

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>VENUE</b>
MONDAY	6.30am – 7.15am	GROUP CYCLING	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30am – 7.15am	BOOTCAMP	BILLY NEILL MBE COUNTRY PARK
MONDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	CIRCUIT TRAINING	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
MONDAY	11.30am – 12.30pm	YOGA	KILMAKEE ACTIVITY CENTRE
MONDAY	11.15am – 12.15pm	OVER 50'S FUN & FITNESS	GLENMORE ACTIVITY CENTRE
MONDAY	12.00pm-1.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
MONDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	1.15pm-2.00pm	YOGA FOR STRESS RELIEF	GLENMORE ACTIVITY CENTRE
MONDAY	5.00pm – 5.45pm	YOGA	DUNDONALD INTERNATIONAL ICE BOWL
MONDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE	LOUGH MOSS LEISURE CENTRE
MONDAY	5.45pm – 6.45pm	FLOW YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	5.45pm – 6.30pm	HIIT	LOUGH MOSS LEISURE CENTRE
MONDAY	6.00pm-7.00pm	TURBO KICK LIVE	LAGAN VALLEY LEISUREPLEX
MONDAY	6.00pm – 6.45pm	QUICK HIIT CIRCUITS	GLENMORE ACTIVITY CENTRE
MONDAY	6.00pm – 6.45pm	GROUP CYCLE	GROVE ACTIVITY CENTRE
MONDAY	6.30pm-7.15pm	KETTLEBELLS	BILLY NEILL MBE COUNTRY PARK
MONDAY	6.15pm – 7.00pm	CIRCUIT TRAINING	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30pm-7.30pm	BOXERCISE	KILMAKEE ACTIVITY CENTRE
MONDAY	6.30pm-7.30pm	MEN'S PILATES	LAGAN VALLEY LEISUREPLEX
MONDAY	6.45pm – 7.30pm	CIRCUITS	LOUGH MOSS LEISURE CENTRE
MONDAY	6.50pm-7.50pm	YOGA	GROVE ACTIVITY CENTRE
MONDAY	7.00pm – 8.00pm	GO-SLOW FLOW YOGA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.00pm-7.45pm	STRENGTH & CONDITIONING	GLENMORE ACTIVITY CENTRE
MONDAY	7.15pm – 8.00pm	ZUMBA	LAGAN VALLEY LEISUREPLEX
MONDAY	7.30pm – 8.00pm	ABS BLAST	LOUGH MOSS LEISURE CENTRE
MONDAY	7.45pm – 8.30pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30am – 7.30am	GROUP CYCLE & CORE	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30am – 7.15am	BOOTCAMP	LOUGH MOSS LEISURE CENTRE
TUESDAY	9.15am – 10.00am	BUMS & TUMS	GLENMORE ACTIVITY CENTRE
TUESDAY	9.15am – 10.15am	YOGA	GROVE ACTIVITY CENTRE
TUESDAY	9.15am – 10.00am	KETTLEBELLS	GLENMORE ACTIVITY CENTRE
TUESDAY	9.30am-10.15am	CARDIO & CORE	BILLY NEILL MBE COUNTRY PARK
TUESDAY	9.30am – 10.15am	BODY BLAST	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	GYM FLOOR CLASS	LOUGH MOSS LEISURE CENTRE
TUESDAY	10.00am – 11.00am	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	PILATES	DUNDONALD INTERNATIONAL ICE BOWL
TUESDAY	10.00am-10.45am	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	10.30am – 11.30am	LINE DANCING	LAGAN VALLEY LEISUREPLEX
TUESDAY	11.00am – 12.00pm	50+ FEEL GOOD FITNESS	GLENMORE ACTIVITY CENTRE
TUESDAY	12.45pm – 1.15pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.15pm – 6.00pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.30pm	YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm-6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX

**VITALITY MEMBERSHIP CLASSES 2023- ADULT**

TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	6.00pm – 6.45pm	PILATES	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.00pm-7.00pm	CARDIO/ BODY CONDITIONING WITH BELINDA	DUNDONALD INTERNATIONAL ICE BOWL
TUESDAY	6.30pm – 7.15pm	CIRCUITS	BILLY NEILL MBE COUNTRY PARK
TUESDAY	6.00pm – 6.45pm	HIIT AND CORE	GLENMORE ACTIVITY CENTRE
TUESDAY	6.15pm – 7.15pm	BUMS & TUMS	LOUGH MOSS LEISURE CENTRE
TUESDAY	6.30pm – 7.15pm	BOOTCAMP	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm-7.00pm	GROUP CYCLE (30 MINS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.00pm – 7.45pm	PILATES	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.00pm-7.45pm	GROUP CYCLE	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.15pm-8.15pm	LEGS, BUMS AND TUMS WITH BELINDA	DUNDONALD INTERNATIONAL ICE BOWL
TUESDAY	7.00pm – 8.00pm	YOGA	GLENMORE ACTIVITY CENTRE
TUESDAY	8.00pm – 8.45pm	PILATES	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.30am – 7.15am	TABATA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30am – 7.15am	KETTLEBELLS	BILLY NEILL MBE COUNTRY PARK
WEDNESDAY	7.00am-7.45am	FLOW YOGA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.45am-7.30am	RT24	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	TRX	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	20:20	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	10.00am – 11.00am	ZUMBA GOLD (50+)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.30am – 11.30am	PILATES	GLENMORE ACTIVITY CENTRE
WEDNESDAY	11.00am – 12.00pm	FEEL GOOD YOGA	GROVE ACTIVITY CENTRE
WEDNESDAY	11.15am-12.15pm	ACTIVE AGEING (50+)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	11.15am-12.00pm	ADULT BADMINTON CLASSES	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	5.45pm – 6.30pm	CARDIO FIT	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.00pm-7.00pm	RETRO FIT	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm-6.50pm	PILATES	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm – 6.45pm	VITALITY BOX FIT	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	6.00pm – 6.45pm	GROUP CYCLE	GROVE ACTIVITY CENTRE
WEDNESDAY	6.15pm-7.00pm	TABATA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	6.30pm-7.15pm	HIIT	BILLY NEILL MBE COUNTRY PARK
WEDNESDAY	7.00pm-7.45pm	WOMAN’S SELF DEFENCE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 7.45pm	GROUP CYCLE	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	7.30pm-8.30pm	ZUMBA WITH JENNY	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.45pm-8.30pm	WOMAN’S KICK BOXERCISE	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	8.00pm – 8.45pm	KETTLEBELLS	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.30am – 7.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	STUDIO TABATA	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am-10.15am	CIRCUITS	BILLY NEILL MBE COUNTRY PARK
THURSDAY	10.30am-11.15am	GYM FLOOR CLASS	LOUGH MOSS LEISURE CENTRE

THURSDAY	10.30am – 11.30am	YOGA	KILMAKEE ACTIVITY CENTRE
THURSDAY	11.45am-12.45pm	MAT PILATES	KILMAKEE ACTIVITY CENTRE
THURSDAY	12.00pm – 1.00pm	AQUAFIT	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.30pm-1.15pm	20:20	LOUGH MOSS LEISURE CENTRE
THURSDAY	12.45pm-1.15pm	BODY BLAST (15 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.15pm – 6.00pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm – 6.30pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30pm-7.00pm	GROUP CYCLE (HALF AN HOUR)	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.00pm-6.45pm	GROUP CYCLING	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.00pm – 6.45pm	GYM FLOOR CLASS	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.15pm – 7.00pm	TOTAL BODY HIIT	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.00pm-6.50pm	PILATES	GLENMORE ACTIVITY CENTRE
THURSDAY	6.00pm-7.00pm	CARDIO/ BODY CONDITIONING WITH BELINDA	DUNDONALD INTERNATIONAL ICE BOWL
THURSDAY	6.30pm – 7.30pm	BOOTCAMP (INDOORS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30pm-7.15pm	BOOTCAMP	BILLY NEILL MBE COUNTRY PARK
THURSDAY	6.45pm-7.30pm	GROUP CYCLING	KILMAKEE ACTIVITY CENTRE
THURSDAY	7.00pm-8.00pm	BOXERCISE	GROVE ACTIVITY CENTRE
THURSDAY	7.10pm – 7.55pm	YOGA	LOUGH MOSS LEISURE CENTRE
THURSDAY	7.15pm-8.15pm	DANCE FIT WITH BELINDA	DUNDONALD INTERNATIONAL ICE BOWL
THURSDAY	7.15pm-8.00pm	HIIT & CORE	GLENMORE ACTIVITY CENTRE
THURSDAY	7.30pm-8.30pm	BOXERCISE	KILMAKEE ACTIVITY CENTRE
THURSDAY	8.00pm – 8.45pm	YOGA	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.30am – 7.30am	GROUP CYCLE & KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30am – 7.15am	BOOTCAMP	LOUGH MOSS LEISURE CENTRE
FRIDAY	7.00am-7.45am	FLOW YOGA	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30am-7.15am	CIRCUITS	BILLY NEILL MBE COUNTRY PARK
FRIDAY	9.15am-10.00am	BOOTCAMP	GLENMORE ACTIVITY CENTRE
FRIDAY	9.30am – 10.15am	CIRCUIT TRAINING	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	GYM FLOOR CLASS	LOUGH MOSS LEISURE CENTRE
FRIDAY	9.30am-10.15am	GROUP CYCLE	GROVE ACTIVITY CENTRE
FRIDAY	10.15am-11.00am	VITALITY PILATES	LOUGH MOSS LEISURE CENTRE
FRIDAY	10.30am – 11.30am	OVER 50'S PILATES	GLENMORE ACTIVITY CENTRE
FRIDAY	10.30am-12.30pm	SHORT MAT BOWLS (50+)	LOUGH MOSS LEISURE CENTRE
FRIDAY	11.00am – 12.00pm	FEEL GOOD FITNESS (50+)	GROVE ACTIVITY CENTRE
FRIDAY	12.00pm – 1.00pm	PILATES	GLENMORE ACTIVITY CENTRE
FRIDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.30pm – 6.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm – 6.45pm	GYM FLOOR CLASS	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.00pm-7.00pm	DANCE FIT	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.15pm – 7.00pm	BOXERCISE	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30pm-7.15pm	CARDIO & CORE	BILLY NEILL MBE COUNTRY PARK
FRIDAY	7.00pm – 8.00pm	PILATES	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.00pm – 7.45pm	ABS & CORE	LOUGH MOSS LEISURE CENTRE
FRIDAY	7.15pm – 8.15pm	AQUA ZUMBA	LAGAN VALLEY LEISUREPLEX
SATURDAY	8.45am – 9.30am	HIIT	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.00am-9.30am	HIIT	BILLY NEILL MBE COUNTRY PARK
SATURDAY	9.00am-10.00am	BALLET FITNESS (AGES 13+)	LAGAN VALLEY LEISUREPLEX



VITALITY MEMBERSHIP CLASSES 2023- ADULT

SATURDAY	9.15am – 10.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.15am-10.15am	BROGA (MENS YOGA)	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.45am – 10.30am	ZUMBA	LOUGH MOSS LEISURE CENTRE
SATURDAY	10.00am-10.45am	SCULPT & TONE WITH BELINDA	DUNDONALD INTERNATIONAL ICE BOWL
SATURDAY	10.30am – 11.00am	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.30am – 11.15am	GROUP CYCLING	LOUGH MOSS LEISURE CENTRE
SATURDAY	10.45am-11.45am	PILATES	LOUGH MOSS LEISURE CENTRE
SATURDAY	11.00am – 12.00pm	YOGA	LAGAN VALLEY LEISUREPLEX
SATURDAY	11.30am – 12.30pm	20/20/20	LAGAN VALLEY LEISUREPLEX
SATURDAY	12.15pm – 1.15pm	YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.45am – 10.45am	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	GROUP CYCLE & CORE	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	ZUMBA STEPS	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am-10.30am	ABS & CORE	BILLY NEILL MBE COUNTRY PARK
SUNDAY	10.30am – 11.15am	GROUP CYCLING	LOUGH MOSS LEISURE CENTRE
SUNDAY	11.00am – 12.00pm	HATHA YOGA	LAGAN VALLEY LEISUREPLEX
SUNDAY	11.30am – 12.15pm	KETTLEBELLS	LAGAN VALLEY LEISUREPLEX
SUNDAY	12.30pm-1.30pm	YOGA FOR STRESS RELIEF (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	12.45pm – 1.15pm	GROUP CYCLE	LAGAN VALLEY LEISUREPLEX