

ROSSLARE SUMMER FITNESS CLUB



Rosslare

Community & Sports Centre

Contact Numbers

Dance Fit: Amanda 087 9713339
 Pilates: Theresa 089 4620552
 Beach Yoga: Eileen 087 680 4279
 Yoga: Sharon 086 1943527
 Rosslare Bowls Club:
 Catherine 0868177679
 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
 Or call 053 913 2202

MONDAYS

ROSSLARE BOWLS CLUB
Taster Session
 Open to everyone
 2pm to 4pm

YOGA
 7pm to 8pm

TUESDAYS

TENNIS CLUB
Intermediate class
 7pm to 8pm

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

WEDNESDAYS

ROSSLARE BOWLS CLUB
 12.30 to 4.30pm

KIDS JUDO
 6.30 to 7.30pm

YOGA ON THE BEACH
 8pm
 (weather permitting)

BADMINTON
 7.30pm to 9am

THURSDAYS

TENNIS CLUB
1-2/3 Class
 6pm to 8pm

FRIDAYS

YOGA
 8am to 9.15am
 (Outdoors weather permitting)

TENNIS CLUB
Social games
 10am to 11am

PILATES
 10am to 11am

SATURDAYS

DANCEFIT
 9.45am to 10.45

ACTIVE DANCE 50+
 11am & 12pm

YOGA ON THE BEACH
 10.30am
 (weather permitting)

ROSSLARE BOWLS CLUB
 12pm to 4pm

SUNDAY

 Adult Classes

 Children's Activity

Contact Numbers for Local Groups

St. Pauls – Leo 086 3103417

Rosslare Boxing Club - Teresa 085 1592984

Rosslare Schoolboys/girls – Colm 087 6087475

Dance Fit – Amanda 087 9713339

Shine Bright – Lisa 085 1532705

Rosslare Youth Club – 087 1334039

Pilates – Theresa 089 4620552

Men's Shed – Jim 087 6815029

Women's Shed - Jackie 087 6468677 or Paula 086 7870696

Yoga – Sharon 086 1943527

Rosslare Bowls Club – Catherine 0868177679

Tennis Club – Val 086 8273212

Tennis Lessons – Emil 085 723 9738

Beach Yoga – Eileen 087 680 4279

Judo Fabiola – 083 033 5866

Clara Fitness: 086 8059930

**WALKING
FOOTBALL**
11 am to 12pm

**FITNESS WITH
CLARA**
6.30pm to 7.15pm

**MENAPIANS
ATHLETICS CLUB**
7pm to 8pm

ROSSLARE FC
7.30 to 9.30pm