

**Fermanagh Lakeland Forum**  
**Fitness & Exercise programme Summer 2019**  
**Monday 1st July – Saturday 24<sup>th</sup> August**

DAY	CLASS	TIME	COST
<b>Monday</b>	Tabata `30`	07.05am – 07.40am	£3.15
	Cycle Blast	08.05am – 08.35am	£3.15
	Summer Bootcamp	11.00am – 11.45pm	£4.15
	Met Con	17.30pm – 18.15pm	£4.15
	Spin & Bells	19.00pm – 19.45pm	£4.15
<b>Tuesday</b>	Cycle Blast	07.05am – 07.40am	£3.15
	Cardio Box	08.05am – 08.35am	£3.15
	Total Blast (Cardio Core Workout)	11.00am – 11.45am	£4.15
	Summer Bootcamp	17.45pm – 18.30pm	£4.15
	Cycle & Core	19.00pm – 19.45pm	£4.15
<b>Wednesday</b>	Summer Circuits	07.05am – 07.40am	£3.15
	Spin & Core	08.05am - 08.35am	£3.15
	Box & Bells	11.00am – 11.45am	£4.15
	Spin & Bells	17.30pm – 18.15pm	£4.15
	Summer Bootcamp	19.15pm – 20.00pm	£4.15
<b>Thursday</b>	Met-Con	07.05am – 07.40am	£3.15
	Spin & Bells	08.05am – 08.35am	£3.15
	Box & Sweat	11.00am – 11.45pm	£4.15
	Senior Chair Based Exercise ( July 11 & 18 only !! )	11.00am – 12.00pm	£2.60
	Summer Circuits	17.30pm – 18.15pm	£4.15
	Ultimate Spin	7.15pm – 20.00pam	£4.15
<b>Friday</b>	Box & Bells	07.05am – 07.40am	£3.15
	Spin & Core	08.05am – 08.35am	£3.15
	Yoga	09.30am – 10.30am	£4.15
	Yoga	10.45am – 11.45am	£4.15
	Summer Bootcamp	11.00am – 11.45am	£4.15
	Tabata	18.15pm – 19.00pm	£4.15
<b>Saturday</b>	Summer Circuits	10.15am – 11.00am	£4.15



## FITNESS & EXERCISE PROGRAMME SUMMER SPECIALS

### BOX & BELLS

High Energy & intensity interval training alternating between weighted Kettlebells and boxing drills.

### CARDIO BOX

A challenging aerobic/cardio workout combined with boxing training techniques

### CYCLE BLAST

The cycling workout designed to burn fat, improve Cardio-Vascular fitness and strengthen the lower body.

### KETTLE BLAST

An intense kettle bell workout designed to challenge your fitness levels and put your body to the test

### MET CON

A fast-paced 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.

### SPIN & BELLS

High energy class which includes cycling and weighted kettlebells designed to challenge all fitness levels

### SUMMER BOOTCAMP

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

### SUMMER CIRCUITS

A fast-paced total body strength & conditioning class.

### TABATA '30'

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

### TOTAL BLAST

A combination of Cardio, Core & Full Body Conditioning

### YOGA

Relax & reduce stress through stretches & breathing exercise. Suitable for beginners through to experienced practitioners

