

Circuit Training

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Day/Time: Monday 7:00-7:40
Duration: 6 weeks (starts 7th Jan)
Tutor: Agata Suszczynska
Fee: €50

Course Description

Circuit training is a style of workout where participants "cycle" through a variety of exercises (around 10, depends on the numbers) targeting different muscle groups with minimal rest in between.

Different type of exercises are preformed, including muscular strength exercises and endurance exercises. Participants can expect to get a good, all round cardiovascular and strength workout.

Each sessions will consist of a 5 minute warm up, a 30 min circuit session (2 min per station with short rest in between) and a 5 min cool down. Different exercises will be included each week.

All fitness levels are welcome. Exercises can easily be modified to suit current fitness/ability.

Please wear runners and appropriate clothes (sports gear), and bring bottle of water to each class.

Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at www.adultedtiernans.ie, over the phone (086 7902260) or in person at one of our enrolment evenings.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

The school and its management accept no responsibility for loss or damage to the property of students. This includes motor cars, motor cycles and bicycles on the school grounds.

