

# CLASS TIMETABLE

| DAY              | CLASS                        | 7.05am-7.35am   | COST  |
|------------------|------------------------------|-----------------|-------|
|                  | <b>Members only Yoga</b>     | 7.05am-7.35am   |       |
| <b>Monday</b>    | 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 |
|                  | <b>Members only Spin</b>     | 7.05am-7.35am   |       |
| <b>Tuesday</b>   | 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 |
|                  | <b>Members only Circuits</b> | 7.05am-7.35am   |       |
| <b>Wednesday</b> | Early Morning Indoor Cycle   | 8.05am-8.35am   | £3.00 |
|                  | Senior Fit                   | 10.00am-11.00am | £2.50 |
|                  | 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         |
|                 | <b>Members only Met Con</b>             | 7.05am-7.35am             |               |
| <b>Thursday</b> | 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         |
|                 |   | <b>Members on Box Fit</b> | 7.05am-7.35am |
| <b>Friday</b>   | Early Morning Indoor Cycle              | 8.05am-8.35am             | £3.00         |
|                 | Yoga                                    | 9.30am-10.30am            | £4.00         |
|                 | Yoga                                    | 10.45am-11.30am           | £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         |
|                 |   | <b>Members on Box Fit</b> | 7.05am-7.35am |
| <b>Saturday</b> | Cycle Blast and Core                    | 10.15am-11.00am           | £4.00         |
|                 | HIIT (High Intensity Interval Training) | 12.00noon-1.00pm          | £4.50         |

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@fermanaghomagh.com](mailto:flf@fermanaghomagh.com)

# FERMANAGH LAKELAND FORUM

## Fitness & Exercise Programme September 2017

### 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

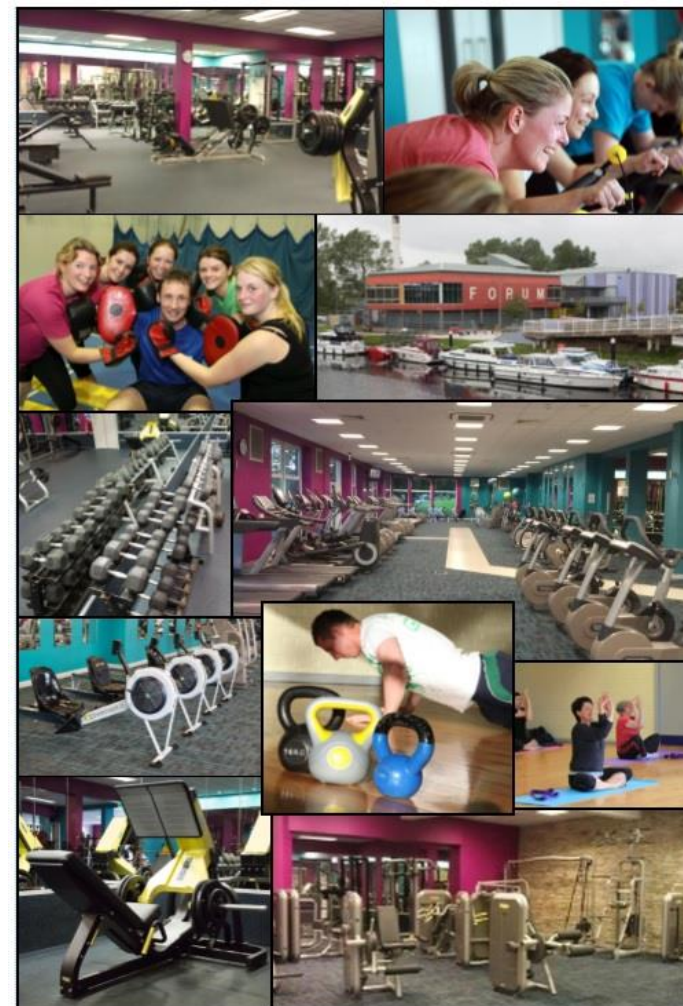
A session focused on muscular strength, good body alignment, balance, core & stretching

#### 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 & Omagh  
 District Council  
 Comhairle Ceantair  
 Fhear Manach agus na hÓmaí