

# ROSSLARE SUMMER FITNESS CLUB



# Rosslare

Community & Sports Centre

## Contact Numbers

Dance Fit: Amanda 087 9713339  
 BoxFit: Just turn Up  
 Badminton: Isobel 087 919 2550  
 Pilates: Theresa 089 4620552  
 Beach Yoga: Eileen 087 680 4279  
 Yoga: Sharon 086 1943527  
 Rosslare Bowls Club:  
 Ken Murphy 087 417 4169  
 Tennis Club: Val 086 8273212  
 Tennis Lessons: Emil 085 723 9738  
 Judo Fabiola: 083 033 5866  
 Social Evening: Enquiries to the  
 Community Centre

For more info go to  
[rosslareholidayresort.ie](http://rosslareholidayresort.ie)  
 Or call 053 913 2202

## MONDAYS

**BOX FIT**  
 7pm to 8.30pm

## TUESDAYS

**SOCIAL TENNIS CLUB with EMIL**  
 6pm to 8pm

**SOCIAL EVENING**  
 7pm-9pm  
 (Every Other Tuesday)

## WEDNESDAYS

**ROSSLARE BOWLS CLUB**  
 12.30 to 4.30pm

**YOGA ON THE BEACH**  
 8pm  
 (weather permitting)

## THURSDAYS

**SOCIAL TENNIS CLUB with EMIL**  
 6pm to 8pm

## FRIDAYS

**YOGA**  
 8am to 9.15am  
 (Outdoors weather permitting)

**ROSSLARE TENNIS CLUB**  
 10am to 11am

**PILATES**  
 10am to 11am

**BOX FIT**  
 7pm to 8.30pm

## SATURDAYS

**DANCEFIT**  
 9.45am to 10.45

**DANCEFIT 50+**  
 11am to 12pm

**YOGA ON THE BEACH**  
 10.30am  
 (weather permitting)

**BADMINTON**  
 11.30am to 1pm

**ROSSLARE BOWLS CLUB**  
 12pm to 4pm

## SUNDAY

 Adult Classes

 Children's Activity

# ROSSLARE SUMMER FITNESS CLUB

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Dance Fit: Amanda 087 971 3339

Boxfit: Just turn Up

Badminton: Isobel 087 919 2550

Pilates: Theresa 089 4620552

Beach Yoga: Eileen 087 680 4279

Yoga: Sharon 086 1943527

Rosslare Bowls Club:

Ken Murphy 087 417 4169

Tennis Club: Val 086 8273212

Tennis Lessons: Emil 085 723 9738

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Adult Classes

Children's Activity

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TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAY
<b>SOCIAL TENNIS CLUB with EMIL</b> 6pm to 8pm	<b>ROSSLARE BOWLS CLUB</b> 12.30 to 4.30pm	<b>SOCIAL TENNIS CLUB with EMIL</b> 6pm to 8pm	<b>YOGA</b> 8am to 9.15am (Outdoors weather permitting)	<b>DANCEFIT</b> 9.45am to 10.45	
<b>SOCIAL EVENING</b> 7pm-9pm (Every Other Tuesday)	<b>YOGA ON THE BEACH</b> 8pm (weather permitting)		<b>ROSSLARE TENNIS CLUB</b> 10am to 11am	<b>DANCEFIT 50+</b> 11am to 12pm	
			<b>PILATES</b> 10am to 11am	<b>YOGA ON THE BEACH</b> 10.30am (weather permitting)	
			<b>BOX FIT</b> 7pm to 8.30pm	<b>BADMINTON</b> 11.30am to 1pm	
				<b>ROSSLARE BOWLS CLUB</b> 12pm to 4pm	

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