

LISTOWEL COMMUNITY CENTRE

WHY EXERCISE?

- ✓ Look Well
- ✓ Feel Well
- ✓ Move Well
- ✓ Perform Well



MEMBER BENEFITS

- FREE Fat Burning Programs
- FREE Power Building Programs
- FREE Functional Movement Programs
- FREE Fitness Tests
- 1-2-1 Instruction
- 50% Off Fitness Classes



FACILITIES

- Cardio Suite
- Free Weights Room
- Dance & Exercise Studio
- Sauna & Steam room



OPENING TIMES

Winter

Mon- Fri
Sat & Sun

Sept - June

7.30am - 10.00pm
9.00am - 6.00pm

Summer

Mon- Fri
Sat & Sun

June - Aug

7.30am - 9.00pm
9.00am - 6.00pm

14-15 years

Mon- Fri
Sat & Sun

7.30am - 6.30pm
9.00am - 6.00 pm



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Town Park, Bridge Road, Listowel.