

# Teen Gym Sessions



## DIT Grangegorman - Gym Sessions

Day	Times	Class	Location
Monday	4 -5pm	Teen Gym Session	Fit2Go Club
Tuesday	3 - 4pm	Pre-Teen Gym Session	Fit2Go Club
Wednesday	4 - 5pm	Teen Gym Session	Fit2Go Club
Thursday	3 - 4pm	Pre-Teen Gym Session	Fit2Go Club

for more information about these sessions contact  
**Fit2Go Club @ DIT Grangegorman, Dublin 1** - Tel. 01-402 4285

## DIT Kevin St - Gym Sessions

Day	Times	Class	Location
Wednesday	4:30 - 5:30pm	Teen Gym Session	Fit2Go Club
Saturday	12 - 1:30pm	Teen Gym Sessions	Fit2Go Club

for more information about these sessions contact  
**Fit2Go Club @ DIT Kevin Street, Dublin 8** - Tel. 01-402 4715

Price per session is €3



### Teen Gym Sessions

Studio and gym based exercise class mixing cardio with strength and conditioning to burn fat, get stronger and feel confident. Ages 13-16 welcome.

### Pre-Teen Gym Sessions

Ages 10-12 welcome.



# FITNESS CLASS DESCRIPTIONS

## Fit2Go Kitchen Sink

Instructor's surprise! 30-minute high-intensity interval training workout to get you fitter, faster - involves a 'mix of everything!' Build strength, Improve Agility and Burn Fat! No holding back in this class, just throw everything you have at the 'kitchen sink'!

## BodyPump

Get lifting with BODYPUMP and you'll tone and shape your entire body, without adding bulky muscles. This full-body workout will burn calories, shape and tone your entire body and increase core strength.

## Core Fusion

New and Improved, this class will see you through a series of core exercises involving the use of fit balls, foam rollers and suspension training.

## Circuits

This class includes a combination of cardiovascular and strength training designed to improve fitness, stamina and strength. A number of stations are created using a variety of equipment to best achieve the results you seek. Suitable for all levels of fitness.

## Kettlebell Fitness

Kettlebells provide the ultimate in 'functional training'. The basic kettlebell drills centre around fundamental human movements such as squatting, lunging, bending, lifting, pushing. Pulling and twisting.

## TRX Tone

Is a full body resistance style class, using your own bodyweight and TRS suspension straps. TRX suspension training develops strength, balance, flexibility and core muscles all at the same time.

## Boot Camp Outdoors

Get in shape "boot camp" style! This is an excellent group fitness class that incorporates the hard work and discipline of military style boot camp. This class involves just about every strength training aspect targeting the major muscle groups of the upper & lower body.



- PLEASE NOTE**
- Numbers per class are limited; we recommend you book in advance to avoid disappointment
  - A minimum of 3 people are required for a class to go ahead
  - Appropriate footwear and clothing must be worn
  - Please inform your instructor of any illness/injuries that may affect you while exercising
  - Participants arriving late for a class can only join in at the instructors discretion
  - Please note this timetable is subject to change, correct as of 30th September 2015

Fit

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Go

Club

@ DIT Grangegorman - Tel. 01-402 4285

[www.fit2goclub.ie](http://www.fit2goclub.ie)



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Fit2Go App available for both iPhone and Android