

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, Core for More or Ultimate Stretch

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

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! Join up 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 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, access to class will be denied after 10 mins.
 - For your comfort, we invite you to bring along your own towel to place on yoga or exercise mats during your class.



For further information,
please telephone Reception on 028 822 46711

Web: www.omaghleisurecomplex.com

Email: info@fermanaghomagh.com

Facebook: www.facebook.com/omaghleisurecomplex 

Instagram: www.instagram.com/omaghleisurecomplex 



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

Omagh Leisure Complex

Kit TO GET Fit

Winter 2019

Your essential 15 week winter workout programme for the New Year

**It's only cold if
you're standing still!**
We've got lots to choose
from to keep you moving
and don't forget –
all drop-in classes are
free with any type of
membership!





Programme commences Monday 7th January 2019 unless otherwise specified.


START	CLASS	MONDAY
7.15am	Group Indoor Cycling Drop-in Class	
10.00am	Cardio Box Drop-in Class	
11.10am	Pilates Drop-in Class	
12.10pm	Aqua Fit Drop-in Class	
12.45pm	Glutes, Core & More Drop-in Class	
3.30pm	Teen Gym Coach on duty for advice	
6.00pm	Group Cycle/Bell Drop-in Class	
6.15pm	Yoga Chill Drop-in Class	
6.15pm	HIIT Drop-in Class	
7.15pm	Aqua Fit Drop-in Class	
7.30pm	Body Transformation Drop-in Class	
7.30pm	Yoga Advanced Beginners 6wk Course First Session: 7 Jan - 11 Feb; Second Session: 25 Feb - 8 April *No class on 18th March 2019	


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	
3.30 pm	Teen Gym - Coach on duty for advice	
4.30-5.30pm	Yoga for Teens (11-17yrs) Drop-in Class NEW	
6.00pm	Yoga Beginners 6wk Course First Session: 8 Jan-12 Feb 2019; Second Session: 26 Feb-2 April 2019	
6.00pm	Strength & Conditioning 6wk Course First Session: 8 Jan - 12 Feb; Second Session: 26 Feb - 2 April 2019	
6.15pm	Group Cycle/Bell Drop-in Class	
7.30pm	Boot Camp Drop-in Class	
8.30pm	Kangoo Jumps 6wk Course First Session: 8 Jan - 12 Feb; Second Session: 26 Feb - 2 April 2019	

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 (Free - for those with limited mobility) Commencing 9 January 2019	
12.30pm	Yoga Drop-in Class	
3.30pm	Teen Gym - Coach on duty for advice	
5.45pm	Beginner Pilates Course First Session: 9 Jan - 13 Feb; Second Session: 27 Feb - 3 April 2019	
6.00pm	Group Indoor Cycling Drop-in Class	
7.15pm	Aqua Fit Drop-in Class	
7.15pm	Intermediate Pilates 6wk Course First Session: 9 Jan - 13 Feb; Second Session: 27 Feb - 3 April 2019	
8.30pm	Yoga Restore 6wk Course NEW	
8.30pm	Core for More Drop-in Class NEW	

START	CLASS	THURSDAY
7.15am	Boot Camp Drop-in Class	
10.00am	Group Cycle & Core Drop-in Class	
11.10am	Yogalates Drop-in Class	
12.45pm	Express Kettlebells Drop-in Class (1/2 hr)	
3.30pm	Teen Gym - Coach on duty for advice	
6.00pm	Hot Yoga 6wk Course First Session: 10 Jan - 14 Feb; Second Session: 28 Feb - 4 April 2019	
7.00pm	Zumba Drop-in Class	
7.15pm	Group 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/Cardio Box Drop-in Class *Please check with class in advance	

START	CLASS	SATURDAY
10.00am	6 Pack Attack Drop-in Class	
10.00am	Kids Fun Hour 4-8 yrs	
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 - please check on Facebook @omaghleisurecomplex or telephone reception: 028 822 46711 Option 0.