

Exercise Classes

❖ Indoor Cycling Spinning Room	Monday	5.45pm – 6.15pm
❖ Indoor Cycling Spinning Room	Tuesday	5.30pm – 6.00pm 6.15pm – 6.45pm
❖ Indoor Cycling Spinning Room	Wednesday	6.30am – 7.00am 5.45pm – 6.15pm 6.30pm – 7.00pm
❖ Indoor Cycling Spinning Room	Thursday	6.00pm – 6.30pm
❖ Indoor Cycling Spinning Room	Friday	9.15am – 9.45am
❖ Indoor Cycling Spinning Room	Saturday	9.15am – 9.45am

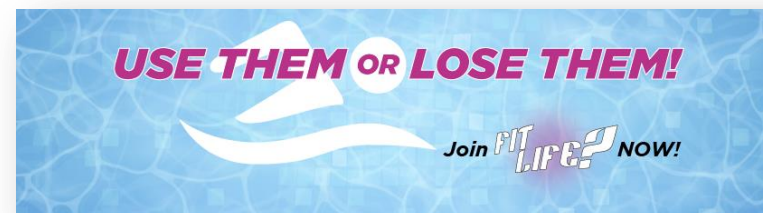
**SPINNING ROOM AVAILABLE TO USE ANYTIME OUT WITH CLASS TIMES
(INDUCTION REQUIRED)**

BOOKING FOR SPIN CYCLE CLASSES ESSENTIAL (NAMES TO RECEPTION)

❖ Insanity	Monday Thursday	6.00pm – 6.30pm 7.00pm – 7.50pm
❖ Boxerfit	Monday	6.30pm – 7.15pm
❖ Metafit	Monday Saturday	7.15pm – 7.45pm 10.00am – 10.30am
❖ Circuit Class	Wednesday	7.15pm – 8.00pm
❖ Abs Attack	Thursday	6.30pm – 7.00pm
❖ Kettlebells	Thursday Saturday	6.00pm – 6.30pm 8.30am – 9:00am



FORRES SWIMMING POOL & FITNESS CENTRE Pool – Fitness – Classes Timetable



Monday 11th February – Sunday 31st March 2019

We also have:

- Fitness-room with a range of training equipment
- Indoor Spin Cycle Studio
- Sauna / Steam-room
- Sports Halls
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Telephone 01309 672984

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Swimming Pool Timetable – Monday 11th February 2019 – Sunday 31st March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am – 11.30am Public Swimming with lanes (2)	6.45am – 8.15am Adults, Teenagers only/shared with Club (2 Lanes)	9:00am – 9:45am Adult Lessons	1.10pm – 3.30pm Public Swimming with Lanes (2)	6.45am – 8.15am Adults, Teenagers only/with Club (2 Lanes)	7.45am – 8.45am Adults / Teenagers only shared with Club (2 Lanes)	9.15am – 10.15am Adults / Teenagers only with lanes (2)
1.10pm -3.30pm Public Swimming with lanes (2)		1.10pm – 2.30pm Public Swimming with lanes (2)	6.00pm – 7.00pm Public Swimming	10.30am – 11.30am Public Swimming with lanes (2)		
6.30pm – 7.30pm Public Swimming with Fun Session	10.30am – 11.30am Public Swimming with lanes (2)	2.30pm – 3.30pm Over 50's Only		1.10pm – 3.30pm Public Swimming with lanes (2)	10.30am – 1.00pm Public Swimming With Fun Session 11.00 – 12.30 Pool Closed 16th and 17th March 2019 due to a swimming Gala	10.15am – 12.00 noon Public Swimming with Fun Session 10.15 – 11.45 12.00 noon – 1.00pm Adults / Teenagers only (swim lanes 4) Pool Closed 16th and 17th March 2019 due to a Swimming Gala
	1.10pm – 3.30pm Public Swimming with lanes (2)	6.00pm – 7.00pm Public Swimming				
		7.00pm – 7.45pm Adult/Teenage Aqua Aerobics				
7.30pm – 9.00pm Adults/Teenagers only with lanes (4)	7.00pm – 8.00pm Adult / Teenagers only with lanes (4)	7.45pm – 9.00pm Adults / Teenagers only with lanes (2)		6.00pm – 7.00pm Public Swimming With Fun Session		
				7.30pm – 9.00pm Adults / Teenagers only Swim lane		

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 11th February 2019 – Sunday 31st March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am – 9.00pm Open Session	7.00am – 11.30am Open Session	6.30am – 9.00pm Open Session	7.30am – 9.00pm Open Session	7.00am – 9.00pm Open Session	8.00am – 3.00pm Open Session	8.00am – 12noon Open Session
	11.30am – 12 noon Gym Inductions/ Open Session					12 noon – 12.30pm Gym Inductions/ Open Session
	12 noon – 9.00pm Open Session					12.30pm – 5.00pm Open Session

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

Expires – 31.03.19