



START	CLASS	MONDAY
7.15am	<b>Indoor Cycle</b>	
10.00am	<b>Glutes Core &amp; More</b>	
12.15pm	<b>Aqua Fit</b>	
3.30pm	<b>Teen Gym</b> (Fitness Coach on duty for advice)	
6.00pm	<b>Circuits</b>	
7.15pm	<b>Circuits</b>	


START	CLASS	TUESDAY
7.15am	<b>Bars &amp; Bells</b>	
10.00am	<b>Cycle/Bell</b>	
11.00am	<b>Stretch &amp; Core</b>	
11.15am	<b>Silver Sneakers (60+)</b>	
3.30pm	<b>Teen Gym</b> (Fitness Coach on duty for advice)	
6.00pm	<b>Cycle/Core</b>	
7.30pm	<b>HIIT</b>	

START	CLASS	WEDNESDAY
7.15am	<b>Indoor Cycle</b>	
10.00am	<b>Zumba</b>	
12.15pm	<b>Aqua Fit</b>	
12.45pm	<b>Cycle Blast</b> (30 mins)	
3.30pm	<b>Teen Gym</b> (Fitness Coach on duty for advice)	
6.00pm	<b>Indoor Cycle</b>	
7.15pm	<b>Aqua Fit</b>	
7.30pm	<b>Body Sculpt</b>	

START	CLASS	THURSDAY
7.15am	<b>Bootcamp</b>	
10.00am	<b>Cycle/Core</b>	
10.00am	<b>Pilates*</b> (8 week course starting 27 April)	
3.30pm	<b>Teen Gym</b> (Fitness Coach on duty for advice)	
6.00pm	<b>Zumba**</b>	
6.30pm	<b>Cycle/Core</b>	

START	CLASS	FRIDAY
7.15am	<b>Indoor Cycle</b>	
10.00am	<b>Body Burn</b>	
3.30pm	<b>Teen Gym</b> (Fitness Coach on duty for advice)	
6.00pm	<b>Indoor Cycle</b>	

START	CLASS	SATURDAY
10.15am	<b>Indoor Cycle</b>	

START	CLASS	SUNDAY
10.15am	<b>Stretch &amp; Relax</b>	

\* Courses are not included in the free membership class entitlement.

\*\* Subject to change for July & August

Programme may be subject to change – please check on Facebook and Instagram @omaghleisurecomplex or telephone reception: 02882 246711.



# Become the best version of yourself!

Our varied exercise class programme is tailored to suit all levels and abilities. Instructors will help you get the most out of your workout whilst supporting you to improve your overall health and fitness goals!

**For Weight Loss & Tone try:** Cycle/Bell, Cycle/Core, Zumba, 3D Core, HIIT, Bars & Bells, Glutes Core & More, Aqua Fit, Bootcamp, Six Pack Attack and Circuits.

**For Mind, Body & Soul try:** Yoga, Yogalates, Stretch, Pilates, Glutes Core & More and Aqua Fit!

Don't forget ... avail of unlimited **FREE CLASSES** with any type of membership!

## Join up in 3 easy steps:

1. In person at Reception
2. Over the telephone (02882 246711)
3. Online: [www.omaghleisurecomplex.com](http://www.omaghleisurecomplex.com)
  - Booking is not required but is available through the app from 2 days in advance.
  - Courses are not included in the free membership class entitlement - these are prebooked and paid in advance of start date.
  - 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,
  - We invite you to bring along your own yoga or exercise mat to classes which require them (mats will be provided for those who do not have their own).
  - We kindly ask all participants to adhere to all guidelines currently in place throughout the complex with regards to covid-19 and follow the instruction the coaches and staff on site.



For further information please see the following:

**Web:** [www.fermanaghomagh.com](http://www.fermanaghomagh.com)

**Email:** [olcinfo@fermanaghomagh.com](mailto:olcinfo@fermanaghomagh.com)

**Telephone:** 02882 246711

**Facebook:** [www.facebook.com/omaghleisurecomplex](https://www.facebook.com/omaghleisurecomplex)

**Instagram:** [www.instagram.com/omaghleisurecomplex](https://www.instagram.com/omaghleisurecomplex)



Omagh  
Leisure Complex

# Kit TOGETH Fit

Spring/Summer 2023

## Spring into fitness

Don't forget -  
all drop-in classes  
are **FREE** with  
any type of  
membership!



Programme commences Wednesday 12 April 2023  
and ends Sunday 03 September 2023 unless otherwise specified.