

# The Termon Times

JUNE 2015

The Termon Complex  
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[www.termoncomplex.wordpress.com](http://www.termoncomplex.wordpress.com)



## Family Fun Day with Cycle on

**Saturday June 13<sup>th</sup>**

Cycle starts 10am with refreshments afterwards in The Termon Complex, Pettigo along with a range of family fun activities!

11-2pm



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



**TERMON FITNESS**

**TERMON GYM  
WEEK 8<sup>th</sup> – 12<sup>th</sup>  
June 2015**

FULLY EQUIPPED GYMNASIUM  
CARDIO AND RESISTANCE TRAINING  
WEIGHTS TRAINING  
AEROBICS MATS  
POWER PLATES  
KETTLE-BELLS  
FULL MEMBER INDUCTIONS WITH  
QUALIFIED TRAINER

## 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 European Union's PEACE III Programme

## 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

**Slimmers Choice**  
**Weight-Loss Group**

- Choose to Eat Well
- Choose to Succeed
- Choose to be Happy
- Choose Good Health

*The Group That Shows You  
How To Make The Right Choices*

**EVERY WEDNESDAY 12.30-1.30pm**

**ONE TO 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

