

# CLASS TIMETABLE

DAY	CLASS	TIME	COST
<b>Monday</b>	Early Morning Indoor Cycle	08.05–08.35am	£3.00
	Fermanagh Active Living	9.00-12.00noon	£2.00
	Senior Gym Fit	9.30–10.15am	£2.50
	50/50 Cardio/Core	11.00-11.45am	£4.00
	Teen Fit 13-15yrs*	3.45-5.00pm	£2.50
	Kettle Blast	5.30 –6.15pm	£4.00
	Cycle Blast	6.30-7.15pm	£4.00
	<b>Tuesday</b>		
<b>Tuesday</b>	Early Morning Kettle Blast	8.05-8.35am	£3.00
	Senior Swim	8.30-9.30am	Free
	Fermanagh Active Living	9.30-4.30pm	£2.00
	Body Blast	10.30-11.30am	£4.00
	Teen Fit 13-15yrs*	3.45-5.00pm	£2.50
	Power Hour	5.45-6.45pm	£4.50
	Cycle Blast	7.00– 7.45pm	£4.00
	Kettle Blast	8.15-9.00pm	£4.00
	Aqua Jog	8.45-9.30pm	£4.00
<b>Wednesday</b>			
<b>Wednesday</b>	Early Morning Indoor Cycle	8.05–8.35am	£3.00
	Young at Heart Senior Fitness	10.00 – 11.00am	£2.50
	Learn to play Bridge*	2.00-5.00pm	£2.50
	Teen Fit 13-15yrs*	3.45-5.00pm	£2.50
	Cycle Blast	5.30-6.15pm	£4.00
	Kettle Blast	8.00-8.45pm	£4.00

DAY	CLASS	TIME	COST
<b>Thursday</b>	Early Morning Kettle Blast	8.05-8.35am	£3.00
	Senior Gym Fit	9.30-10.15am	£2.50
	Fermanagh Active Living	9.30-4.30pm	£2.00
	Box Fit	10.30–11.15am	£4.00
	Senior Fitness	11.00-12.00noon	£2.50
	Teen Fit 13-15yrs*	3.45-5.00pm	£2.50
	Kettle Blast	5.30-6.15pm	£4.00
	Cycle Blast (Advanced)	7.30-8.15pm	£4.00
Aqua Jog	8.45-9.30pm	£4.00	
<b>Friday</b>			
<b>Friday</b>	Early Morning Indoor Cycle	8.05-8.35am	£3.00
	Yoga	9.30-10.30am	£4.00
	50/50 Cardio/Core	11.00-11.45pm	£4.00
	Teen Fit*	3.45-5.00pm	£2.50
	Indoor Cycle (Beginners)	6.15–7.00pm	£4.00
<b>Saturday</b>			
<b>Saturday</b>	Cycle Blast and Core	10.15-11.00am	£4.00
	Teen Fit*	10.00-6.00pm	£2.50
<b>Sunday</b>			
<b>Sunday</b>	Teen Fit*	2.00-6.00pm	£2.50

Fermanagh Lakeland Forum Run classes are included in membership unless indicated by \*

Swimming lessons, Lifeguarding courses, badminton, table tennis, squash, steam room & state of the art fitness suite also available

All classes are subject to change, please contact reception for more information

Telephone: 02866324121 Email: flf@fermanaghmagh.com

# CLASS DESCRIPTION

## **Indoor Cycle**

A cycling class designed to burn fat, improve Cardio-Vascular fitness & strengthen the lower body. (Cycle Blast – Advanced indoor cycle)

## **Senior Gym Fit**

Learn a new exercise or improve your technique with qualified instructors

## **50/50 Cardio/Core**

A core strength and conditioning workout which will include cardio fitness

## **Kettle Blast**

An intense 45 minute kettlebell workout designed to challenge your fitness levels and put your body to the test

## **Power Hour**

Intense workout class aimed at challenging every muscle group in the body to contribute to a full body workout. To boost performance, improve health and change physique

## **Bridge**

Learn a new card game that is challenging & rewarding

## **Yoga**

Relax & reduce stress through stretches & breathing exercises. Suitable for beginners through to experienced practitioners

## **Young at heart**

Senior fitness class aim to get you moving  
Low impact exercise perfect for any fitness level

## **Aqua Jog**

High energy and fun fitness class in which you perform a range of aerobic moves in the pool

## **Fermanagh Active Living**

An exercise referral scheme aimed to encourage medically vulnerable clients to take regular physical activity

## **Body Blast**

High intensity exercise class which incorporates cardio and strength conditioning

## **Box Fit**

A dynamic class using boxing training techniques to effectively work & tone your body

# FERMANAGH LAKELAND FORUM



## **Fitness & Exercise Programme**

**2017**



Fermanagh & Omagh  
District Council

Comhairle Ceantair  
Fhear Manach agus na hÓmai