

NEW SEASON MIND SET FOCUS RESULTS

Keep it cool this summer with the hottest fitness programme around!

If you haven't already tried our classes, take the first step and join the fitness family at Omagh Leisure Complex – we're here to help you achieve your lifestyle goals this summer!

To **Sculpt & Tone** try: Pilates, Aqua Fit, Group Cycle/Bell, Yoga, Body Transformation, Pump and Tone, Yogalates, Zumba, Express Kettlebells, True Body Tone & Ultimate Stretch.

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

For **Weight & Burn** try: Group Indoor Cycling, Cardio Box, Express Cycle, HIIT, Body Transformation, Boot Camp, Group Cycle/Bell, Pump and Tone, Zumba, Cardio/Abs Blast, Group Cycle/Core, Express Kettlebells, Six Pack Attack and for the ultimate – Master Circuit Class!

Classes are **FREE** with any type of membership (max. 7 per week) or drop-in for just £4.65! Join up for membership in 3 easy steps:

1. **In person at OLC Reception**
2. **Over the telephone (option 1 for membership)**
3. **On Line: 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 require 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

Email: info@fermanaghomagh.com

Facebook: www.facebook.com/omaghleisurecomplex



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



Kit TO GET Fit

SUMMER 2018



START	CLASS	MONDAY
7.15am	Group Indoor Cycling	
10.00am	Cardio Box – drop in class NEW	
11.10am	Pilates – drop in class	
12.10pm	Aqua Fit	
12.45pm	Express Cycle (30 min. express class)	
3.30pm	Teen Gym Fitness coach on duty for advice	
5.30pm	Yoga Chill – drop in class *starts 16 July	
6.00pm	Group Cycle/Bell	
6.15pm	HIIT	
7.15pm	Aqua Fit	
7.15pm	Body Transformation	


START	CLASS	TUESDAY
7.15am	Boot Camp	
10.00am	Group Cycle/Bell	
11.30am	Silver Sneakers (cycle for 55+ years)	
3.30 pm	Teen Gym Fitness coach on duty for advice	
6.00pm	Cardio Box Course (6 week course starts 10 July) NEW	
6.15pm	Group Cycle/Bell	
7.00pm	Pump and Tone for Summer	
7.45pm	Yoga Beginners Course 6 week course starts 17 July) NEW	
8.00pm	Yogalates	

START	CLASS	WEDNESDAY
7.15am	Group Indoor Cycling	
10.00am	Zumba	
10.30am	Yoga Sculpt Course (6 week course starts 18 July) NEW	
12.10pm	Aqua Fit	
12.30pm	Yoga - drop in class (starts 18 July)	
3.30pm	Teen Gym Fitness coach on duty for advice	
6.00pm	Group Indoor Cycling	
6.00pm	Beginner Pilates Course (6 week course starts 25 July)	
6.30pm	HIIT	
7.15pm	Aqua Fit	
7.15pm	Intermediate Pilates Course (6 week course starts 25 July)	

START	CLASS	THURSDAY
*All Classes below start 19 July		
7.15am	Cardio/Abs Blast	
10.00am	Group Cycle & Core	
12.45pm	Express Kettlebells	
3.30pm	Teen Gym Fitness coach on duty for advice	
6.00pm	Hot Yoga Course (6 week course starts 19 July)	
7.00pm	Cardio Box - drop in class NEW	
7.15pm	Group Cycle/Bell (Starts 2nd August)	
8.00pm	Yoga - drop in class	

START	CLASS	FRIDAY
*All classes below start 20 July		
7.15am	Group Indoor Cycling	
10.00am	True Body Tone NEW	
12.10pm	Aqua Fit	
3.30pm	Teen Gym Fitness coach on duty for advice	
6.00pm	Master Circuits	

START	CLASS	SATURDAY
10.00am	Six Pack Attack NEW	
11.00am	Group Indoor Cycling	
3.30pm	Teen Gym Fitness coach on duty for advice	

START	CLASS	SUNDAY
11.00am	Ultimate Stretch	
3.30pm	Teen Gym Fitness coach on duty for advice	
*Programme may be subject to change – visit our Facebook page or telephone reception for the most up to date scheduling		