

CLASS TIMETABLE

DAY	CLASS	TIME	COST
Monday	Early Morning Indoor Cycle	08.05am–08.35am	£3.00
	Senior Gym Fit	9.30am–10.15am	£2.50
	Indoor Bowls	10.30am–12.30pm	£2.50
	50/50 Cardio/Core	11.00am-11.45am	£4.00
	Teen Fit 13-15yrs*	3.45pm-5.00pm	£2.50
	Kettle Blast	5.30pm–6.15pm	£4.00
	Cycle Blast	6.30pm-7.15pm	£4.00
	Strength & Tone	6.15pm-7.00pm	£4.00
	Box Fit	7.15pm-8.00pm	£4.00
	Met Con	7.45pm-8.15pm	£3.00
Tuesday	Early Morning Kettle Blast	8.05am-8.35am	£3.00
	Senior Swim	8.30am-9.30am	free
	Stretch & Tone	10.00am-11.00am	£4.00
	Spin & Bells	10.30am-11.30am	£4.00
	Teen Fit 13-15yrs*	3.45pm-5.00pm	£2.50
	Power Hour	5.45pm-6.45pm	£4.50
	Cycle Blast	7.00pm–7.45pm	£4.00
	Kettle Blast	8.15pm-9.00pm	£4.00
	Aqua Jog	8.45pm-9.30pm	£4.00
Wednesday	Early Morning Indoor Cycle	8.05am–8.35am	£3.00
	Senior Fit	10.00am–11.00am	£4.00
	Met Con	12.45pm-13.15pm	£3.00
	Tea Dance*	2.00pm-3.30pm	£1.00
	Learn to play Bridge*	2.00pm-5.00pm	£2.50
	Teen Fit 13-15yrs*	3.45pm-5.00pm	£2.50

	Cycle Blast	5.30pm-6.15pm	£4.00
	Step & Sculpt	6.45pm-7.45pm	£4.50
	Kettle Blast	8.00pm-8.45pm	£4.00
	Social Volleyball*	8.30pm-10.00pm	£3.00
	Aqua Fit/ Aerobics	8.15pm-9.00pm	£4.00
Thursday	Early Morning Kettle Blast	8.05am-8.35am	£3.00
	Senior Gym Fit	9.30am-10.15am	£2.50
	Box & Bells	10.30am–11.15am	£4.00
	Senior Chair Based Exercise	11.00am-12.00noon	£2.50
	Teen Fit 13-15yrs*	3.45pm-5.00pm	£2.50
	Kettle Blast	5.30pm-6.15pm	£4.00
	Cycle Blast (Advanced)	7.00pm-7.45pm	£4.00
	50/50 Cardio/Core	8.15pm-9.00pm	£4.00
	Aqua Jog	8.45pm-9.30pm	£4.00
	Friday	Early Morning Indoor Cycle	8.05am-8.35am
Yoga		9.30am-10.30am	£4.00
50/50 Cardio/Core		11.00am-11.45am	£4.00
Teen Fit 13-15yrs*		3.45pm-5.00pm	£2.50
Met Con		5.30pm-6.00pm	£3.00
Indoor Cycle (Beginners)		6.15pm–7.00pm	£4.00
Saturday		Cycle Blast and Core	10.15am-11.00am
	HIIT (High Intensity Interval Training) Excluding 21/10/17	12.00noon-1.00pm	£4.50
	Teen Fit 13-15yrs*	10.00am-6.00pm	£2.50
Sunday	Teen Fit 13-15yrs*	2.00pm-6.00pm	£2.50

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

Indoor Bowls

A challenging & competitive sport requiring a lot of skill and provides good exercise for the muscles and joints along with social benefits

Kettle Blast

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

Stretch & Tone

A session focused on muscular strength, good body alignment, balance, core & stretching

Box & Bells

High energy & high intensity interval training alternating between weighted kettlebells and boxing drills. Firing up the whole body challenging your cardio and strength

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

Box Fit

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

Senior Fit

Gentle low impact exercises/activity to help improve co-ordination, balance, mobility and functional strength

50/50 Cardio/Core

A core strength and conditioning workout which will include cardio fitness

Step & Sculpt

Music based aerobics class with the use of steps. Great for increasing your cardio fitness, coordination, agility, toning and burning calories

Yoga

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

Tea Dance

Learn how to dance while socialising, having fun and refreshments

Social Volleyball

Learn how to play volleyball while socialising and having fun

Senior Gym Fit

Learn a new exercise or improve your technique with qualified instructors

Spin & Bells

High energy & high intensity interval training alternating between weighted kettlebells and cycling. Firing up the whole body challenging your cardio and strength

Aqua Jog

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

Aqua Fit/ Aerobics

Fun water based workout to aerobic routines while staying cool. This low impact cardiovascular workout is great for anyone

Senior Chair based Exercise

Gentle exercise based around a chair, help improve mobility, flexibility and balance

Strength & Tone

A session focused on muscular strength, good body alignment, balance, core & stretching

Met con

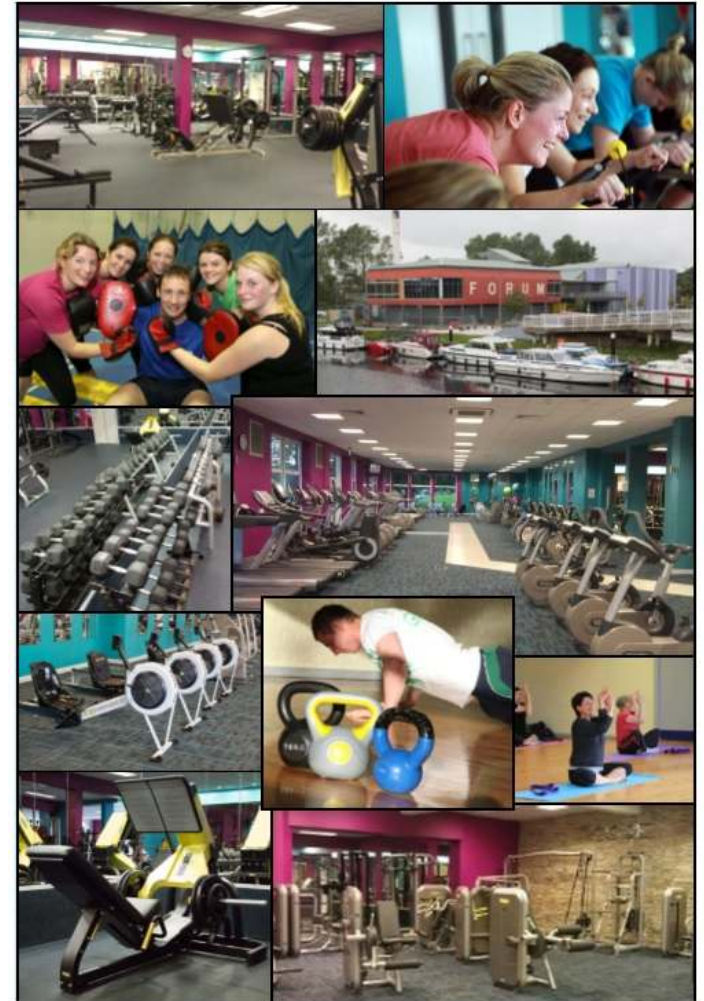
A fast paced, high intensity workout completed in a short period of time that will challenge your cardiovascular capacity, put your metabolic into overdrive and rapidly burn fat. Walk in, crawl out

HIIT

High Intensity Interval Training class designed to torch maximum calories in a minimum amount of time. Shorts periods of all out work followed by active rest. Calorie and lung burner

FERMANAGH LAKELAND FORUM

Fitness & Exercise Programme September 2017



Fermanagh & Omagh
District Council

Comhairle Ceantair
Fhear Manach agus na hÓmaí