

JANUARY CLASSES in The Termon Complex

Pilates with Mairead (advanced)

Thurs 15th Jan 7pm – ongoing weekly

Circuits with Darren January Block of one class a week

€25 or 2 classes a week €45. Start back Mon 5th Jan and Wed 7th Jan – 28th Jan both nights 7.30pm

Fitties - Bootcamp– January 4 week Block €25

Tues 6th Jan – 27th Jan 11am

Fri 9th Jan – 30th Jan 5.30pm

Fri 9th Jan – 30th Jan 6.30pm

Guitar Class with Balor Guitar School 10 week course

beginning Wed 14th January 2015. Beginner's age 11-17 6pm to 7pm Adult Classes 7pm -8pm. Learn basic chords, learn to play a popular song and chord progressions.

Keyboard with Olive Rowe

Thurs 7.30pm for older children and adults restarting January Date to be confirmed

Art with Heather White for both beginners and intermediate levels

Starts Wed 14th Jan for 6 weeks

Adults only class 3pm to 4.30pm €8pp Adults to receive list of materials to purchase

Children's class 5pm to 6pm €5pp materials provided for children

Drama with Siobhan O Brien

Friday 9th Jan 5-7pm children 7-8pm Teenagers – ongoing weekly

Yoga With Fiona resumes Monday evening Jan 12th 8.30pm

Termon Complex Operation Transformation 2015



- Join in with up to 3 weekly fitness classes in The Termon Complex (Mon 7.30pm, Tues 11am, Wed 7.30pm)
- Have a free gym induction
- Make use of fully equipped Gym any time during the 8 weeks
- Participate in weekly group walks. Currently organising some leaders to facilitate this. Will be at various times in the week.
- A weekly private weigh in by leader Tues 10am or Fri 7.30pm (you need to book a time slot for this) OR Weigh in anytime yourself in Gym



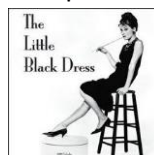
- Before & After measurements & photos

(optional)

- Food diaries & tracker sheets printed out for you from the TV programme

COST: €10 per week or €60 paid in full on week 1 or 2 Starts week Mon 12th Jan or join any week!

The Little Black Dress Club has now finished. Thanks so much to Sarah for giving her time for the 10 weeks. We hope all that attended were successful! You are



now welcome to join the new Operation Transformation if you would like to continue.

Delighted to announce we are holding a **Basketball Open Session** in The Termon Complex on Thursday January 15th from 6.30-8.30pm with Joseph Hale.

Joseph is an experienced Basketball Player and Coach. (He coaches Enniskillen Basketball Club and plays with Omagh Thunder Basketball Club.)



The open session is open to children aged 8+ and teenagers and adults all welcome. Have a trial session and get advice from Joseph. We'll then see how many people are interested in a weekly club and what age

categories they are in and we can try to set them up to suit the majority.

Termon Fitness Gym

Current times at time of printing are Monday to Friday 9.30am -9.00pm and Saturday 10.00am-6.00pm & Sunday 10.00am-3.00pm. Membership forms available. You must participate in an induction before using the Gym – whether you become a member or choose the Pay as you go option. Contact us for the next induction dates.



January Membership Offers! Buy one year's membership for €175! Available now until end of Jan 2015!

Space Available to Hire

The Termon Complex is available to hire! We have a variety of meeting rooms, conference rooms and sports hall hire. Contact Katherine or Linda in the office to chat about your requirements



The Termon Complex, Station St, Pettigo, Co Donegal
071 98 61111 termoncomplex@gmail.com

The Pettigo & Tullyhommon Badminton Club play

on the following club nights:

Monday 8.00-10.00pm,

Wednesday 7.30-9.30pm,

Friday 6.00-8.00pm. New Members always welcome.



SHUTTLE TIME COURSE

Badminton Ireland is running a Shuttle time course in The Termon Complex this January. The

Shuttle time course is the first step on the Badminton coaching ladder. The course is designed for school teachers and club volunteers

looking to get involved in coaching

- €68 for non-affiliated members (No discount)
 - €20 for affiliated members
 - School teachers are free once they affiliate school for €15 and €10 for a kit bag
- Sat Jan 24th 2015 at 10.00-16.00**

in The Termon Complex Station St, Pettigo, Co Donegal 07198 61111. Contact the complex to put down your name and payment in advance.

Monthly Family Movie

After the success of our recent movies we are planning to hold a regular family movie. We have scheduled the next one for Sunday Feb 1st at 2pm to 4pm.

Title to be decided so let us know your thoughts!!!! What films would you like to see?



Website keep up to date with all that's happening.

www.termoncomplex.wordpress.com

Also find us on Facebook & Twitter!

