

Exercise Classes

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|------------------------|---------------------|---|
| Indoor Cycling Classes | Tuesday | 9.30am – 10.15am 6.00pm – 6.40pm 6.45pm – 7.25pm 7.30pm – 8.10pm |
| | Wednesday | 6.00pm – 6.40pm 6.45pm – 7.25pm |
| | Thursday | 8.45am – 9.25am 9.30am – 10.15am 6.00pm – 6.40pm 6.45pm – 7.25pm |
| | Friday | 6.00pm – 6.40pm 6.45pm – 7.25pm |
| | Saturday | 9.30am – 10.30am |
| Indoor Cycling Classes | Sunday **NEW | 10.30am – 11.15am |

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

| | | |
|-----------------|-----------------------------|------------------|
| Aqua Fit | Monday (deep end) | 7.00pm – 7.45pm |
| | Tuesday (shallow) | 7.45pm – 8.30pm |
| | Wednesday | 9.45am – 10.30am |
| | Wednesday (gentle) | 2.15pm – 3.00pm |
| | Thursday (shallow) | 7.45pm – 8.30pm |
| Express Workout | Wednesday | 7.00pm – 7.30pm |



Keith Sports and Community Centre

Pool – Fitness – Classes Timetable



Monday 25th February – Sunday 31st March 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 – Monday 25th February – Sunday 31st March 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) | 12noon – 3.30 Public Swimming 1.00 – 1.30 Parent & Child (Baby – 2years) | 12noon – 3.00 Public Swimming 1.30–2.15 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 – 4 years) 2.00 – 3.00 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 | 7.45-8.30 Aqua Fit NEW CLASS** 7.45 – 8.45 Adults / Teenagers shared with Aqua Fit | 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 – Monday 25th February – Sunday 31st March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| 8.15am – 9.00pm Open Session | 9.00am – 9.00pm Open Session | 8.15am - 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 – 8.45pm Gym Inductions | | | | |

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

Expires – 31-3-19