



THE HORSE & JOCKEY
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MEET THE LEISURE CENTRE TEAM

TARA



Qualifications – Bachelors of Business Recreation and Leisure Centre Management, National Certification in Exercise and Fitness (NCEF), Reebok Qualifications in Indoor Cycling, Kettlebells. Cardio Kickboxing, Pilates and Step
Specialist Areas – Personalised Gym Programmes
Classes – Body Conditioning, Step, BLT

BILLY

Qualifications – NCEF, NCEF Training, NCEF Pilates and Corrective Exercise, Kettlebells, Spinning instructor, MCT Trigger Point Certificate, Personal Training
Specialist Areas – Muscle Building, Fat loss, strength and conditioning, group fitness training
Classes – Indoor Cycling, Pilates, Aqua Aerobics, HIIT, Kettlebells





THOMAS

Qualifications – NCEF Fitness Instructor, NCEF Advance Personal Training, Fit For Life Specialist
Specialist Areas – Muscle Building, Fat loss, Strength and Conditioning
Classes – Indoor Cycling, Pilates, Aqua Aerobics

DION

Qualifications – Bachelors of Science in Sport and Exercise Science, Personal Trainer, Fitness Instructor. Group Fitness Instructor, Spin Instructor

Specialist Areas – Muscle Endurance, Weight Management, Strength and Conditioning, Confidence Building

Classes – Indoor Cycling, Pilates, Aqua Aerobics



LAURA



Qualifications – NCEF Fitness Instructor, NCEF Personal Trainer (Second Year Sport Science Student)
Specialist Areas – Muscle Building, Fat loss, Strength and Conditioning
Classes – HIIT, Body Tone

MEMBERSHIP

Membership Forms Available at Leisure Centre
Reception
or by email via info@horseandjockey.com

Includes use of gym, pool, sauna, steam room, jacuzzi,
fitness classes and an assessment with one of our
fitness instructors

3, 6 and 12 month memberships available for single,
couples and families. Youth, Minor and Junior
memberships also available

3 Month Single Membership

€240*

3 Month Golden Years ** Membership

€190*

3 Month Couple Membership

€440*

3 Month Family (Couple and 2 children under 16)

€520*