



Kit TOGETHER Fit

Autumn/Winter 2018

Define your own needs to achieve your fitness goals:

To **Sculpt & Tone** try: Pilates, Cycle/Bell, Cycle & Core, Body Transformation, Six Pack Attack, Express Kettlebells, Yoga, Silver Sneakers, Ab Fab Friday, Strength & Conditioning, Glutes Core & More or Ultimate Stretch

For **Speed, Endurance & Cardio** try: HIIT, Boot Camp, Indoor Group Cycling, Zumba, Cardio Box, Cycle/Bell, Jive or Latin Fitness

For **Body & Soul** try: Pilates, all Yoga classes/courses, or Ultimate Stretch

For **Weight & Burn** try: Group Indoor Cycling, Aqua Fit, Express Kettlebells, Cycle/Bell, Body Transformation, Boot Camp, Strength & Conditioning, Zumba or Cardio Box

All classes cost just £4.65 unless otherwise specified. Don't forget ... avail of 7 FREE CLASSES per week with any type of membership! 3 simple ways to join:

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 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.



START	CLASS	MONDAY
7.15am	Group Indoor Cycling Drop-in Class	
10.00am	Cardio Box Drop-in Class NEW	
11.10am	Pilates Drop-in Class	
12.10pm	Aqua Fit Drop-in Class	
12.45pm	Glutes, Core & More Drop-in Class NEW	
3.30pm	Teen Gym Coach on duty for advice	
6.00pm	Group Cycle/Bell Drop-in Class	
6.00pm	Yoga Chill Drop-in Class	
6.15pm	HIIT Drop-in Class	
7.00pm	Aqua Fit Drop-in Class	
7.30pm	Body Transformation Drop-in Class	
7.30pm	Yoga Advanced Beginners Course 3 Sept – 22 Oct (8wks) £37; 5 Nov – 17 Dec (7wks) £32.40	
8.30pm	Jive with Ruby Course NEW 3 Sept – 22 Oct (8wks) £45; 5 Nov – 17 Dec (7wks) £40	

START	CLASS	TUESDAY
7.15am	Boot Camp Drop-in Class	
10.00am	Group Cycle/Bell Drop-in Class	
11.10am	Yogalates Drop-in Class	
11.30am	Silver Sneakers (55+) Drop-in Class	
12.30pm	Yoga Drop-in Class	
3.30pm	Teen Gym - Coach on duty for advice	
6.00pm	Yoga Beginners Course 4 Sept – 23 Oct (8wks) £37; 6 Nov – 18 Dec (7wks) £32.40	
6.00pm	Strength & Conditioning Course NEW 4 Sept – 23 Oct (8wks) £37; 6 Nov – 18 Dec (7wks) £32.40	
6.15pm	Group Cycle/Bell Drop-in Class	
7.15pm	Boot Camp Drop-in Class	
8.30pm	Latin Fitness Course NEW 4 Sept – 23 Oct (8wks) £45; 6 Nov – 18 Dec (7wks) £40	

START	CLASS	WEDNESDAY
7.15am	Group Indoor Cycling Drop-in Class	
10.00am	Zumba Drop-in Class	
12.10pm	Aqua Fit Drop-in Class	
12.30pm	Inclusive Fitness Class FREE (for those with limited mobility) commences 12 Sept	
12.30pm	Yoga Drop-in Class	
3.30pm	Teen Gym - Coach on duty for advice	
5.45pm	Beginner Pilates Course 5 Sept – 24 Oct (8wks) £37; 7 Nov – 19 Dec (7wks) £32.40	
6.00pm	Group Indoor Cycling Drop-in Class	
7.15pm	Aqua Fit Drop-in Class	
7.15pm	Intermediate Pilates Course 5 Sept – 24 Oct (8wks) £37; 7 Nov – 19 Dec (7wks) £32.40	
8.30pm	Yoga Restore Course NEW 5 Sept – 24 Oct (8wks) £37; 7 Nov – 19 Dec (7wks) £32.40	
8.30pm	HIIT Drop-in Class	

START	CLASS	THURSDAY
7.15am	Boot Camp Drop-in Class	
10.00am	Cycle & Core Drop-in Class	
11.10am	Yogalates Drop-in Class	
12.45pm	Express Kettlebells Drop-in Class	
3.30pm	Teen Gym - Coach on duty for advice	
6.00pm	Hot Yoga Course 6 Sept – 25 Oct (8wks) £37; 15 Nov – 20 Dec (6wks) £27.80	
7.00pm	Zumba Drop-in Class	
7.15pm	Cycle/Bell Drop-in Class	
8.00pm	Yoga Drop-in Class	

START	CLASS	FRIDAY
7.15am	Group Indoor Cycling Drop-in Class	
10.00am	3 D Core Drop-in Class	
12.10pm	Aqua-Fit Drop-in Class	
3.30pm	Teen Gym - Coach on duty for advice	
6.00pm	Fab Ab Friday Drop-in Class NEW	

START	CLASS	SATURDAY
10.00am	6 Pack Attack Drop-in Class	
10.00am	Kids Fun Hour *Not available: 20 Oct, 3 Nov, 10 Nov & 17 Nov	
11.00am	Group Indoor Cycling Drop-in Class	

START	CLASS	SUNDAY
10.00am	Boot Camp Drop-in Class	
11.00am	Ultimate Stretch Drop-in Class	

*Programme may be subject to change – visit our Facebook page or telephone reception for the most up to date scheduling