

Exercise Classes

Spin Cycle Classes Spinning Room	Tuesday	9.30am – 10.15am 6.00pm – 6.40pm 6.45pm – 7.25pm 7.30pm – 8.10pm
Spin Cycle Classes Spinning Room	Wednesday	6.00pm – 6.40pm 6.45pm – 7.25pm
Spin Cycle Classes Spinning Room	Thursday	9.30am – 10.15am 6.00pm – 6.40pm 6.45pm – 7.25pm
Spin Cycle Classes Spinning Room	Friday	6.00pm – 6.40pm 6.45pm – 7.25pm
Spin Cycle Classes Spinning Room	Saturday	9.30am – 10.30am
Spin Cycle Classes Spinning Room	Sunday	10.30am – 11.15am

**SPINNING ROOM AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
(INDUCTION REQUIRED)**

**BOOKING FOR SPIN CYCLE CLASSES ESSENTIAL
(NAMES TO RECEPTION)**

Crash Courses	Monday – Friday	3.30pm – 5.00pm
Aqua Run	Tuesday	2.00pm – 3.00pm
Aqua Fit	Monday (deep end)	7.00pm – 7.45pm
	Tuesday	7.45pm – 8.30pm
	Wednesday	9.45am – 10.30am
	Wednesday (gentle)	2.15pm – 3.00pm
Express Workout	Wednesday	7.00pm – 7.30pm
Power Jog	Thursday	7.45pm – 8.15pm



Keith Sports and Community Centre

Pool – Fitness – Classes Timetable

Summer Holidays
Monday 2nd July – Monday 13th August 2018

We also have:

- Fitness-room with a range of training equipment
- Spin Cycle Studio
- Sauna / Steam-room
- Sports Hall

Telephone 01542 882222
E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable – Monday 2nd July – Monday 13th August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 – 11.00 Public Swimming	9.30 – 11.00 Public Swimming	9.30 – 11.00 Public Swimming Shared with Aqua Fit 9.45 – 10.30 Aqua Fit / PowerJog	9.30 – 11.00 Public Swimming	9.30 – 11.00 Public Swimming	8.30 – 10.00 Adults / Teenagers 8.15 – 9.00 Adult Lessons	8.30 – 10.00 Adults / Teenagers 8.45 – 9.30 Adult Lessons
12noon – 3.30 Public Swimming (swim lane 12-1) 1.30 -2.30 Fun Session	12noon – 1.30 Public Swimming 2.00 -3.00 Aqua Run	12noon – 3.30 Public Swimming Shared with Aqua Fit 2.15 – 3.00 Gentle Aqua Fit	12noon – 3.30 Public Swimming 1.30 -2.30 Fun Session	12noon – 3.30 Public Swimming 1.30 -2.30 Fun Session	10.00 – 2.00 Public Swimming 2.30 – 3.30 Inflatable Fun & Stepping Stones	10.00 – 3.30 Public Swimming 1.30 – 2.30 Fun Session
5.00 – 7.00 Public Swimming 7.00 – 7.45 Deep Water Aqua Fit	5.00 – 6.30 Public Swimming (swim lane 5-6.30) 5.45 – 6.30 Adult Lessons	5.00 – 7.45 Public Swimming (swim lane 5-6)	5.00 – 7.45 Public Swimming (swim lane)	5.00 – 7.45 Public Swimming 6.00 – 7.00 Fun Session		
7.45 – 8.45 Adults / Teenagers	7.45 – 8.30 Aqua Fit 7.45 – 8.45 Adults / Teenagers Shared with Aqua Fit	7.45 – 8.45 Adults / Teenagers	7.45 – 8.15 PowerJog 7.45 – 8.45 Adults / Teenagers Shared with PowerJog	7.45 – 8.45 Adults / Teenagers		

Access to Health Suite (sauna / steam room / showers) available most public sessions

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability

Aqua Run – 8 years & over and must be able to swim a length, No Public Swimming during Aqua Run Session

Fitness Room Timetable – Monday 2nd July – Monday 13th August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am – 9.00pm Open Session	9.00am – 9.00pm Open Session	9.00am – 7.00pm Open Session	9.00am – 9.00pm Open Session	9.00am – 9.00pm Open Session	8.30am – 3.30pm Open Session	8.30am – 3.30pm Open Session
		7.00pm – 7.30pm Express Work Out				
		7.45pm – 9.00pm Open session Shared with inductions 7.45pm – 8.45pm Gym Inductions/Open Session/every two weeks				

Music Playing – Please note that suitable and appropriate music is played at all of the Public Swimming Sessions.

Expires – 13.8.18