## Define your own needs to achieve your fitness goals:

To Sculpt & Tone try: Pump n Tone, Pilates, Cycle/Bell, Cycle & Core, Body Transformation, Six Pack Attack, Express Kettlebells, Yoga, Silver Sneakers, Fab Ab Friday, Strength & Conditioning, Glutes Core & More, Chair Aerobics 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, Chair Aerobics 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 £4.80 unless otherwise specified. Don't forget ... all drop-in classes are FREE with any type of membership!

- In person at OLC Reception
- Over the telephone (Option 1 for membership)
- 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 5 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 (Option 0)

Web: www.omaghleisurecomplex.com

Email: info@fermanaghomagh.com

Facebook: www.facebook/omaghleisurecomplex f

Instagram: www.instagram.com/omaghleisurecomplex





## Spring 2019

Your essential 8 week Spring workout programme



Programme commences Monday 29th April 2019 unless otherwise specified.

## **Group Indoor Cycling** Drop-in Class 7.15am 10.00am Cardio Box Drop-in Class **Pilates** Drop-in Class 11.10am 12.10pm **Agua Fit** Drop-in Class Glutes, Core & More Drop-in Class 12.45pm 3.30pm **Teen Gym** - Coach on duty for advice Yoga Beginner 6 Week Course 5.00pm 6.00pm **Group Cycle/Bell** Drop-in Class 6.00pm Yoga Chill Drop-in Class 6.15pm **HIIT** Drop-in Class **Aqua Fit** Drop-in Class 7.15pm **Body Transformation** Drop-in Class 7.15pm Yoga Advanced Beginners 6 Week Course 7.30p**m** \* No class on 6th and 27th May 2019



**MONDAY** 

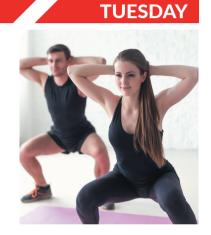
START

CLASS

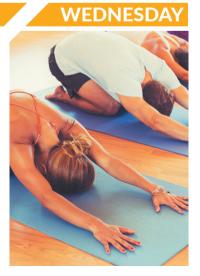
SIAKI	CLASS
7.15am	Boot Camp Drop-in Class
10.00am	Group Cycle/Bell Drop-in Class
11.10am	Yogalates Drop-in Class
11.30am	Silver Sneakers (55+) Drop-in Class
12.30pm	<b>Yoga</b> Drop-in Class
3.30pm	<b>Teen Gym</b> - Coach on duty for advice
5.30pm	Cardio Box Drop-in Class
6.15pm	Group Cycle/Bell Drop-in Class
7.30pm	<b>Boot Camp</b> Drop-in Class

CLASS

START



START	CLASS
7.15am	Group Indoor Cycling Drop-in Class
10.00am	<b>Zumba</b> Drop-in Class
11.30am	Inclusive Fitness Class TIME
12.10pm	Aqua Fit Drop-in Class
12.30pm	<b>Yoga</b> Drop-in Class
3.30pm	<b>Teen Gym</b> - Coach on duty for advice
5.45pm	Beginner Pilates 6 Week Course
6.00pm	Group Indoor Cycling Drop-in Class
7.00pm	<b>Strength and Conditioning</b> 6 Week Course
7.15pm	Aqua Fit Drop-in Class
7.15pm	Intermediate Pilates 6 Week Course
8.30pm	Yoga Restore 6 Week Course



7.15am	<b>Boot Camp</b> 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)
1.15pm	Chair Aerobics Drop-in Class
3.30pm	<b>Teen Gym</b> – Coach on duty for advice
7.00pm	<b>Zumba</b> Drop-in Class*
7.15pm	Group Cycle/Bell Drop-in Class*
8.00pm	Yoga Drop-in Class*



**THURSDAY** 

**FRIDA** 

CATLIDDAY

**SUNDAY** 

START	CLASS	
7.15am	Group Indoor Cycling Drop-in Class*	7. 10
10.00am	Pump n Tone Drop-in Class*	
12.10pm	Aqua-Fit Drop-in Class*	
3.30pm	<b>Teen Gym</b> – Coach on duty for advice	
6.00pm	Fab Ab Friday Drop-in Class*	
	* These classes/courses commence 10 May 2019	4



SIAKI	CLASS	SATURDAT
10.00am	Six Pack Attack Drop-in Class*	THE HIS
10.00am	Kids Fun Hour (4-8 years) Drop-in Class*	
11.00am	<b>Group Indoor Cycling</b> Drop-in Class*	
3.30pm	<b>Teen Gym</b> - Coach on duty for advice	
	* These classes/courses commence 11 May 2019	

10.00am	<b>Boot Camp</b> Drop-in Class*
11.00am	<b>Ultimate Stretch</b> Drop-in Class*
3.30pm	<b>Teen Gym</b> - Coach on duty for advice * These classes/courses commence 12 May 2019
Programme may be subject to change – please check on Facebook @omaghleisurecomplex or	

telephone reception: 028 822 46711 (Option 0).

