

## Exercise Classes

❖ <b>Spin Cycle Classes</b> Spinning Room	<b>Monday</b>	9.15am – 9.45am 5.45pm – 6.15pm
❖ <b>Spin Cycle Classes</b> Spinning Room	<b>Tuesday</b>	5.45pm – 6.15pm 6.30pm – 7.00pm
❖ <b>Spin Cycle Classes</b>  Spinning Rom	<b>Wednesday</b>	6.30am – 7.00am 5.45pm – 6.15pm 6.30pm – 7.00pm
❖ <b>Spin Cycle Classes</b> Spinning Room	<b>Thursday</b>	6.00pm – 6.30pm 6.45pm – 7.15pm
❖ <b>Spin Cycle Classes</b> Spinning Room	<b>Friday</b>	9.15am – 9.45am
❖ <b>Spin Cycle Classes</b> Spinning Room	<b>Saturday</b>	9.15am – 9.45am



## FORRES SWIMMING POOL & FITNESS CENTRE

### Pool – Fitness – Classes Timetable

**Monday 22<sup>nd</sup> October – Sunday 23<sup>rd</sup> December 2018**

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

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

❖ <b>Insanity</b>	<b>Monday</b> <b>Thursday</b>	6.00pm – 6.30pm 7.00pm – 7.50pm
❖ <b>Boxerfit</b>	<b>Monday</b>	6.30pm – 7.15pm
❖ <b>Metafit</b>	<b>Monday</b> <b>Saturday</b>	7.15pm – 7.45pm 10.00am – 10.30am
❖ <b>Circuit Class</b>	<b>Wednesday</b>	7.15pm – 8.00pm
❖ <b>Abs Attack</b>	<b>Thursday</b>	6.30pm – 7.00pm
❖ <b>Kettlebells</b>	<b>Thursday</b>	6.00pm – 6.30pm

### We also have:

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

Telephone 01309 672984  
E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)  
[www.moray.gov.uk](http://www.moray.gov.uk)

**Swimming Pool Timetable – Monday 22<sup>nd</sup> October 2018 – Sunday 23<sup>rd</sup> December 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10.00 – 11.00</b> Adults, Teenagers only with lanes (2)	<b>6.45 – 8.15</b> Adults, Teenagers only/shared with Club (2 Lanes)	<b>9:00 – 9:45</b> Adult Lessons	<b>1.00 – 3.30</b> Public Swimming with Lanes (2)	<b>6.45 – 8.15</b> Adults, Teenagers only/with Club (2 Lanes)	<b>7.45 – 8.45</b> Adults / Teenagers only shared with Club (2 Lanes)	<b>9.15 – 10.15</b> Adults / Teenagers only with lanes (2)
<b>1.00 -3.30</b> Public Swimming with lanes (2)		<b>1.00 – 2.30</b> Public Swimming with lanes (2)		<b>10.00 – 11.00</b> Adults, Teenagers only with lanes (2)		
<b>6.30 – 7.30</b> Public Swimming with Fun Session	<b>1.00– 3.30</b> Public Swimming with lanes (2)	<b>2.30 – 3.30</b> Over 50's Only	Pool Closed 8 <sup>th</sup> November for School Swimming Gala until 3:30pm	<b>1.00 – 3.30</b> Public Swimming with lanes (2)	<b>10.30 – 1.00</b> Public Swimming With Fun Session 11.00 – 12.30	<b>10.15 – 12.00</b> Public Swimming with Fun Session 10.15 – 11.45
<b>7.30 – 9.00</b> Adults/Teenagers only with lanes (4)		<b>6.00– 7.00</b> Public Swimming		<b>6.00 – 7.00</b> Public Swimming		
	<b>7.00 – 8.00</b> Adult / Teenagers only with lanes (4)	<b>7.00 – 7.45</b> Adult/Teenage Aqua Aerobics	<b>7.00 - 9.00</b> Adults/Teenagers only - shared with Club with swim lanes (2)	<b>7.30 – 9.00</b> Adults / Teenagers only Swim lane		<b>12.000 – 1.00pm</b> Adults / Teenagers only (swim lanes 4)
		<b>7.45 – 9.00</b> Adults / Teenagers only with lanes (2)				

**Health Suite** - Open Monday to Friday 8.00am – 9.00pm Saturday and Sunday 9.00am – 4.00pm  
**Adults/Teenagers Only Sessions** – Teenager (aged 13 – 15 are welcome to attend these sessions to swim for health and fitness and wellbeing.  
 Adult cost applies or entry via Fit Life membership.  
**Special Needs Swimming** - All public swimming sessions are suitable for customers with a disability.

**Fitness Room Timetable – Monday 22<sup>nd</sup> October 2018 – Sunday 23<sup>rd</sup> December 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am – 10.40am Open Session	7.00am – 11.00am Open Session	6.30am – 8.50am Open Session	7.30am – 8.50am Open Session	7.00am – 8.50am Open Session	7.00am – 4.00pm Open Session	8.00am – 12noon Open Session
1.00pm -2.00pm Open Session	11.00am – 11.30am Gym Inductions/Open Session	9.30am – 10.40am Open Session	9.30am – 10.40am Open Session	10.30am – 12.20pm Open Session		12 noon – 12.30pm Gym Inductions/ Open Session
2.45pm – 9.00pm Open Session	12.30pm – 2.00pm Open Session	1.00pm – 2.00pm Open Session	11.30am – 12.20pm Open Session	1.10pm – 9.00pm Open Session		12.30pm – 5.00pm Open Session
	3.40pm – 9.00pm Open Session	3.40pm – 9.00pm Open Session	1.10pm – 9.00pm Open Session			

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

Expires – 23.12.18