

Name of Provider	Class Type	Contact Informaton
121 Fitness	Online personal fitness & live classes	info@121fitness.ie
BC Fitness	Zoom classes - HIIT, bodyweight strength & conditioning, circuits.	Brian 087 285 4347. bcfitness123@gmail.com www.bcfitness.ie
Belturbet Fitness Centre	Facebook live aerobic & HITT Classes	tarasfit4life@gmail.com
Bodybalance Physiotherapy	Yoga & Pilates zoom classes	info@bodybalancephysiotherapy.ie
Catherine sheridan	Yoga Classes via zoom	Dm: 0872944805 or email: sheridan.katie@gmail.com
Claire Brides Yoga	Yoga classes via zoom & Instagram live	helloclairebrides@gmail.com or @clairebrides on Instagram
Dutchys Fitness	Circuit/ Bootcamp style via a FB group	email.darragh@dutchysfitness.com or contact our FB or Instagram pages
FitnessBase Kingscourt	Zoom Strength & Conditioning classes Online 1-1 Movement Training Programs	Andrew 0879765667 @fitnessbasekingscourt
Heal Within Meditation Classes	Weekly Zoom Meditation classes	Linda Culleton 0870629703
Jenny Dillon Fitness	6 week FITMAS challenge- online	Find on Instagram or Facebook @jennydillonfitness Email: jennydillonfitness@outlook.com Phone: 087 6031878
MCD Fitness and Performance	6 Week Remote Training plan designed specifically around whatever equipment you have access to at home. The plan includes a free copy of our Ebook, Fuel for Performance, which contains over 100 recipes and unique insights into the real factors that matter when it comes to optimizing your fitness.	info@mcdfitnesscavan.com
Noeleen Shannon, Tree Frog Yoga	yoga classes, 1:1 online yoga via zoom	0879129051/treefroggyoga@hotmail.com/www.facebook.com/treefroggyogacavan/
O Neill Physiotherapy Ballyconnell	Physio LED Pilates Online	www.oneillphysiotherapy.com or text 086 163 2611 @oneillphysiotherapy
Pilates with Yvonne	Online pilates via zoom	yvonnecduffy@yahoo.co.uk
Stephen Smyth Elite Fitness	Online training from 1-2-1 Pt sessions & online circuit classes	Stephensmythelitefitness@gmail.com Stephen Smyth fitness via Instagram Stephen Smyth elite fitness via Facebook
The Good Back Clinic	Zooming through life with Pilates Classes include: Beginners and Beyond, Intermediate Pilates, Core Conditioning and REstorative Pilates	Áine Kelly 0876484203 www.thegoodbackcompany.com/online-pilates
Transform Fitness	The TFL: An online/app based training plan with personalised nutrition plan and an option of 3/4 days a week for 6 weeks. Daily/weekly check-ins. Starting the 2nd of November. Limited places	https://www.transformfitness.ie/contact-us or Contact David on 0868653165
Yoga with Evangeline	Yoga (hatha, vinyasa, yin) and 1:1 online	For more information: see @yogawithevangeline on Facebook or Instagram or contact Evangeline 0863001683
Yoga with Marissa	Yoga for Pregnancy on Zoom.	Contact Marissa on 086-8306029 to enquire or reserve your place. Instagram: @mumma_to_be_yoga
Yoga with Sandra	Yoga and meditation classes. also 1:1 available.	087 2654 912 or sandraasyoga@gmail.com
Zumba with Aisha	Zumba sessions on Periscope or 30 minute recorded sessions	aishamccarren190@gmail.com

