

CLASS DESCRIPTION

MET CON

Metabolic Conditioning, or Met Con for short, is a 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.

YOGA

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

CYCLE BLAST/PRO

A cycling class designed to burn fat, improve cardio-vascular fitness and strengthen the lower body. Pro class is high intensity class to test your endurance levels.

INDOOR BOWLS

A challenging & competitive sport requiring a lot of skill and provides good exercise for the muscles and joints along with social benefits.

KETTLE BLAST

An intense kettlebell workout designed to challenge your fitness levels and put your body to the test.

STRETCH & TONE

A session focused on muscular stretching, good body alignment, balance, core and strength.

BRIDGE

Exercise the mind with this social card game. Suitable for beginners through to experienced players.

BODY BLAST

High intensity exercise class which incorporates cardio and strength conditioning.

FUNCTIONAL RIG CIRCUITS

A fast paced total body strength & conditioning class on our state of the art Functional Rig.

DOUBLE BUBBLE

A two component class mixing high intensity strength and cardio conditioning.

BARBELL HIIT

A high intensity class using a weighted barbell to challenge all major muscles.

TRIPLE THREAT

A combination of various types of training methods designed to challenge all fitness levels.

TOTAL BLAST

A combination of cardio, core & full body conditioning.

AQUA JOG

High energy and fun fitness class in which you perform a range of aerobic running drills in the pool.

AQUA AEROBICS

Exercising in Water. Aqua aerobics is a form of exercise which provides cardiovascular conditioning, increasing your pulse and your breathing rate.

TABATA '30'

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

AQUA NATAL

A Class designed to give expectant mothers low impact, gentle exercises to build stamina for labour, birth and post-natal recovery and improve overall health & well-being.

CARDIO BOX

A challenging aerobic / cardio workout combined with boxing training techniques.

CYCLE & CORE

High energy classes which include cycling and weighted body conditioning designed to challenge all fitness levels

SUPER SENIORS

A fun games session including Boccia, Badminton, Pickle ball & New Age Kurling to challenge the mind and body.

ABS-SOLUTION

The ultimate abs and gluts workout using bodyweight and dumbbells.

Fitness & Exercise Programme Autumn 2019



Check out our
new website.
Leisure.
FermanaghOmagh
.com



Fermanagh
Lakeland Forum

CLASS TIMETABLE

DAY	CLASS	TIME	COST
Monday	TABATA	7.05am – 7.35am	£3.15
	Cycle Blast	8.00am – 8.30am	£3.15
	Indoor Bowls	10.30am – 12.30pm	£2.60
	Triple Threat	11.00am – 11.45am	£4.15
	Aqua Aerobics	12.30pm – 1.15pm	£4.15
	Met Con	5.30pm – 6.15pm	£4.15
	Cycle Pro	6.45pm – 7.30pm	£4.15
	Double Bubble	8.00pm – 8.45pm	£4.15
Tuesday	Cycle Blast	7.05am – 7.35am	£3.15
	Cardio Box	8.00am – 8.30am	£3.15
	Stretch & Tone (24/09/19)	10.00am – 11.00am	£4.15
	Met Con	11.00am – 11.45am	£4.15
	Kettle Blast	5.30pm – 6.15pm	£4.15
	Cycle Blast	7.00pm – 7.45pm	£4.15
	Functional Rig Circuits	8.00pm – 8.45pm	£4.15
	Aqua Aerobics	8.00pm – 8.45pm	£4.15
	Aqua Jog	8.45pm – 9.30pm	£4.15
Wednesday	Double Bubble	7.05am – 7.35am	£3.15
	Cycle Blast	8.00am – 8.30am	£3.15
	Abs Solution	11.00am – 11.45am	£4.15
	Aqua Natal	12.30pm – 1.10pm	£3.00

CLASS TIMETABLE

DAY	CLASS	TIME	COST
	Tea Dance (18/09/19)	2.00pm – 3.30pm	£2.60
	Bridge	2.00pm – 5.00pm	£2.60
	Functional Rig Circuits	5.30pm – 6.15pm	£4.15
	Barbell HIIT	8.00pm – 8.45pm	£4.15
Thursday	Met Con	7.05am – 7.35am	£3.15
	Double Bubble	8.00am – 8.30am	£3.15
	Super Seniors (26/09/19)	10.00am – 12.00pm	£2.60
	Cardio Box	11.00am – 11.45am	£4.15
	Senior Chair Fitness (26/09/19)	11.00am – 12.00pm	£2.60
	Kettle Blast	5.30pm – 6.15pm	£4.15
	Cycle Pro	7.00pm – 7.45pm	£4.15
	Triple Threat	8.00pm – 8.45pm	£4.15
	Aqua Aerobics	8.00pm – 8.45pm	£4.15
Aqua Jog	8.45pm – 9.30pm	£4.15	
Friday	Cardio Box	7.05am – 7.35am	£3.15
	Double Bubble	8.00am – 8.30am	£3.15
	Yoga	9.30am – 10.30am	£4.15
	Yoga	10.45am – 11.45am	£4.15
	Triple Threat	11.00am – 11.45am	£4.15
	TABATA '30'	5.30pm – 6.00pm	£3.15
Cycle & Core	6.30pm – 7.15pm	£4.15	
Saturday	Double Bubble	10.15am – 11.00am	£4.15

All classes are subject to change,
please contact reception to book a place 028 6632 4121