

DAY	TIME	CLASS	VENUE
MONDAY	6.30am – 7.15am	GROUP CYCLING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	6.30am – 7.15am	BOOTCAMP (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
MONDAY	9.30am – 10.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	9.30am – 10.15am	CIRCUIT TRAINING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	11.30am – 12.30pm	YOGA (12 YRS +)	KILMAKEE ACTIVITY CENTRE
MONDAY	12.00pm-1.00pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	12.45pm – 1.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	1.15pm-2.00pm	YOGA FOR STRESS RELIEF (12 YRS +)	GLENMORE ACTIVITY CENTRE
MONDAY	4.30pm-5.30pm	DODGEBALL (6-14 YRS)	LAGAN VALLEY LEISUREPLEX
MONDAY	5.00pm – 5.45pm	YOGA (12 YRS +)	DUNDONALD INTERNATIONAL ICE BOWL
MONDAY	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LOUGH MOSS LEISURE CENTRE
MONDAY	5.45pm – 6.45pm	FLOW YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	6.00pm-7.00pm	TURBO KICK LIVE	LAGAN VALLEY LEISUREPLEX
MONDAY	6.00pm – 6.45pm	QUICK HIIT CIRCUITS (12 YRS +)	GLENMORE ACTIVITY CENTRE
MONDAY	6.00pm – 6.45pm	GROUP CYCLE (12 YRS +)	GROVE ACTIVITY CENTRE
MONDAY	6.30pm-7.15pm	KETTLEBELLS (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
MONDAY	6.30pm-7.30pm	BOXERCISE (16 YRS +)	KILMAKEE ACTIVITY CENTRE
MONDAY	6.15pm – 7.00pm	CIRCUIT TRAINING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	6.50pm-7.50pm	YOGA (12 YRS +)	GROVE ACTIVITY CENTRE
MONDAY	7.00pm – 8.00pm	GO-SLOW FLOW YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
MONDAY	7.00pm-7.45pm	STRENGTH & CONDITIONING (15 YRS +)	GLENMORE ACTIVITY CENTRE
MONDAY	7.15pm – 8.00pm	ZUMBA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30am – 7.30am	GROUP CYCLE & CORE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30am – 7.15am	BOOTCAMP (16 YRS +)	LOUGH MOSS LEISURE CENTRE
TUESDAY	9.15am – 10.00am	BUMS & TUMS (12 YRS +)	GLENMORE ACTIVITY CENTRE
TUESDAY	9.15am – 10.15am	YOGA (12 YRS +)	GROVE ACTIVITY CENTRE
TUESDAY	9.30am-10.15am	CARDIO & CORE (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
TUESDAY	9.30am – 10.15am	BODY BLAST (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	9.30am – 10.15am	LEGS, BUMS, TUMS (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	PILATES (16 YRS +)	DUNDONALD INTERNATIONAL ICE BOWL
TUESDAY	10.00am-10.45am	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	10.30am – 11.30am	LINE DANCING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	12.45pm – 1.15pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.15pm – 6.00pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.30pm	YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	6.30pm – 7.15pm	CIRCUITS (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
TUESDAY	6.00pm – 6.45pm	HIIT AND CORE (14 YRS +)	GLENMORE ACTIVITY CENTRE
TUESDAY	6.30pm – 7.15pm	BOOTCAMP (15 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm-7.30pm	PREGNANCY YOGA (16 YRS +)	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.00pm-7.45pm	GROUP CYCLE (12 YRS +)	LOUGH MOSS LEISURE CENTRE
TUESDAY	7.00pm – 8.00pm	YOGA (12 YRS +)	GLENMORE ACTIVITY CENTRE
TUESDAY	7.30pm-8.30pm	BASKETBALL (8-13 YRS)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.30am – 7.15am	TABATA (12 YRS +)	LAGAN VALLEY LEISUREPLEX

VITALITY MEMBERSHIP CLASSES 2023- TEENS (12-17 YRS)

WEDNESDAY	6.30am – 7.15am	KETTLEBELLS (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
WEDNESDAY	7.00am-7.45am	FLOW YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am – 10.15am	TRX (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.30am – 11.30am	PILATES	GLENMORE ACTIVITY CENTRE
WEDNESDAY	11.00am-12.00pm	FEEL GOOD YOGA (12+ YEARS)	GROVE ACTIVITY CENTRE
WEDNESDAY	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	6.00pm-7.00pm	RETRO FIT (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm-6.50pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	6.00pm – 6.45pm	GROUP CYCLE (12 YRS +)	GROVE ACTIVITY CENTRE
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	6.30pm-7.15pm	HIIT (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
WEDNESDAY	7.00pm-7.45pm	WOMAN'S SELF DEFENCE (14 YRS + U18 MUST BE ACCOMPANIED BY ADULT)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 8.00pm	AQUAFIT (12 YRS +)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.00pm – 7.45pm	GROUP CYCLE (12 YRS +)	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	7.30pm-8.30pm	ZUMBA WITH JENNY	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	7.45pm-8.45pm	WOMAN'S KICK BOXERCISE (14 YRS + U18 MUST BE ACCOMPANIED BY ADULT)	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	8.00pm-8.50pm	CHILD & TEEN GYMNASTICS (8-16 YRS)	GLENMORE ACTIVITY CENTRE
THURSDAY	6.30am – 7.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	LEGS, BUMS, TUMS (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am – 10.15am	STUDIO TABATA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	9.30am-10.15am	CIRCUITS (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
THURSDAY	10.30am – 11.30am	YOGA (12 YRS +)	KILMAKEE ACTIVITY CENTRE
THURSDAY	11.45am-12.45am	MAT PILATES	KILMAKEE ACTIVITY CENTRE
THURSDAY	12.00pm – 1.00pm	AQUAFIT (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	12.45pm-1.15pm	BODY BLAST (15 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	4.30pm-5.30pm	DODGEBALL (6-14 YRS)	GLENMORE ACTIVITY CENTRE
THURSDAY	5.15pm – 6.00pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.30pm – 6.30pm	HATHA YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.00pm-6.45pm	GROUP CYCLING (12 YRS +)	LOUGH MOSS LEISURE CENTRE
THURSDAY	6.00pm-6.50pm	PILATES (12 YRS +)	GLENMORE ACTIVITY CENTRE
THURSDAY	6.30pm – 7.30pm	BOOTCAMP (INDOORS) (15 YRS +)	LAGAN VALLEY LEISUREPLEX
THURSDAY	6.30pm-7.15pm	BOOTCAMP (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
THURSDAY	6.30pm-7.30pm	BOXERCISE (16 YRS +)	KILMAKEE ACTIVITY CENTRE
THURSDAY	6.45pm-7.30pm	GROUP CYCLING (12 YRS +)	KILMAKEE ACTIVITY CENTRE
THURSDAY	7.00pm-8.00pm	BOXERCISE (15 YRS +)	GROVE ACTIVITY CENTRE
THURSDAY	7.15pm-8.00pm	HIIT & CORE (14 YRS +)	GLENMORE ACTIVITY CENTRE
THURSDAY	8.15pm-8.45pm	CORE & CARDIO BLAST (14 YRS +)	GLENMORE ACTIVITY CENTRE
FRIDAY	6.30am – 7.30am	GROUP CYCLE & KETTLEBELLS (16 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30am – 7.15am	BOOTCAMP (16 YRS +)	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.30am-7.15am	CIRCUITS (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
FRIDAY	7.00am-7.45am	FLOW YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.15am-10.00am	BOOTCAMP (16 YRS +)	GLENMORE ACTIVITY CENTRE
FRIDAY	9.30am – 10.15am	CIRCUIT TRAINING (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	9.30am – 10.15am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX



VITALITY MEMBERSHIP CLASSES 2023- TEENS (12-17 YRS)

FRIDAY	9.30am-10.15am	GROUP CYCLE (12 YRS +)	GROVE ACTIVITY CENTRE
FRIDAY	10.15am-11.00am	VITALITY PILATES (12 YRS +)	LOUGH MOSS LEISURE CENTRE
FRIDAY	12.00pm – 1.00pm	PILATES (12 YRS +)	GLENMORE ACTIVITY CENTRE
FRIDAY	12.45pm – 1.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.30pm – 6.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm-7.00pm	DANCE FIT (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.15pm – 7.00pm	BOXERCISE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.30pm-7.15pm	CARDIO & CORE (16 YRS +)	BILLY NEILL MBE COUNTRY PARK
FRIDAY	7.00pm – 8.00pm	PILATES (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	7.15pm – 8.15pm	AQUA ZUMBA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
FRIDAY	8.00pm-9.00pm	BASKETBALL (12-16 YRS)	LOUGH MOSS LEISURE CENTRE
SATURDAY	9.00am-10.00am	BALLET FITNESS (AGES 13+)	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.15am – 10.00am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.45am-10.45am	NIA DANCE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.00am-11.00am	BALLET FOR FUN (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.30am – 11.00am	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.30am – 11.15am	GROUP CYCLING (12 YRS +)	LOUGH MOSS LEISURE CENTRE
SATURDAY	10.45am-11.45am	PILATES (12 YRS +)	LOUGH MOSS LEISURE CENTRE
SATURDAY	11.00am – 12.00pm	YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	11.30am – 12.30pm	20/20/20 (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SATURDAY	12.15pm – 1.15pm	YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.30am-10.15am	BASKETBALL (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.45am – 10.45am	HATHA YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	GROUP CYCLE & CORE (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.00am – 11.00am	ZUMBA STEPS (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.15am-11.00am	BASKETBALL (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.30am – 11.15am	GROUP CYCLING (12 YRS +)	LOUGH MOSS LEISURE CENTRE
SUNDAY	11.00am – 12.00pm	HATHA YOGA (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	11.30am – 12.15pm	KETTLEBELLS (15 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	12.30pm-1.30pm	YOGA FOR STRESS RELIEF (12 YRS +)	LAGAN VALLEY LEISUREPLEX
SUNDAY	12.45pm – 1.15pm	GROUP CYCLE (12 YRS +)	LAGAN VALLEY LEISUREPLEX