Jan. 7-8pm	Fitness prog for people of all fitness levels	€2 a session	John Kenny	Ph: 087 7956977
CIRCUIT CLASSES							
Activity	Location	Duration	Start Date & Time	Description	Cost	Booking Enquiries	Contact Number & Email Address / Website
Dance and HIIT	Educate Together, Athy Road, Carlow	2 x sessions a wk for 10 wks	Mon 15th Jan & Fri 19th Jan. 6/7pm	HIIT @ 6pm, Dance class @ 7pm	€2 a session	Lesley Dempsey	Ph:085 1967077 / FusionEliteHealthandFitness@gmail.com
Circuit Classes	Supreme Fitness, O'Brien Rd, Carlow	2 x sessions a wk for 10 wks	Tues 16th Jan & Thurs 18th Jan. 10am	Circuit class to suit all levels that works the full body.	€2 a session	Caroline Shanahan	Ph:059 916 4923 / supremefitnesscw@gmail.com
FITNESS CLASSES							
Activity	Location	Duration	Start Date & Time	Description	Cost	Booking Enquiries	Contact Number & Email Address / Website
Strength and Conditioning	Mount Wolseley	2 x sessions a wk for 10 wks	Thurs 18th Jan 7.30-8.15pm	Strength and Conditioning Fitness class	€2 a session	Darryl Keogh	Ph: 059 9180100 / dkeogh@mountwolseley.ie
Lunchtime Express	The Fitness Studio	2 x sessions a wk for 10 wks	Mon 15th Jan & Wed 17th Jan 1 - 1.40pm	Strength and Conditioning Fitness class	€2 a session	Jamie Malone	Ph: 085 759 2183
Total Body Workout	HPL Dublin Road, Carlow	2 x sessions a wk for 10 wks	Tues 16th Jan & Thurs 18th Jan. 9.45-10.30am	Beginners class with light weights, cardio, flex, and water rowers	€2 a session	Sarah Alcock	Ph: 086 3251332 / alcocksarah01@gmail.com
BOOTCAMP							
Activity	Location	Duration	Start Date & Time	Description	Cost	Booking Enquiries	Contact Number & Email Address / Website
Paulie's OT Bootcamp	Carlow Town Hurling Club	10 weeks unlimited sessions	Mon 15th Jan. 6 days a week. See Facebook for times	Bootcamp style class tailored to clients of all levels of fitness	€60 for unlimited classes	Paul Ward	Ph: 086 8401820 / www.facebook.com/PauliesBootcamp
Bootcamp	Valhalla Gym	2 x sessions a wk for 10 wks	Tues 16th Jan & Thurs 18th Jan. 9.30am	HIIT, body weight exercises, slam balls, kettlebells etc	€2 a session	Willie Sheeran	Ph: 085 7808046 / valhallagymtullow@gmail.com