

EXERCISE CLASSES

❖ Indoor Cycling Classes Indoor Cycling Studio	Monday	5.45pm – 6.15pm
❖ Indoor Cycling Classes Indoor Cycling Studio	Tuesday	5.30pm – 6.00pm
❖ Indoor Cycling Classes Indoor Cycling Studio	Wednesday	6.30am – 7.00am 6.30pm – 7.00pm
❖ Indoor Cycling Classes Indoor Cycling Studio	Saturday	8.00am – 8.30am

INDOOR CYCLING STUDIO AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
(INDUCTION REQUIRED)

BOOKING FOR INDOOR CYCLING 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 9.15am – 9.45am
❖ Circuit Class	Wednesday	7.15pm – 8.00pm
❖ Abs Attack	Thursday	6.30pm – 7.00pm
❖ Kettlebells	Thursday Saturday	6.00pm – 6.30pm 8.45am – 9.15am

JUNIOR SWIMMING CRASH COURSES

Crash Courses **Monday – Friday** 4.00pm – 5.00pm

BOOKING ESSENTIAL – NAMES TO RECEPTION



FORRES SWIMMING POOL & FITNESS CENTRE

Summer Holidays

Pool – Fitness – Classes Timetable

Monday 1st July – Monday 19th August 2019

We also have:

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

Telephone 01309 672984

E-mail - sportandleisure@moray.gov.uk

Swimming Pool Timetable – Monday 1st July – Monday 19th August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00am – 2.00pm Public Swimming with lanes (2)	6.45am – 8.15am Adults, Teenagers only/shared with Club (2 Lanes)	10.00am – 2.00am Public Swimming with lanes (2)	10.00 am– 2.00am 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)
2.00 – 3.30 *Aqua Run (Half Pool Deep End) Fun Session (Shallow End)	10.00 – 2.00 Public Swimming with lanes (2)	2.00 – 3.00 Fun Session & *Stepping Stones	2.00 – 3.30 Public Swimming with Fun Session	10.00 – 2.00 Public Swimming with lanes (2)	10.30 – 1.00 Public Swimming With Fun Session 11.00am – 12.30	10.15 – 12.00 Public Swimming with Fun Session 10.15 – 11.45 12.00 – 1.00 Adults / Teenagers only (swim lanes 4)
	2.00 – 3.30 Public Swimming with Fun Session					
6.30 – 7.30 Public Swimming with Fun Session	7.00 – 8.00 Adult / Teenagers only with lanes (4)	6.00 – 7.00 Public Swimming	7.00 - 9.00 Adults/Teenagers only - shared with Club with swim lanes (2)	6.00 – 7.00 Public Swimming with Fun Session	7.30 – 9.00 Adults / Teenagers only Swim lane	
7.30 – 9.00 Adults/Teenagers only with lanes (4)		7.00 – 9.00 Adults / Teenagers only with lanes (2)		7.30 – 9.00 Adults / Teenagers only Swim lane		

Health Suite - Open Monday to Friday 8.00am – 9.00pm, Saturday 9.00am - 3.00pm 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 1st July – Monday 19th August 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 – 5.00pm Open Session
	11.30 – 12.00 Gym Inductions /Open Session					
	12.00 – 9.00 Open Session					