



MEET THE LEISURE CENTRE TEAM

TARA



Qualifications – Bachelors of Business Recreation and Leisure Centre Management, National Certification in Exercise and Fitness (NCEF), Reebok Qualifications in Indoor Cycling, Kettlebells, Cardio Kickboxing, Pilates and Step
Specialist Areas – Personalised Gym Programmes
Classes – Body Conditioning, Step, BLT

BILLY

Qualifications – NCEF, NCEF Training, NCEF Pilates and Corrective Exercise, Kettlebells, Spinning instructor, MCT Trigger Point Certificate, Personal Training

Specialist Areas – Muscle Building, Fat loss, strength and conditioning, group fitness training

Classes – Indoor Cycling, Pilates, Aqua Aerobics, HIIT, Kettlebells



AALIYAH



Qualifications – Third year Sports & Exercise Science Student, University of Limerick

Specialist Areas – Exercise technique, Fat loss and Muscle Building

CIARÁN

Qualifications – NCEF Fitness Instructor, NCEF Personal Trainer

Specialist Areas – Muscle Building, Fat loss, Strength and Conditioning

Classes – Indoor Cycle, HIIT, Body Tone, Step Aerobics, Aqua Aerobics, Kettle Bells



Membership Forms Available at Leisure Centre Reception
or by email via info@horseandjockey.com

Includes use of gym, pool, sauna, steam room, jacuzzi, fitness classes and an assessment with one of our fitness instructors

MEMBERSHIP

3, 6 and 12 month memberships available for single, couples and families. Youth, Minor and Junior memberships also available

Annual Memberships	6 Month Memberships	3 Month Memberships
Single Membership €660	Single Membership €485	Single Membership €265
Couple Membership €1210	Couple Membership €895	Couple Membership €485
Family Membership €1450	Family Membership €1065	Family Membership €570
Golden years (over 60) €530	Golden years (over 60) €390	Golden years (over 60) €210
Youth Membership (16-18 years) €320	Youth Membership (16-18 years) €235	Youth Membership (16-18 years) €135
Minor Membership (11-15years) €210	Minor Membership (11-15years) €145	Minor Membership (11-15years) €80
Junior Membership (2-10 years) €170	Junior Membership (2-10 years) €110	Junior Membership (2-10 years) €60