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SCD Leisure
CLONDALKIN

#BEACTIVE DAY

NATIONAL FITNESS DAY TIMETABLE

FREE ACTIVITIES THROUGHOUT THE DAY

Ireland Active

National Fitness Day
23rd September 2025

To celebrate National Fitness Day on 23rd September, we are delighted to invite you to try our **FREE** fitness classes below. Members can bring a friend for a **FREE** session on our Gym floor*.

TIME	EVENT	VENUE
7:15am – 8:00am	Spinning	Spin Studio
8:00am-8:45am	17m Lane swim	Swimming Pool
9:00am-9:45am	Active Age swim 55+	Swimming Pool
9:00am-9:30am	Longest Hang Challenge	Gym floor
10:00am – 11:00am	30/30 Combination + Spin	Studio/Spin Studio
11:15am – 11:45am	Peak Performance Challenge	Studio
11:15am-12:00pm	Aquafit	Swimming Pool
12:00pm – 12:30pm	Recovery Foam Rolling Class	Studio
1:00pm-1:30pm	Abs Blast	Studio
2:00pm-2:30pm	King of the Chair Challenge (knee tucks)	Gym floor
5:00pm-5:45pm	Teen Fitness	Studio
6:00pm-6:45pm	Spin	Spin Studio
6:00pm-6:45pm	Weights & Tone	Studio
6:45pm-7:30pm	Aquafit	Swimming Pool
7:00pm-7:45pm	Yoga	Studio
8:00pm-8:45pm	Zumba	Studio

*All sessions must be pre-booked. Guests must complete a health screening and must be accompanied by a Member on the gym floor. Pre-booking for classes still applies. Non-members can book 48 hours before the event.

Call us on 01 457 4858

www.clondalkinleisure.com

