

Exercise Classes

Indoor Cycling Classes	Tuesday	9.30am – 10.15am
		6.00pm – 6.40pm
		6.45pm – 7.25pm
		7.30pm – 8.10pm
Indoor Cycling Classes	Wednesday	6.00pm – 6.40pm
		6.45pm – 7.25pm
Indoor Cycling Classes	Thursday	8.45am – 9.25am
		9.30am – 10.15am
		6.00pm – 6.40pm
		6.45pm – 7.25pm
Indoor Cycling Classes	Friday	6.00pm – 6.40pm
		6.45pm – 7.25pm
Indoor Cycling Classes	Saturday	9.30am – 10.30am

INDOOR CYCLING ROOM AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
(INDUCTION REQUIRED)
BOOKING FOR INDOOR CYCLING CLASSES ESSENTIAL
(NAMES TO RECEPTION)

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
PowerJog	Thursday	7.45pm – 8.15pm



Keith Sports and Community Centre

Pool – Fitness – Classes Timetable

Thursday 3rd January – Sunday 24th February 2019

We also have:

- Fitness-room with a range of training equipment
- Indoor Cycling Studio
- Sauna / Steam-room
- Sports Hall

Telephone 01542 882222

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Swimming Pool Timetable – Thursday 3rd January – Sunday 24th February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15 – 8.45 Over 50's 8.45 – 9.30 Public Swimming		8.15 – 9.00 Public Swimming 9.45 – 10.30 Aqua Fit/PowerJog		8.30 – 10.00 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
12.30 – 3.00 Public Swimming (swim lane 12.30-1.30) Shared use KGS 2.00 - 3.00	12noon – 3.30 Public Swimming 1.00 – 1.30 Parent & Child	12noon – 3.00 Public Swimming 1.30–3.00 Shared with School 2.15pm – 2.45pm Gentle Aqua Fit	12noon – 3.30 Public Swimming 1.30 – 2.15 Shared with KPC	1.15 – 3.00 Public Swimming	11.30 – 2.00 Public Swimming 12.30 – 1.00 Parent & Child 2.30 – 3.30 Family Fun Session & Stepping Stones	10.00 – 1.00 Public Swimming
5.00 – 7.00 Public Swimming	5.00 – 6.30 Public Swimming (swim lane) 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		
7.00 – 7.45 Deep Water Aqua Fit 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.

Stepping Stones – Must be able to swim a length and under 8's must be accompanied in the deep end

Fitness Room Timetable – Thursday 3rd January – Sunday 24th February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.15am – 2.00pm 3.00pm – 9.00pm Open Session	9.00am – 9.00pm Open Session	8.15am – 2.45pm 3.30pm – 7.00pm Open Session	9.00am – 9.00pm Open Session	8.30am – 9.00pm Open Session	8.30am – 3.30pm Open Session	8.30am – 1.00pm 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				

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

Expires – 24-2-19