

# Spring into action this April with the Spring Kit to Get Fit!

Your body can withstand anything – it's your mind you'll have to convince. Take the first step and join a group class at Omagh Leisure Complex – we're here to help you every step of the way.

To **Sculpt & Tone** try: Pump & Tone, Pilates, Aqua-Fit, Group Cycle/Bell, Body Transformation, Yopalates, Yoga, Group Power, Zumba, Express Kettlebells, 3D Core & Ultimate Stretch

For **Body & Soul** try: Pilates, Yoga, Yopalates & Ultimate Stretch

For **Weight & Burn** try: Group Indoor Cycling, Pump & Tone, Aqua-Fit, Express Cycle, Group Cycle/Bell, HIIT, Body Transformation, Boot Camp, Group Power, Kangoo Power, Zumba, Express Kettlebells & for the ultimate - Master Circuits.

All classes cost just £4.65 unless otherwise specified. Don't forget ... avail of 7 FREE CLASSES per week with any type of membership! Join up in 3 easy steps:

1. In person at OLC Reception
2. Over the telephone (option 1 for membership)
3. On Line: [www.omaghleisurecomplex.com](http://www.omaghleisurecomplex.com)

- Courses are not included in the free membership class entitlement.
- Participants should arrive punctually for classes leaving enough time to "check in" at reception.
- All receipts issued from reception must be produced before entry into all classes. Failure to provide a receipt will necessitate returning to reception to check in.
- Out of respect for the coach and other participants and for the health and safety of all participants, late access to classes will be denied.
- For your comfort, we invite you to bring along your own towel to place on yoga or exercise mats during your class.
- Classes open to those aged 14+ (except weight bearing exercise classes, which are 16+).



For further information,  
please telephone Reception on 028 822 46711  
**Web:** [www.omaghleisurecomplex.com](http://www.omaghleisurecomplex.com)  
**Email:** [info@fermanaghomagh.com](mailto:info@fermanaghomagh.com)  
**Facebook:** [www.facebook.com/omaghleisurecomplex](http://www.facebook.com/omaghleisurecomplex)



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




## Commit to Get Fit this year

# Kit TO GET Fit

## SPRING 2018




## Spring into Action!


START	CLASS	MONDAY
7.15am	Group Indoor Cycling	
10.00am	Pump & Tone	
11.10am	Pilates - Drop In	
12.10pm	Aqua Fit	
12.45pm	<b>NEW CLASS!</b> Express Cycle (30 min. express class)	
3.30pm	Teen Gym (Fitness Coach on duty for advice)	
6.00pm	Group Cycle/Bell	
6.15pm	HIIT (High Intensity Interval Training)	
7.15pm	Aqua Fit	
7.15pm	Body Transformation	


START	CLASS	TUESDAY
7.15am	Boot Camp	
10.00am	Group Cycle/Bell	
11.30am	Yogalates - Drop In	
11.30am	Silver Sneakers (cycle 55yrs+)	
3.30pm	Teen Gym (Fitness Coach on duty for advice)	
6.00pm	Group Power Course (6 week course – 1st course commences 10th April; 2nd course commences 22nd May) £27.80	
6.00pm	Yoga for Beginners Course (6 week course – course commences 10th April) £27.80	
6.15pm	Group Cycle/Bell	
7.30pm	Boot Camp	
7.45pm	Yoga Improvers Course (6 week course – 1st course commences 10th April; 2nd course commences 22nd May) £27.80	
8.30pm	Kangoo Power Course (6 week course – 1st session commences 10th April; 2nd course commences 22nd May) £37.10	

START	CLASS	WEDNESDAY
7.15am	Group Indoor Cycling	
10.00am	Zumba	
12.10pm	Aqua Fit	
12.30pm	Yoga Drop In class	
3.30pm	Teen Gym (Fitness Coach on duty for advice)	
6.00pm	Group Indoor Cycling	
6.00pm	Beginner Pilates Course (6 week course – 1st course commences 11th April; 2nd course commences 23rd May) £27.80	
6.30pm	HIIT (High Intensity Interval Training)	
7.15pm	Aqua Fit	
7.15pm	Intermediate Pilates Course (6 week course – 1st course commences 11th April; 2nd course commences 23rd May) £27.80	

START	CLASS	THURSDAY
7.15am	Boot Camp	
10.00am	Group Cycle and Core	
11.10am	Yogalates	
12.45pm	<b>NEW CLASS!</b> Express Kettlebells (30 min. express class)	
3.30pm	Teen Gym (Fitness Coach on duty for advice)	
6.00pm	<b>NEW COURSE!</b> Hot Yoga (6 week course – 1st course commences 12th April; 2nd course commences 24th May) £27.80	
7.00pm	Zumba	
7.15pm	Group Cycle/Bell	
8.00pm	Yoga - Drop In	

START	CLASS	FRIDAY
7.15am	Group Indoor Cycling	
10.00am	3-D Core	
12.10pm	Aqua Fit	
3.30pm	Teen Gym (Fitness Coach on duty for advice)	
5.30pm	Yoga Chill - Drop In	
6.00pm	Master Circuits Class	
6.45pm	<b>NEW COURSE!</b> Men's Yoga (6 week course – 1st course commences 13th April; 2nd course commences 25th May) £27.80	

START	CLASS	SATURDAY
10.00am	Boot Camp Lite	
10.00am	Kids Fun Hour Price £3.10 OFFER: £1 discount when bought with 10am Boot Camp - parents and kids exercise together	
11.00am	Group Indoor Cycling	
3.30pm-	Teen Gym	
5.30pm	(Fitness Coach on duty for advice)	

START	CLASS	SUNDAY
11.00am	Ultimate Stretch	
11.00am	Xplorer Programme Bring the family and come explore with us!	
3.30pm	Teen Gym (Fitness Coach on duty for advice)	

**Teen Gym - two hour session EVERY DAY between 3.30pm and 5.30pm where teens can use the DEC and seek expert advice from our Gym Instructors**