

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!

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 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.com/omaghleisurecomplex 

Instagram: www.instagram.com/omaghleisurecomplex 



Omagh
Leisure Complex

Kit TO GET Fit

Spring 2019

Your essential 8 week Spring workout programme

Let Spring be
the start of
something new!

Don't forget –
all drop-in classes are
FREE with any type
of membership



Programme commences Monday 29th April 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	
5.00pm	Yoga Beginner 6 Week Course	
6.00pm	Group Cycle/Bell Drop-in Class	
6.00pm	Yoga Chill Drop-in Class	
6.15pm	HIIT Drop-in Class	
7.15pm	Aqua Fit Drop-in Class	
7.15pm	Body Transformation Drop-in Class	
7.30pm	Yoga Advanced Beginners 6 Week Course	
		<small>* No class on 6th and 27th May 2019</small>


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	
5.30pm	Cardio Box Drop-in Class	
6.15pm	Group Cycle/Bell Drop-in Class	
7.30pm	Boot Camp Drop-in Class	

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

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)	
1.15pm	Chair Aerobics Drop-in Class	
3.30pm	Teen Gym - Coach on duty for advice	
7.00pm	Zumba Drop-in Class*	
7.15pm	Group Cycle/Bell Drop-in Class*	
8.00pm	Yoga Drop-in Class*	
		<small>* These classes/courses commence 9 May 2019</small>

START	CLASS	FRIDAY
7.15am	Group Indoor Cycling Drop-in Class*	
10.00am	Pump n Tone 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*	
		<small>* These classes/courses commence 10 May 2019</small>

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

START	CLASS	SUNDAY
10.00am	Boot Camp Drop-in Class*	
11.00am	Ultimate Stretch Drop-in Class*	
3.30pm	Teen Gym - Coach on duty for advice	
		<small>* These classes/courses commence 12 May 2019</small>

Programme may be subject to change – please check on Facebook @omaghleisurecomplex or telephone reception: 028 822 46711 (Option 0).