

## 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.

### CYCLE BLAST/PRO

A cycling class designed to burn fat, improve cardio-vascular fitness and strengthen the lower body. Pro class is high intensity class to test your endurance levels.

### 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.

### STRETCH & TONE

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

### BRIDGE

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

### BODY BLAST

High intensity exercise class which incorporates cardio and strength conditioning.

### FUNCTIONAL RIG CIRCUITS

A fast paced total body strength & conditioning class on our state of the art Functional Rig.

### BOOTCAMP

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

### LUNCH TIME FITNESS

Get your workout done and dusted in your Lunch break with a 30 minute cardio & core challenge.

### BOX & BELLS

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

### TOTAL BLAST

A combination of cardio, core & full body conditioning.

### AQUA JOG

High energy and fun fitness class in which you perform a range of aerobic running drills in the pool.

### AQUA AEROBICS

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

### TABATA '30'

30 minute class of high intensity interval exercises using kettlebells, barbells, bodyweights and cardio.

### 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.

### CARDIO BOX

A challenging aerobic / cardio workout combined with boxing training techniques

### CYCLE & CORE/ CIRCUITS/ BELLS

High energy classes which include cycling and weighted body conditioning designed to challenge all fitness levels

### SUPER SENIORS

A fun games session including Boccia, Badminton, Pickle ball & New Age Kurling to challenge the mind and body.



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

FERMANAGH  
LAKELAND  
FORUM



Now  
Open at 7am  
for Non  
Members

Fitness & Exercise  
Programme January 2019

## CLASS TIMETABLE

DAY	CLASS	TIME	COST
<b>Monday</b>	Met Con	7.05am – 7.35am	£3.15
	Cycle Blast	8.00am – 8.30am	£3.15
	Indoor Bowls	10.30am – 12.30pm	£2.60
	Total Blast	11.00am – 11.45am	£4.15
	Aqua Aerobics	12.30pm – 1.15pm	£4.15
	Lunchtime Fitness	1.15pm – 1.45pm	£3.15
	Kettle Blast	5.30pm – 6.15pm	£4.15
	Cycle Pro	6.45pm – 7.30pm	£4.15
	Functional Rig Circuits	8.00pm – 8.45pm	£4.15
<b>Tuesday</b>	Cycle Blast	7.05am – 7.35am	£3.15
	Box & Bells	8.00am – 8.30am	£3.15
	Stretch & Tone (15/01/19)	10.00am – 11.00am	£4.15
	Met Con	11.00am – 11.45am	£4.15
	Boot Camp	5.30pm – 6.15pm	£4.15
	Cycle Blast	7.00pm – 7.45pm	£4.15
	Kettle Blast	8.00pm – 8.45pm	£4.15
	Aqua Aerobics	8.00pm – 8.45pm	£4.15
	Aqua Jog	8.45pm – 9.30pm	£4.15
<b>Wednesday</b>	Box & Bells	7.05am – 7.35am	£3.15
	Cycle Blast	8.00am – 8.30am	£3.15
	Cycle & Circuits	11.00am – 11.45am	£4.15
	Aqua Natal	12.30pm – 1.10pm	£3.00

## CLASS TIMETABLE

DAY	CLASS	TIME	COST
	Lunchtime Fitness	1.15pm – 1.45pm	£3.15
	Tea Dance (16/01/19)	2.00pm – 3.30pm	£1.00
	Bridge	2.00pm – 5.00pm	£2.60
	Functional Rig Circuits	5.30pm – 6.15pm	£4.15
	Total Blast	8.00pm – 8.45pm	£4.15
	<b>Thursday</b>	Met Con	7.05am – 7.35am
Cycle & Bells		8.00am – 8.30am	£3.15
Super Seniors (17/01/19)		10.00am – 12.00pm	£2.60
Cardio Box		11.00am – 11.45am	£4.15
Senior Chair Fitness		11.00am – 12.00pm	£2.60
Kettle Blast		5.30pm – 6.15pm	£4.15
Cycle Pro		7.00pm – 7.45pm	£4.15
Total Blast		8.00pm – 8.45pm	£4.15
Aqua Aerobics		8.00pm – 8.45pm	£4.15
Aqua Jog	8.45pm – 9.30pm	£4.15	
<b>Friday</b>	Cardio Box	7.05am – 7.35am	£3.15
	Cycle & Core	8.00am – 8.30am	£3.15
	Yoga	9.30am – 10.30am	£4.15
	Yoga	10.45am – 11.45am	£4.15
	Boot Camp	11.00am – 11.45am	£4.15
	TABATA '30'	5.30pm – 6.00pm	£3.15
Cycle Blast	6.30pm – 7.15pm	£4.15	
<b>Saturday</b>	Body Blast	10.15am – 11.00am	£4.15

All classes are subject to change,  
please contact reception to book a place 028 6632 4121