

Wednesdays (cont'd)

Activity: **Boxercise/Self Defence** (Club Activity)
Contact Point: Nicolae Mesina – Fitness Instructor - 086-3041225
When: 7.45pm–8.45pm
Where: Lourdes Parish Hall

Activity: **Kickboxing** (€3 Supplement)**
Contact Point: David McGuinness - 085-8448342
When: 8pm-9.30pm
Where: Ballybough Youth and Community Centre

Activity: **Gaelic for Ma's**
Contact Point: Michael Darragh Macauley - 087-1822010
When: 8pm–9pm
Where: Larkin Community College

Thursdays:

Activity: **Yoga**
Contact Point: Bruce Mc Devitt – Senior Sports Officer - 087-1253231
When: 1pm–2pm
Where: Ballybough Youth and Community Centre

Activity: **HSE Talks – Smoking Cessation**
Contact Point: Simon Yeates
When: 3.30pm-4.30pm
Where: ILAC Centre Library , Henry Street, Dublin 1

Activity: **Gaelic for Ma's**
Contact Point: Thomas Gleeson - 085-1137728
When: 5pm-6pm
Where: St. Laurence O'Toole Recreation Centre

Fridays:

Activity: **Exercise to Music** – Limited Capacity
Contact Point: Caroline Carr – Local Volunteer - 085-1569058
When: 10am-11am
Where: Georges Place Recreation Centre

Activity: **Yoga**
Contact Point: Michael Darragh Macauley – 087-1822010
When: 1pm-2pm
Where: St. Laurence O'Toole Recreation Centre

Saturday:

Activity: **Parkrun (Fairview Park)**
Contact Point: Participants must register at www.parkrun.com
When: Every Saturday Morning (9.20am) - Walk/ Jog/ Run starts at 9.30am
Where: Fairview Park

Activity: **Hillwalking – Adventure Project Club Activity**
Contact Point: Willie Whelan – Adventure Project – 087-2943970
When: 10am-2pm
Where: Adventure Project – Newcomen Bridge

Activity: **Boxing for Women – Ballybough Boxing Club – Club Activity**
Contact Point: Elaine O'Neill - 085-1307765
When: 12.15pm–1.15pm
Where: Ballybough Boxing Club (Old Pigeon Club)

Activity: **Swimming Lane Sessions** (€4.50 Supplement)
Contact Point: Mary Bolger Hinds - 086-7759954
When: 7.15pm–8pm
Where: Sean McDermott St Pool

Sundays:

Activity: **Swimming Lane Sessions** (€4.50 Supplement)
Contact Point: Mary Bolger Hinds - 086-7759954
When: 12pm–12.45pm
Where: Sean McDermott St Pool

Activity: **Swimming Lane Sessions** (€4.50 Supplement)
Contact Point: Mary Bolger Hinds (086-7759954)
When: 6.30pm–7.15pm
Where: Sean Mc Dermott St Pool



Change For Life

Only €15 for 5 weeks of Core Activities!!



Change for Life Programme Timetable

Open to All Adults

Programmes start 2nd week of November 2019 (5 Week programmes)

Please note some classes may be limited by capacity

** Please note that some classes charge a supplementary cost per class **

Change for Life	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am						Parkrun (Fairview) - 9.20am	
10am	Yoga (Georges Place), Boxercise (St.Laurence O'Toole Recreation Centre)	Exercise to Music - Lourdes Parish Hall	Fitness Class (Georges Place)		Exercise to Music (Georges Place)	Hillwalking (Adventure Project - Newcomen Bridge)	
11am	Aquafit (Sean McDermott St Pool - €5 Supplement)						
12pm						Boxing for Women (Ballybough Boxing Club)	Swimming Lane Lessons (€4.50 Supplement)
1pm		Spin Class (Ballybough Youth and Community Centre)	Exercise to Music (Lourdes Parish Hall), Pilates (Ballybough Youth and Community Centre)	Yoga (Ballybough Youth and Community Centre)	Yoga (St.Laurence O'Toole Recreation Centre)		
2pm							
3pm				HSE Talk - Smoking Cessation (ILAC Centre)			
4pm							
5pm							
6pm	Yoga (St.Laurence O'Toole Recreation Centre)			GAA for Ma's (St. Laurence O'Toole Recreation Centre)		Adult Swimming Lane Sessions (€4.50 Supplement)	Swimming Lane Lessons (€4.50 Supplement)
7pm	Spinning (Ballybough Youth and Community Centre), Hydrofit (Sean McDermott St Pool) - €5 Supplement	Killer Combo (Ballybough Youth and Community Centre)					
8pm	Boxercise and Self Defence (Lourdes Parish Hall), Kickboxing (Ballybough Youth and Community Centre) - €3 Supplement		Boxercise and Self Defence (Lourdes Parish Hall) , Kickboxing (Ballybough Youth and Community Centre) - €3 Supplement, GAA for Ma's (Larkin Community Collage)				

Only €15 for 5 weeks of Core Activities

Change for Life Programme

Open to All Adults

Programmes start 2nd week of November 2019 (5 Week programmes)

Please note some classes may be limited by capacity

** Please note that some classes charge a supplementary cost per class **

Mondays:

Activity:

When:

Contact Point:

Where:

Yoga

Every Monday 10.30am-11.30am

Caroline Carr – Local Volunteer – 085-1569058

Georges Place Recreation Centre

Activity:

When:

Contact Point:

Where:

Boxercise

Every Monday 11am-12pm

Dave Fitzsimons – Fitness Instructor – 086-0241749

St. Laurence O'Toole Recreation Centre

Activity:

When:

Contact Point:

Where:

Yoga

6pm–7pm

Dave Mc Guinness - HSCL Officer- 085-8448342

St. Laurence O'Toole Recreation Centre

Activity:

When:

Contact Point:

Where:

Spinning - Limited to 14 Bikes

7pm–8pm (Ring on morning of activity to book place)

Ballybough Youth and Community Centre - 01-2228584

Ballybough Youth and Community Centre

Activity:

When:

Contact Point:

Where:

Hydrofit (€5 Supplement) **

7pm–8pm

Mary Bolger Hinds – Swim Ireland – 086-7759954

Sean Mc Dermott Street Swimming Pool

Activity:

When:

Contact Point:

Where:

Kickboxing (€3 Supplement) **

8pm–9.30pm

David Mc Guinness – HSCL Officer – 085-8448342

Ballybough Youth and Community Centre

Activity:

When:

Contact Point:

Where:

Boxercise & Self Defence (Club Activity)

Sean McDermott St Taekwondo Club Activity

7.45pm–8.45pm

Nicolae Mesina– 086-3041225

Lourdes Parish Hall

Tuesdays:

Activity:

When:

Contact Point:

Where:

Exercise to Music

10am–11 am

Alysia Arkins – Fitness Instructor – 0858264065

Lourdes Parish Hall

Activity:

When:

Contact Point:

Where:

Spinning - Limited to 14 Bikes

7pm – 8pm (Ring on morning of activity to book place)

Ballybough Youth and Community Centre - 01-2228584

Ballybough Youth and Community Centre

Activity:

When:

Contact Point:

Where:

Killer Combo

Every Tuesday 7pm–8pm

Ballybough Youth and Community Centre - 01-2228584

Ballybough Youth and Community Centre

Wednesdays:

Activity:

Contact Point:

When:

Where:

Exercise to Music

Alysia Arkins – Fitness Instructor – 085-8264065

1pm–2pm

Lourdes Parish Hall

Activity:

When:

Contact Point:

Where:

Pilates

1pm–2pm

Ballybough Youth and Community Centre - 01-2228584

Ballybough Youth and Community Centre