### The Termon Times

The Termon Complex Station St, Pettigo, Co Donegal 071 98 61111

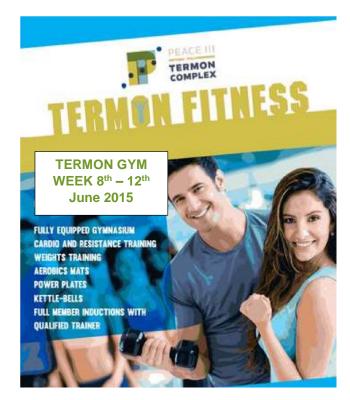
 $\frac{termoncomplex@gmail.com}{www.termoncomplex.wordpress.com}$ 

**JUNE 2015** 



#### FAMILY MOVIE SUNDAY 7<sup>th</sup> JUNE 3-5pm





#### SPECIAL OPEN NIGHT

# FRIDAY 12<sup>th</sup> JUNE 2015 Bootcamp class 6-7PM Gym Open for viewing 7-9PM

Come and see our state of the art Gym!

Come and look at the equipment we have on offer ● Meet a Personal Trainer ● Book an Induction Session ● Pay to become a Member ● Special 'Gym Week' membership Rates ● Free inductions ● Free Trial Sessions ● Special treats on offer for any Gym Member who comes in during GYM WEEK!











The Special EU Programmes Body is the Managing Authority for the

#### 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





**2 Day Horticulture Training** in 2<sup>nd</sup> day on 11<sup>th</sup> June. Day 2: Planting, planning year round salad production. Open to all. €30 to participate on the 2 day course. Facilitated by experienced certified instructor.

## JUNE WEEKLY CLASSES

Please sign up in advance for classes and minimum and maximum numbers will apply.

**Pilates with Mairead (advanced) every** Thurs eve 7pm -8pm

Circuits with Darren Wed nights 7.30pm

Fitties - Bootcamp-Tues 10am & Fri 6pm

**Drama with Siobhan O Brien** Fridays 5-7pm children

7-8pm Teenagers – ongoing weekly

**Badminton** Mon 6-8pm Wed 7.30-9.30 and Fri 6-8pm

Bowls Tues 7-9pm & Fri 6-8pm

**Kids Art** with Heather White Wed 5pm to 6pm €5pp materials provided

Fitness classes are sold in monthly blocks Choose 1 class a week for 4 weeks for €25, take 2 classes a week for €40 (8 classes),

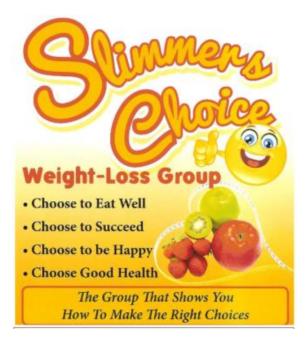
take 3 classes a week for €50! (12 classes) Please sign up for your chosen classes as min and max numbers will apply. The tutors need to know who is coming!

#### 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.



Kids Art with Heather White Continues Wed. 5pm to 6pm €5pp materials provided



#### **EVERY WEDNESDAY 12.30-1.30pm**

ONETO ONE WEIGH-IN WITH CONSULTANT/EVERY WEEK
For more information Contact Irene: 086 456 3595

#### 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.



We are planning a CAR BOOT SALE on SAT 27<sup>th</sup> June 10-2pm. Contact us to book a pitch €10 a table/stand

