

OVER 50'S VITALITY MEMBERSHIP SEASONAL TIMETABLE (JAN -MARCH 2026)

● This programme is suited to anyone who has completed the PARS Scheme and/or a relevant LCCC Rehabilitation programme, providing it has been recommended by your Referrals Officer.● In addition to this comprehensive and varied daytime timetable, Vitality Membership also offers exceptional value and choice, including a wider programme of early morning & evening classes and activities.● For additional available classes and activities, please refer to our website:

<https://www.theleisureplex.com/vitality-membership/>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GROUP CYCLING 9.30AM - 10.15AM	M-H	KETTLEBELLS 9.15AM - 10.00AM	M	PILATES 9.15AM- 10.00AM	L-M	PILATES 9.15AM- 10.00AM	L-M	BOOTCAMP 9.15AM - 10.00AM	H	HIIT 8.45AM - 9.30AM	H	GRP CYCLING & CORE 9.30AM - 10.30AM	M-H
BUMS & TUMS 9.30AM - 10.15AM	L-M	BODY BLAST 9.30AM - 10.15AM	M	PILATES 9.30AM -10.20AM	L-M	STUDIO TABATA 9.30AM - 10.15AM	H	CIRCUITS 9.15AM - 10.00AM	H	COMBAT FIT 9.00AM- 10.00AM	M-H	YOGA 9.45AM- 10.30AM	L-M
CIRCUITS 9.30AM- 10.15AM	M-H	LEGS,BUMS & TUMS 9.30AM - 10.15AM	L-M	GROUP CYCLING 9.30AM - 10.15AM	M-H	LEGS, BUMS & TUMS 9.30AM - 10.15AM	L-M	CIRCUITS 9.30AM- 10.15AM	H	CARDIO PUMP 9.00AM- 9.45AM	M-H	GROUP CYCLING 10.00AM - 10.45AM	M-H
50'S FUN & FITNESS 11.00AM - 12.00PM	L-M	CIRCUITS 9.30AM -10.30AM	M-H	TRX 9.30AM -10.15AM	L-M	PILATES 9.30AM - 10.15AM	L-M	GROUP CYCLING 9.30AM - 10.15AM	M-H	GROUP CYCLING 9.30AM- 10.15AM	M-H	HATHA YOGA 10.00AM - 11.00AM	L-M
MEN'S CLASS * 10.30AM - 11.30AM	L-M	ARCHERY 10.00AM -10.45AM	L	CIRCUITS 10.00AM -10.45AM	H	LINE DANCING 10.30AM - 11.30AM	L-M	50+ TRX 10.15AM - 11.00AM	M-H	GROUP CYCLING 9.30AM- 10.15AM	M-H	ZUMBA 10.00AM -11.00AM	M-H
YOGA 11.30AM- 12.30PM	L-M	YOGA 10.00AM - 11.00AM	L-M	ZUMBA GOLD 10.00AM - 11.00AM	L-M	YOGA 10.30AM-11.30AM	L-M	PILATES 50+ 10.00AM -10.45AM	L-M	ZUMBA 9.45AM- 10.30AM	M-H	YOGA 11.15AM - 12.15PM	L-M
PILATES 12.00PM - 1.00PM	L-M	LINE DANCING 10.30AM - 11.30AM	L-M	PILATES 10.15AM - 11.05	L-M	CIRCUITS 10.30AM - 11.15AM	H	BROGA MEN'S YOGA 10.30AM -11.30AM	L-M	GROUP CYCLING 10.30AM - 11.00AM	M-H	KETTLEBELLS 11.15AM - 12.15PM	M
STRETCH & UNWIND 12.00PM -12.30PM	L-M	FEMALE HEALTH SPA 10.30AM - 11.30AM	L	BARRE FUSION 10.30AM -11.20AM	L	FEMALE HEALTH SPA 10.30AM - 11.30AM	L-M	SHORT MAT BOWLS * 10.30AM - 12.30PM	L	PILATES 10.45AM - 11.30AM	L-M	BODY BLAST 12.45PM - 1.15PM	M
AQUACISE 12.00PM -12.45PM	L-M	YOUNG AT HEART * 10.30AM - 11.30AM	L	HATHA YOGA 10.45AM - 11.45AM	L-M	PILATES 11.45AM - 12.45PM	L-M	PILATES 10.30AM - 11.30AM	L-M	YOGA 11.00AM - 12.00PM	L-M		
ABS BLAST 12.45PM - 1.15PM	L-M	50'S CIRCUITS 11.00AM - 12.00PM	L-M	BADMINTON 11.15AM - 12.00PM	L-M	AQUAFIT 12.00PM -1.00PM	L-M	YOGA 10.45AM - 11.145AM	L-M	20/20/20 11.30AM - 12.30PM	M-H		
CHAIR YOGA 12.45PM -1.45PM	L	WALKING NETBALL 11.30AM -12.30PM	M-H	ACTIVE AGEING 11.15AM -12.00PM	L-M	BODY BLAST 12.45PM - 1.15PM	M	FEEL GOOD FITNESS 11.00AM -12.00PM	L-M				
AQUACISE 1.00PM -1.45PM	L-M	PILATES 12.30PM - 1.20PM	L-M	ABS & CORE BLAST 12.30PM - 1.10PM	L-M			PILATES 12.00PM -12.50PM	L-M				
50+ CIRCUITS 2.30PM - 3.15PM	L-M	KETTLEBELLS 12.45PM - 1.15PM	M					STRETCH & UNWIND 12.45PM -1.15PM	L-M				
								AQUATIC ACTIVITY 1.00PM -1.45PM	L-M				

Low Intensity

L

Medium Intensity

M

High Intensity

H

LAGAN VALLEY LEISUREPLEX

LOUGH MOSS LEISURE CENTRE

GLENMORE ACTIVITY CENTRE

MONEYREAGH COMMUNITY CENTRE

KILMAKEE ACTIVITY CENTRE

The intensity of Classes/Activities may be altered to cater to each individual. For further advice on this, please consult with your Referrals Officer or a member of staff.

*Classes/activities not included but are accessible to Vitality Members & payable onsite. Please note that class offerings are subject to change.