

NEW PILATES CLASSES

Join us via zoom for our new Pilates classes
with our newly trained Pilates instructor

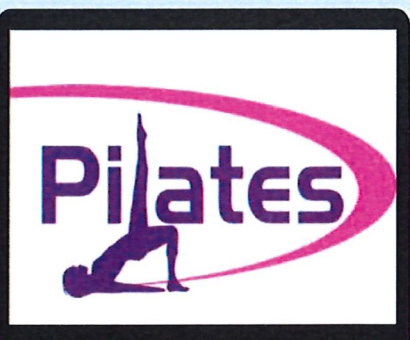
Wednesday 6.00pm & Friday 9.15am

Book Via Glofox App

Glofox/Gym 208/Classes

or alternatively to book direct

Call Catriona 07881227267



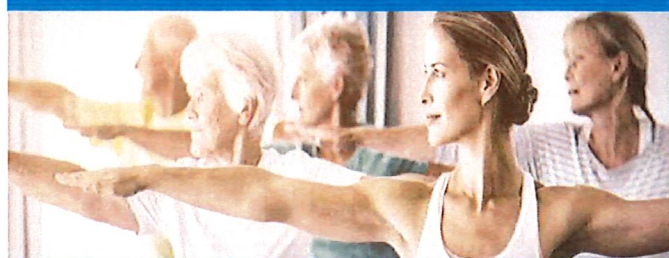
£3.00
members

£4.00
non-members

Every
Thursday
10.00am

Seniors (50+)
Stretch
and tone

£3.00
Members
£4.00
Non-members



Stretch and Tone is designed to increase flexibility and improve posture and balance.

This low intensity workout will help train your muscles to work more efficiently and effectively for everyday life.

Delivered online via zoom

Book via Glofox App/Gym 208/classes

or

For more information contact

Catriona - 07881227267

GYM 208

 **GLENARIFFE
COMMUNITY
RECREATION CENTRE**

Glenariffe Recreation and Community Centre

*QI GONG & TAI CHI
FOR HEALTH AND WELL-BEING*

With North Coast Tai Chi

Online delivered via zoom

Tuesday @ 11am - 11.45am

£24 for 4 week course or

£7 drop in rate

Book & pay online

via Glofox App/Gym 208/Course or Classes

For more information contact

Catriona - 07881227267

Or email - info@glenariffecrc.org

GLENARIFFE COMMUNITY & RECREATION CENTRE



CAN YOU SPARE ANY TIME
IN THE EVENINGS TO GIVE A
HELPING HAND IN KEEPING OUR
COMMUNITY CENTRE CLEAN?

Give Myra a ring on 07855275363

TO BOOK GYM SESSIONS & CLASSES: Online via Glofox app / Gym 208 / Classes

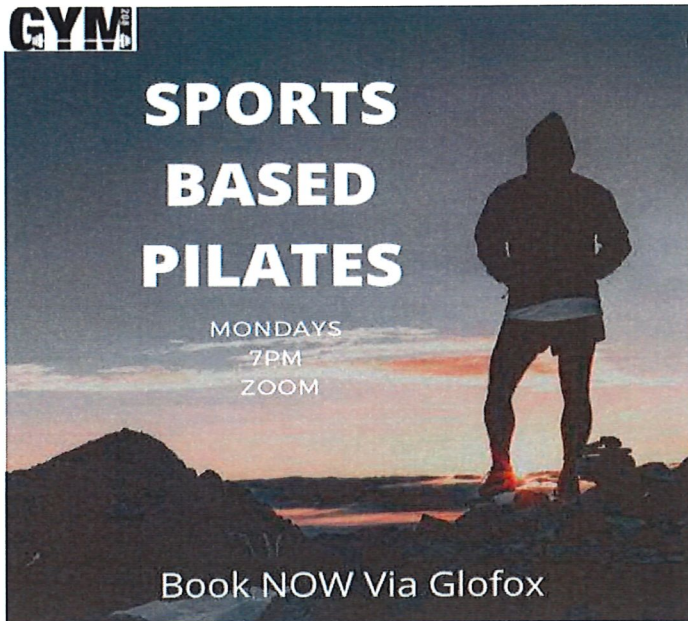
Tel: 028 217 71585 Email: gym208@glenariffecrc.org [@Gym208](https://www.facebook.com/Gym208)

Outdoor Programme

GYM 208

SPORTS BASED PILATES

MONDAYS
7PM
ZOOM




Book NOW Via Glofox

**FULL BODY RESISTANCE BAND
WORKOUT**

Monday 9.15am & Wednesday 7.00pm

Benefits

- ① Build Strong Joints & Pretty body
- ② Increase Flexibility & Strength & Stability
- ③ Tone Glutes & ABS & Lower back



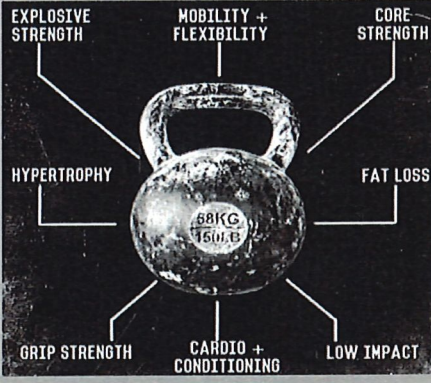
Book Via Glofox/Gym 208/Classes
Or
Directly 07881227267

GYM 208

GLENARIFFE COMMUNITY RECREATION CENTRE

**FULL BODY KETTLEBELL
WORKOUT**

Monday 7.00pm & Wednesday 9.15pm



Book Via Glofox/Gym 208/Classes
Or
Directly 07881227267

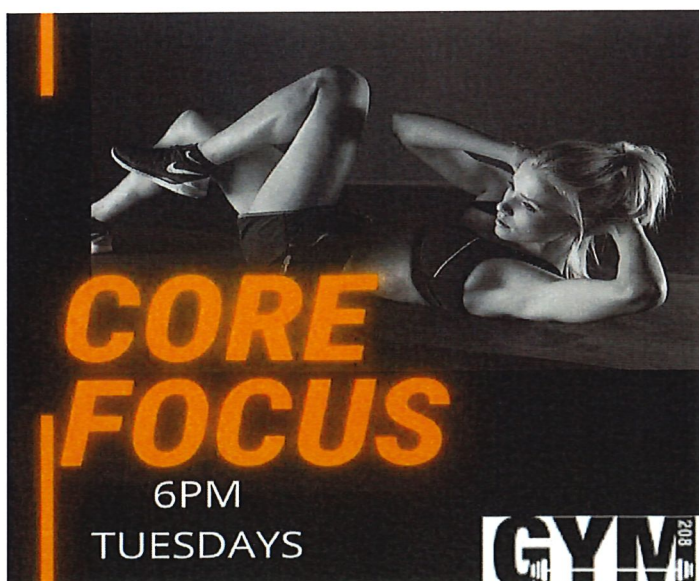
GYM 208

GLENARIFFE COMMUNITY RECREATION CENTRE

EARLY BIRD WORKOUT

6.15 AM

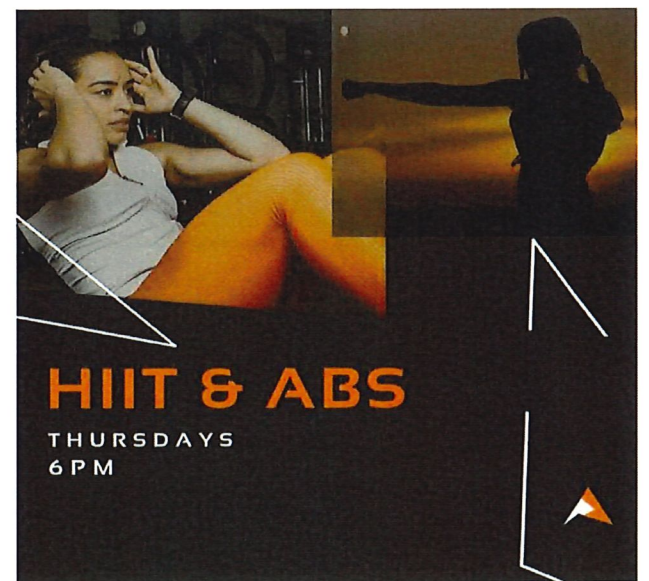
Tuesdays & Thursday

CORE FOCUS

6PM
TUESDAYS

GYM 208



HIIT & ABS

THURSDAYS
6PM

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2021

All sessions are online via Zoom. To book your place, visit our website & use the booking form for each course on www.glenariffecrc.org/classes-events1 or email info@glenariffe.org

All activities are funded & free to attend.

**Edition 3
June 2021**



The range of funded classes are free to attend for those living in the mid-Glens area.

Craft materials will be available locally before class commencement.

Class sizes have space limitations, so please ensure you can commit to all sessions.



**New to Zoom?
Email us to book a
free, 15-min, one to
one Zoom trial.**

Découpage for Beginners

Mon 31st May – 7th June

7:30pm-8:30pm

Online with Marina Johnston

2-week course.

Découpage is the art of decorating an object by pasting on coloured cut out paper in combination with special paint effects, gold leaf and other decorative elements.

Learn how to découpage a jar, bottle and wooden fridge note for your home and gifting. Over the 2 weeks you will practice the techniques that you can then go on to use in your own crafting time.

Starter kit of materials for the class will be provided locally at Glenariffe Community & Recreation Centre.



Little Legends

A storytelling series for parents and young children (pre-nursery)

Mon 7th June - 28th June

10:00am – 10:30am

Online with Liz Weir

4-week course.

Join us from your sofa to share rhymes, songs, and stories with your wee ones.

Liz will tell participation stories, fairy tales and legends so that parents, grandparents and their own 'Little Legends' can have a lot of fun together.



Save the Date

Kids & Teens Summer Programme: at Glenariffe CRC & Waterfoot Beach
Monday 26th July - Friday 30th July.

Quilting for Beginners : Inside at Glenariffe CRC
5 week course with Denise Weir
Guided making of a quilted 9 patch cushion cover.
Wednesday 1st - 29th September 10:30am - 12:30pm.

Storytelling for Teens (age 12-17) : Inside at Glenariffe CRC or Via Zoom.
4 week course with Stephen O'Hara
Monday 6th - 27th September 5pm-6:30pm.

GYM 208 MEMBERSHIPS

PREMIUM MEMBERSHIP

- **FULL GYM ACCESS**
- **ACCESS TO 8 INHOUSE CLASSES PER MONTH**
(£1.25 per class)
- **MONTHLY DIRECT DEBIT**
- **NO UPFRONT COSTS**
- **SAVE £14 P/M**

Adults - £30
Students-£25

STANDARD MEMBERSHIP

- **FULL GYM ACCESS**
- **MONTHLY DIRECT DEBIT**
- **NO UPFRONT COSTS**

Adults - £20
Students-£15

CLASS PASS

- **FOR NON-GYM MEMBERS**
- **8 CLASSES PER MONTH**
(£3 PER CLASS)
- **SAVE £8 P/M**

Adults - £24
Students-£24

All memberships available on Glofox
Glofox/gym208/memberships
Email: gym208@glenariffecrc.org

GYM 208 OUTDOOR PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 AM		Early Bird With Jamie		Early Bird With Jamie		
9.15 AM	Resistance band Workout with Catriona		Full body Kettlebell Workout with Catriona			Saturday Sweat with Jamie
9.45 AM	Small Group Training (Gym Floor)			Small Group Training (Gym Floor)		
6.00 PM		Core Focus with Jamie		HIIT & Abs with Jamie		
7.00 PM	Full body Kettlebell Workout with Catriona		Resistance band Workout with Catriona			

GYM 208 ONLINE PROGRAMME VIA ZOOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.15 AM					Pilates with Catriona	
10.00 AM				Stretch & Tone (50+) with Catriona		
11.00 AM		Tai Chi with Bernie				
6.00 PM			Pilates with Catriona			
7.00 PM	Men's Pilates With Jamie					

COST PER CLASS: £3 for Members & £4 for Non-Members
Premium Members & Class Pass Holders - Free
Cancellation must be made 3 hours in advance to qualify for a refund
Tai Chi £7 (not included in Premium or Class Pass)

OPENING HOURS

<u>MONDAY</u>	06.00 - 13.15 & 16.00 - 20.45
<u>TUESDAY</u>	07.15 - 13.15 & 16.00 - 20.45
<u>WEDNESDAY</u>	07.15 - 13.15 & 16.00 - 20.45
<u>THURSDAY</u>	06.00 - 13.15 & 16.00 - 20.45
<u>FRIDAY</u>	07.15 - 13.15 & 16.00 - 19.30
<u>SATURDAY</u>	07.45 - 12.30
<u>SUNDAY</u>	09.00 - 12.30

GYM SESSIONS

MON & THURS	06.00 - 07.00	SAT	07.45 - 08.45
MON - FRI	07.15 - 08.15		09.00 - 10.00
	08.30 - 09.30		10.15 - 11.15
	09.45 - 10.45		11.30 - 12.30
	11.00 - 12.00		
	12.15 - 13.15	SUN	09.00 - 10.00
			10.15 - 11.15
MON - FRI	17.15 - 18.15		11.30 - 12.30
	18.30 - 19.30		
MON, TUES, WEDS & THURS	19.45 - 20.45		

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