

Activity: Yoga
Contact Point: Bruce Mc Devitt (087-1253231)
When: Every Wednesday 5pm – 6pm
Where: St. Laurence O’Toole Recreation Centre

Thursday: **Activity:** Adventure Group
Contact Point: Derek Ahern - 086-3821773
When: Every Thursday 10am start
Where: Various Pick Up stops – Contact Derek Ahern each week for further info

Activity: Bootcamp
Contact Point: John Sweeney - 087-9809095
When: Every Thursday 1pm – 2pm
Where: St. Laurence O’ Toole Recreation Centre

Activity: Gaelic for Ma’s
Contact Point: John Sweeney - 087-9809095
When: Every Thursday 5pm – 6pm
Where: St. Laurence O’ Toole Recreation Centre

Activity: Kickboxing Fitness
Contact Point: Dave Mc Guinness (Home School Liaison Officer) – 085-8448342
When: Every Thursday 6.30 – 7.15pm
Where: St. Marys Youth Centre East Wall

Activity: Fitness through Football
Contact Point: Neil Keoghan (FAI) – 083-8795580
When: Every Thursday 7pm – 8pm
Where: Hardwicke Street Pitch

Activity: Drum and Bass Dance Group
Contact Point: John Sweeney (087-9809095)
When: Every Thursday 6pm – 7pm
Where: St. Laurence O’ Toole Recreation Centre

Activity: Drum and Bass Dance Group
Contact Point: Alison Scully (085-8459636)
When: Every Thursday 6.30pm – 7.30pm
Where: O’Connells Schools Sports Hall

Friday: **Activity:** Yoga
Contact Point: Derek Ahern - 086-3821773
When: Every Friday 11am – 12pm
Where: Georges Place Recreation Centre

Activity: Yoga
Contact Point: Derek Ahern - 086-3821773
When: Every Friday 1pm – 2pm
Where: Ballybough Youth and Community Centre

Activity: Walking Group (Starts 18th January)
Contact Point: John Sweeney - 087-9809095
When: Every Friday 6pm – 8pm
Where: Meet at St. Laurence O’Toole Recreation Centre

Activity: Bootcamp (Cardioblast)
Contact Point: Aaron Farrell - 086-0574530
When: Every Friday 7pm – 8pm
Where: O Connells Sports Hall

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

Activity: Fitness Class
Contact Point: Derek Ahern - 086-3821773
When: Every Saturday 11am – 12pm
Where: Ballybough Youth and Community Centre

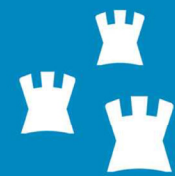
Activity: Social Football
Contact Point: Neil Keoghan (FAI) - 083-8795580
When: Every Saturday 6pm – 7pm
Where: Aldborough Place

Activity: Fitness through Football
Contact Point: Neil Keoghan (FAI) - 083-8795580
When: Every Saturday 7pm – 8pm
Where: Aldborough Place

Activity: Aquafit
Contact Point: Carol Finlay (Swim Ireland) – 086-8384346
When: Every Friday 3pm – 4pm
Where: Sean Mc Dermott Street Swimming Pool

Participants looking to sign up to Aquafit must register with Carol Finlay (Swim Ireland) – 086-8384346 prior to attendance as places are limited.

Change 4 Life Programmes 2019



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



Change for Life Programme Timetable

Open to All Adults

Programmes start week of January 21st 2019 (6 Week programmes)

Please note some classes may be limited by capacity

Change for Life	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	Yoga (St. Josephs Fairview) 9.15am	Boxfit (St. Josephs Fairview)- 9.15am - 10.15am				Parkrun (Fairview) - 9.20am
10am	Pilates (Central Model School) - 9.40am			Adventure Challenge Group (Meet and Pick Up - Ballybough Youth and Fitness Centre)		
11am	Walking Group (Georges Place)		Fitness Class (Georges Place)		Yoga (Georges Place)	Fitness Class (Ballybough)
12pm						
1pm	Bootcamp (St. Laurence O Toole Rec Centre)	Couch to 5km (Mountjoy Square)	Social Football Drop - In (Ballybough) , Yoga (St. Laurence O Toole Recreation Centre)	Bootcamp (St. Laurence O Toole Rec Centre)	Yoga (Ballybough)	
2pm						
3pm			AquaFit (Sean Mc Dermott St Pool)			
4pm						
5pm	Yoga (St. Laurence O Toole Recreation Centre)		Yoga (St. Laurence O Toole Recreation Centre)	Gaelic for Ma's (St. Laurence O Toole Recreation Centre)		
6pm			Fitness (Ballybough)	Kickboxing Fitness (St. Marys East Wall) - 6.30pm, Drum and Base Dance Class (St. Laurence O Toole Recreation Centre)	Walking Group (St. Laurence O Toole Rec Centre)	
7pm	Spinning (Ballybough), Bootcamp (O'Connell's Sports Hall)	Gaelic for Ma's (Ballybough)	Bootcamp (O'Connell's Sports Hall)	Fitness through Football (Hardwicke), Drum and Base (O'Connell's Sports Hall)	Bootcamp (O'Connell's Sports Hall)	Fitness Through Football (Aldborough Place)
8pm		AquaFit (Sean Mc Dermott Pool)				

Change for Life Programme

Open to All Adults

Programmes start week of January 21st 2019 (6 Week programmes)

Please note some classes may be limited by capacity

Mondays:

Activity:
When:
Contact Point:
Where:

Yoga

Every Monday 9.15am – 10.15am
Dave Mc Guinness (Home School Liaison Officer) – 085-8448342
St. Josephs CBS Fairview

Activity:
When:
Contact Point:
Where:

Pilates

Every Monday 9.40am – 10.40am
Dave Mc Guinness (Home School Liaison Officer) – 085-8448342
Central Model School

Activity:
When:
Contact Point:
Where:

Walking Group

Every Monday 11am start
Derek Ahern - 086 - 3821773
Meet at Georges Place Recreation Centre

Activity:
When:
Contact Point:
Where:

Bootcamp

Every Monday 1pm – 2pm
John Sweeney - 087-9809095
St. Laurence O'Toole Recreation Centre

Activity:
When:
Contact Point:
Where:

Yoga

Every Monday 5 – 6 pm
Dave Mc Guinness (Home School Liaison Officer) – 085-8448342
St. Laurence O'Toole Recreation Centre

Activity:
When:
Contact Point:
Where:

Spinning

Every Monday 7pm – 8pm
Derek Ahern - 086-3821773
Ballybough Youth and Community Centre

Activity:
When:
Contact Point:
Where:

1000 Calories Bootcamp

Every Monday 7pm – 8pm
Aaron Farrell - 086-0574530
O'Connell's Sports Hall

Tuesday:

Activity:
Contact Point:
When:
Where:

Boxfit

Dave Mc Guinness (Home School Liaison Officer) – 085-8448342
Every Tuesday 9.15am – 10.15am
St. Josephs CBS, Fairview

Activity:
Contact Point:
When:
Where:

Couch to 5k

Colette Quinn (Athletics Ireland) – 085-8712817
Every Tuesday 1pm – 2pm
Mountjoy Square

Activity:
Contact Point:
When:
Where:

Gaelic Football for Ma's

John Sweeney - 087-9809095
Every Tuesday 7pm – 8pm
Ballybough Youth and Community Centre

Activity:
Contact Point:
When:
Where:

AquaFit

Carol Finlay (Swim Ireland) - 086- 8384346
Every Tuesday 8 -9pm
Sean Mc Dermott Street Swimming Pool

Wednesday:

Activity:
Contact Point:
When:
Where:

Fitness Class

Derek Ahern - 086-3821773
Every Wednesday 11am – 12pm
Georges Place Recreation Centre

Activity:
Contact Point:
When:
Where:

Social Football

Tommy Carberry (FAI) – 083-1670271
Every Wednesday 1pm – 2pm
Ballybough Youth and Community Centre

Activity:
Contact Point:
When:
Where:

AquaFit

Carol Finlay (Swim Ireland) - 086-8384346
Every Wednesday 3pm-4pm
Sean Mc Dermott Street Swimming Pool

Activity:
Contact Point:
When:
Where:

Fitness Class

Derek Ahern - 086-3821773
Every Wednesday 6pm-7pm
Ballybough Youth and Community Centre

Activity:
Contact Point:
When:
Where:

Bootcamp (Bums and Turns)

Aaron Farrell – 086-0574530
Every Wednesday 7pm-8pm
O'Connell's Sports Hall

Activity:
Contact Point:
When:
Where:

Yoga

Bruce Mc Devitt (087-1253231)
Every Wednesday 1pm – 2pm
St. Laurence O'Toole Recreation Centre

Participants looking to sign up to AquaFit must register with Carol Finlay (Swim Ireland) – 086-8384346 prior to attendance as places are limited.

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