

## 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	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	10.30am – 11.15am

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

**BOOKING FOR ALL CLASSES ESSENTIAL  
NAMES TO RECEPTION OR BOOK ONLINE**

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

Crash Courses	Monday – Friday	3.30pm – 5.00pm
Legs, Bums and Tums	Monday	6.00pm – 6.30pm
		6.30pm – 7.00pm
Aqua Fit	Monday - deep end	7.00pm – 7.45pm
	Tuesday - shallow	7.45pm – 8.30pm
	Wednesday - gentle	2.15pm – 3.00pm
	Wednesday	9.45am – 10.30am
	Thursday - shallow	7.45pm – 8.30pm
Express Workout	Wednesday	7.00pm – 7.30pm



## Keith Sports and Community Centre

### Pool – Fitness – Classes Timetable

**Summer Holidays  
Monday 1st July – Monday 19<sup>th</sup> August 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](mailto:sportandleisure@moray.gov.uk)  
[www.moray.gov.uk](http://www.moray.gov.uk)

### Swimming Pool Timetable – Monday 1st July – Monday 19<sup>th</sup> August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9.30 – 3.30</b> Public Swimming (swim lane 12-1)  <b>1.30 -2.30</b> Fun Session	<b>9.30 – 3.30</b> Public Swimming  <b>1.30 -2.30</b> Fun Session & Stepping Stones	<b>9.30 – 3.30</b> Public Swimming Shared with Aqua Fit <b>9.45 – 10.30 &amp;</b> Gentle Aqua Fit <b>2.15 – 3.00</b>	<b>9.30 – 3.30</b> Public Swimming  <b>1.30 -2.30</b> Fun Session & Stepping Stones	<b>9.30 – 3.30</b> Public Swimming  <b>1.30 -2.30</b> Fun Session	<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>5.00 – 7.00</b> Public Swimming  <b>7.00 – 7.45</b> Deep Water Aqua Fit	<b>5.00 – 6.30</b> Public Swimming (swim lane 5-6.30) <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>10.00 – 2.00</b> Public Swimming <b>2.00 – 3.00</b> Stepping Stones/ Family Fun Session	<b>10.00 – 1.00</b> Public Swimming
<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.

### Fitness Room Timetable – Monday 1st July – Monday 19<sup>th</sup> August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8.45am – 9.00pm</b> Open Session	<b>8.45am – 9.00pm</b> Open Session	<b>8.45am – 7.00pm</b> Open Session	<b>8.45am – 9.00pm</b> Open Session	<b>8.45am – 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 – 8.45pm</b> Gym Inductions				