



# Health & Well-Being Programme

## Gym – Fitness

### Supervised Gym Hours

# June 2017

Thursday	01.06	13.00 – 3.30pm	
		13.30 – 2.00pm	- Atrium Q&A Information Stand
Friday	02.06	12.00 – 2.30pm	
		12.30 – 1.00pm	- Free Kettlebell Class
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Tuesday	06.06	12.30 – 3.00pm	
		12.45 – 1.15pm	- Free Circuit Training
Wednesday	07.06	12.30 – 3.00pm	
		1.10pm– 1.20pm	- <b>*New*</b> 10min <b>Neck, Back, Shoulder Stretching</b> & Loosening
Thursday	08.06	13.00 – 3.30pm	
		13.30 – 2.00pm	- Atrium Q&A Information Stand
Friday	09.06	12.00 – 2.30pm	
		12.30 – 1.00pm	- Free Kettlebell Class
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Tuesday	13.06	12.30 – 3.00pm	
		12.45 – 1.15pm	- Free Circuit Training
Wednesday	14.06	12.30 – 3.00pm	
		1.10pm– 1.20pm	- <b>*New*</b> 10min <b>Neck, Back, Shoulder Stretching</b> & Loosening
Thursday	15.06	13.00 – 3.30pm	
		13.30 – 2.00pm	- Atrium Q&A Information Stand
Friday	16.06	12.00 – 2.30pm	
		12.30 – 1.00pm	- Free Kettlebell Class
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Tuesday	20.06	12.30 – 3.00pm	
		12.45 – 1.15pm	- Free Circuit Training
Wednesday	21.06	12.30 – 3.00pm	
		1.10pm– 1.20pm	- <b>*New*</b> 10min <b>Neck, Back, Shoulder Stretching</b> & Loosening
Thursday	22.06	13.00 – 3.30pm	
		13.30 – 2.00pm	- Atrium Q&A Information Stand
Friday	23.06	12.00 – 2.30pm	
		12.30 – 1.00pm	- Free Kettlebell Class
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Tuesday	27.06	12.30 – 3.00pm	
		12.45 – 1.15pm	- Free Circuit Training
Wednesday	28.06	12.30 – 3.00pm	
		1.10pm– 1.20pm	- <b>*New*</b> 10min <b>Neck, Back, Shoulder Stretching</b> & Loosening
Thursday	29.06	13.00 – 3.30pm	
		13.30 – 2.00pm	- Atrium Q&A Information Stand
Friday	30.06	12.00 – 2.30pm	
		12.30 – 1.00pm	- Free Kettlebell Class

Invest in yourself

**Personal Training  
in the UB-Gym**

**or locally in Dublin 14, 16, 18  
30min / 60min available !  
with Martin**

[www.YourHealthHabitCoach.com](http://www.YourHealthHabitCoach.com)

1. Weight Loss
2. Toning
3. Strength Gain
4. Core Strength / Pilates

5. TRX Suspension Training
  6. Kettlebells
- Lunchtime, After Work Sessions  
Now available for  
€30 / €50**

Bulk Discount Available  
15+ Years Experience



**Get Slimmer, Trimmer & Healthier in 2017**

**Take action today ..... and**

**(1) Join your CP Gym or (2) avail of In-House Personal Training**

Join, book a screening, program etc. [www.bookeo.com/ulsterbankgym](http://www.bookeo.com/ulsterbankgym)

**Martin Luschin > [www.YourHealthHabitCoach.com](http://www.YourHealthHabitCoach.com) <**

**Personal Trainer - Gym Manager – Kettlebells & Pilates Instructor- Nutrition & Health Coach**

Resistance Training – BEng. - NLP Practitioner

Access also available at weekends please sign in at the security desk as usual when visiting out of hours.