

CLASS DESCRIPTION

MET CON

Metabolic Conditioning, or Met Con for short, is a high intensity workout completed in a short period of time that will challenge your cardiovascular capacity, put your metabolism into over drive and rapidly burn fat.

YOGA

Relax & reduce stress through stretches & breathing exercises. Suitable for beginners through to experienced practitioners.

INDOOR CYCLE / CYCLE BLAST

A cycling class designed to burn fat, improve cardio-vascular fitness and strengthen the lower body.

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 kettlebell workout designed to challenge your fitness levels and put your body to the test.

STRENGTH & TONE

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

TEA DANCE

Learn how to dance while socialising and having fun.

BODY BLAST

High intensity exercise class which incorporates cardio and strength conditioning.

BRIDGE

Exercise the mind with this social card game. Suitable for beginners through to experienced players.

BOX FIT

A dynamic class using boxing training techniques to effectively work & tone your body.

BOX & BELLS

High energy & intensity interval training alternating between weighted kettlebells and boxing drills. Firing up the whole body challenging cardio & strength.

BOOTCAMP

A high energy cardio & weighted workout to target all levels of fitness.

TOTAL BLAST

A combination of cardio, core & full body conditioning.

AQUA AEROBICS

Exercising in Water. Aqua aerobics is a form of exercise which provides cardiovascular conditioning, increasing your pulse and your breathing rate.

AQUA TEEN HIIT

A high intensity, interval training class for teenagers in the swimming pool. This class uses the water as resistance to increase the intensity of the workout.

AQUA NATAL

A Class designed to give expectant mothers low impact, gentle exercises to build stamina for labour, birth and post-natal recovery and improve overall health & well-being.



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

FERMANAGH
LAKELAND
FORUM



Fitness & Exercise Programme 2018

CLASS TIMETABLE

DAY	CLASS	TIME	COST
Monday	Boot Camp (Members only)	7.05am – 7.35am	
	Indoor Cycle	8.05am – 8.35am	£3.15
	Indoor Bowls	10.30am – 12.30pm	£2.60
	Met Con	11.00am – 11.45am	£4.15
	Kettle Blast	5.30pm – 6.15pm	£4.15
	Strength & Tone	6.00pm – 7.00pm	£4.65
	Cycle Blast	6.45pm – 7.30pm	£4.15
	Box Fit	7.15pm – 8.15pm	£4.65
	Aqua Teen HIIT	7.30pm – 8.00pm	£2.60
	Body Blast	8.00pm – 8.45pm	£4.15
	Aqua Aerobics	8.00pm – 8.45pm	£4.15
Tuesday	Cycle Blast (Members Only)	7.05am – 7.35am	
	Box & Bells	8.05am - 8.35am	£3.10
	Stretch & Tone (Starting 25th September)	10.00am – 11.00am	£4.15
	Total Blast	11.00am – 11.45am	£4.15
	Aqua Aerobics	12.30pm – 1.15pm	£4.15
	Boot Camp	5.30pm – 6.30pm	£4.65
	Cycle Blast	6.45pm – 7.30pm	£4.15
	Kettle Blast	8.00pm – 8.45pm	£4.15
	Aqua Jog	8.45pm-9.30pm	£4.15
Wednesday	Boot Camp (Members only)	7.05am – 7.35am	
	Cycle & Core	8.05am – 8.35am	£3.15
	Met Con	11.00am – 11.45am	£4.15

CLASS TIMETABLE

DAY	CLASS	TIME	COST
Wednesday	Aqua Natal	12.30pm-1.10pm	£3.00
	Tea Dance (Starting 19th September)	2.00pm – 3.30pm	£1.00
	Bridge	2.00pm – 5.00pm	£2.60
	Cycle Blast	5.30pm – 6.15pm	£4.15
	Total Blast	8.00pm – 8.45pm	£4.15
Thursday	Met Con (Members Only)	7.05am – 7.35am	
	Cycle & Bells	8.05am – 8.35am	£3.15
	Box & Bells	11.00am – 11.45am	£4.15
	Senior Fitness (Chair based exercise)	11.00am – 12.00pm	£2.60
	Kettle Blast	5.30pm – 6.15pm	£4.15
	Cycle & Core	6.45pm – 7.30pm	£4.15
	Aerobics	7.00pm – 7.45pm	£4.15
	Total Blast	8.00pm – 8.45pm	£4.15
	Aqua Teen HIIT	8.00pm-8.30pm	£2.60
	Aqua Jog	8.45pm-9.30pm	£4.15
Friday	Box Fit (Members Only)	7.05am – 7.35am	
	Cycle & Core	8.05am – 8.35am	£3.10
	Yoga	9.30am – 10.30am	£4.15
	Yoga	10.45am – 11.45am	£4.15
	Boot Camp	11.00am – 11.45am	£4.15
	Box Fit	5.30pm – 6.15pm	£4.15
	Indoor Cycle	6.30pm – 7.15pm	£4.15
	Cycle & Circuits	8.00pm – 8.45pm	£4.15
Saturday	Body Blast	10.15am – 11.00am	£4.15

All classes are subject to change,
please contact reception to book a place 028 66 32412