

## 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 Classes	Sunday	10.45am – 11.30am

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

### **\*\*NEW CLASS\*\***

Legs, Bums and Tums	Monday	6.00pm – 6.30pm
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 15th April – Sunday 30<sup>th</sup> June 2019**

*Closed*

*Friday 19th April - Good Friday*

*Monday 6<sup>th</sup> May - Mayday*

### **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](mailto:sportandleisure@moray.gov.uk)

[www.moray.gov.uk](http://www.moray.gov.uk)

### Swimming Pool Timetable – Monday 15th April – Sunday 30<sup>th</sup> June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8.15 – 8.45</b> Over 50's <b>8.45 – 9.30</b> Public Swimming		<b>8.15 – 9.00</b> Public Swimming <b>9.45 – 10.30</b> Aqua Fit		<b>8.30 – 10.00</b> Public Swimming	<b>8.30 – 10.00</b> Adults / Teenagers <b>8.15 – 9.00</b> Adult Lessons	<b>8.30 – 10.00</b> Adults / Teenagers <b>8.45 – 9.30</b> Adult Lessons
<b>12.30 – 3.00</b> Public Swimming (swim lane 12.30-1.30)	<b>12noon – 3.30</b> Public Swimming <b>1.00 – 1.30</b> Parent & Child (Baby – 2years)	<b>12noon – 3.00</b> Public Swimming <b>1.30–2.15</b> Shared with School <b>2.15pm – 2.45pm</b> Gentle Aqua Fit	<b>12noon – 3.30</b> Public Swimming <b>1.30 – 2.15</b> Shared with KPC	<b>1.15 – 3.00</b> Public Swimming	<b>11.30 – 2.00</b> Public Swimming <b>12.30 – 1.00</b> Parent & Child (2 – 4 years) <b>2.00 – 3.00</b> Family Fun Session & Stepping Stones	<b>10.00 – 1.00</b> Public Swimming
<b>5.00 – 7.00</b> Public Swimming	<b>5.00 – 6.30</b> Public Swimming (swim lane) <b>5.45 – 6.30</b> Adult Lessons	<b>5.00 – 7.45</b> Public Swimming (swim lane 5-6)	<b>5.00 – 7.45</b> Public Swimming (swim lane 5-6)	<b>5.00 – 7.45</b> Public Swimming <b>6.00 – 7.00</b> Fun Session		
<b>7.00 – 7.45</b> Deep Water Aqua Fit <b>7.45 – 8.45</b> Adults / Teenagers	<b>7.45 – 8.30</b> Aqua Fit <b>7.45 – 8.45</b> Adults / Teenagers shared with Aqua fit	<b>7.45 – 8.45</b> Adults / Teenagers	<b>7.45-8.30</b> Aqua Fit <b>7.45 – 8.45</b> Adults / Teenagers shared with Aqua Fit	<b>7.45 – 8.45</b> 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 15th April – Sunday 30<sup>th</sup> June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8.15am – 9.00pm</b> Open Session	<b>9.00am – 9.00pm</b> Open Session	<b>8.15am - 7.00pm</b> Open Session	<b>9.00am – 9.00pm</b> Open Session	<b>8.30am – 9.00pm</b> Open Session	<b>8.30am – 3.00pm</b> Open Session	<b>8.30am – 1.00pm</b> Open Session
		<b>7.00pm – 7.30pm</b> Express Work Out				
		<b>7.45pm – 9.00pm</b> Open Session Shared with Inductions <b>7.45pm – 8.45pm</b> Gym Inductions (fortnightly)				

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

Expires – 30-6-19