

# 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

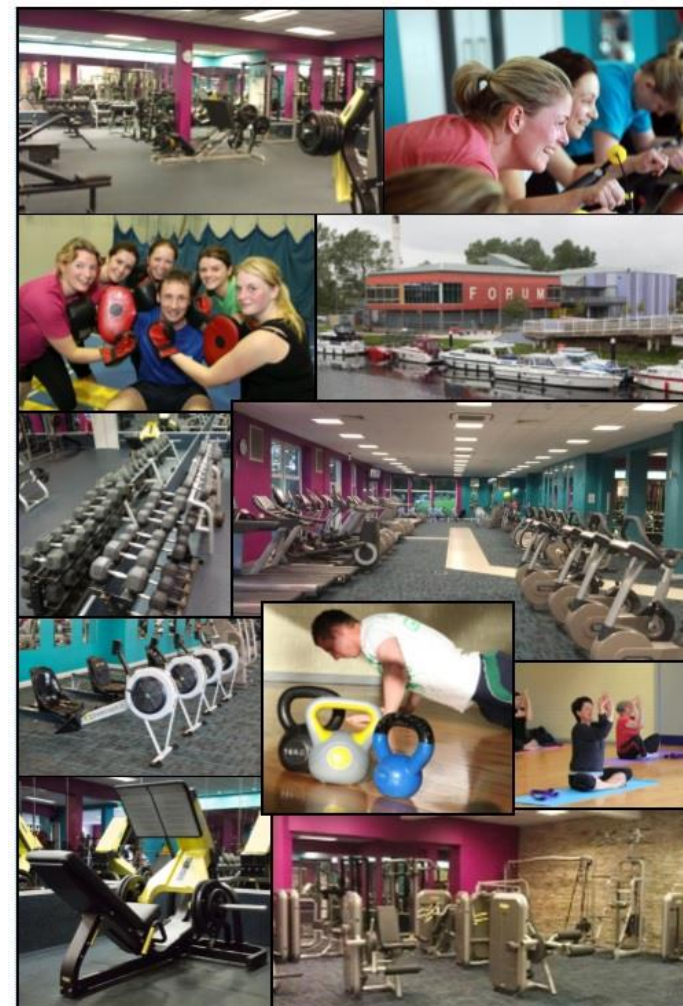
A session focused on muscular strength, good body alignment, balance, core & stretching

#### 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