

## EXERCISE CLASSES

❖ <b>Insanity</b>	<b>Monday</b>	6.00pm – 6.30pm
	<b>Thursday</b>	7.00pm – 7.50pm
❖ <b>Boxerfit</b>	<b>Monday</b>	6.30pm – 7.15pm
❖ <b>Metafit</b>	<b>Monday</b>	7.15pm – 7.45pm
	<b>Saturday</b>	9.15am – 9.45am
❖ <b>Circuit Class</b>	<b>Wednesday</b>	7.15pm – 8.00pm
❖ <b>Abs Attack</b>	<b>Thursday</b>	6.30pm – 7.00pm
❖ <b>Kettlebells</b>	<b>Thursday</b>	6.00pm – 6.30pm
	<b>Saturday</b>	8.45am – 9.15am

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

❖ <b>Indoor Cycling</b> Spinning Room	<b>Monday</b>	5.45pm – 6.15pm
❖ <b>Indoor Cycling</b> Spinning Room	<b>Tuesday</b>	5.30pm – 6.00pm 6.15pm – 6.45pm
❖ <b>Indoor Cycling</b> Spinning Room	<b>Wednesday</b>	6.30am – 7.00am 5.45pm – 6.15pm 6.30pm – 7.00pm
❖ <b>Indoor Cycling</b> Spinning Room	<b>Friday</b>	9.15am – 9.45am
❖ <b>Indoor Cycling</b> Spinning Room	<b>Saturday</b>	8.00am – 8.30am

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



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

**Monday 28<sup>th</sup> October – Monday 23<sup>rd</sup> December 2019**

### We also have:

- Fitness-room with a range of training equipment  
(For users 12 years old and must have Induction)
- Indoor Cycling available outwith class times
- Sauna / Steam-room available all day
- Sports Halls - including badminton – please ask at reception

Telephone 01309 672984  
E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)

### Swimming Pool Timetable – Monday 28<sup>th</sup> October – Monday 23<sup>rd</sup> December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10.30am – 11.30am</b> Public Swimming with lanes (2)	<b>6.45am – 8.15am</b> Adults, Teenagers only/shared with Club (2 Lanes)	<b>9.00am – 9.45am</b> Adult Lessons <b>10.30 – 11.30</b> Public Swimming with lanes (2)	<b>10.30 am– 11.30am</b> Public Swimming with lanes (2)	<b>6.45am – 8.15am</b> Adults, Teenagers only/with Club (2 Lanes)	<b>7.45am – 8.45am</b> Adults / Teenagers only shared with Club (2 Lanes)	<b>9.15am – 10.15am</b> Adults / Teenagers only with lanes (4)
<b>1.10 – 3.30</b> Public Swimming with lanes (2)	<b>10.30 – 11.30</b> Public Swimming with lanes (2)	<b>1.10 – 2.30</b> Public Swimming with lanes (2) <b>2.30 – 3.30</b> Over 50's Only	<b>1.10 – 3.30</b> Public Swimming with lanes (2) <b>6.00 – 7.00</b> Public Swimming	<b>10.30 – 11.30</b> Public Swimming with lanes (2)	<b>10.30 – 1.00</b> Public Swimming With Fun Session 11.00am – 12.30	<b>10.15 – 12.00</b> Public Swimming with Fun Session 10.15 – 11.45
<b>6.30 – 7.30</b> Public Swimming with Fun Session	<b>1.10 – 3.30</b> Public Swimming with lanes (2)	<b>6.00 – 7.00</b> Public Swimming	<b>7.00 – 9.00</b> Adults/Teenagers only - shared with Club with swim lanes (2)	<b>1.10 – 3.30</b> Public Swimming with lanes (2)		
<b>7.30 – 9.00</b> Adults/Teenagers only with lanes (4)	<b>7.00 – 8.00</b> Adult / Teenagers only with lanes (4)	<b>7.00 – 7.45</b> Adult/Teenage Aqua Aerobics	<b>Thursday 7<sup>th</sup> November</b> <b>Moray School Time Trials</b> <b>9.00am – 3.30pm</b>	<b>6.00 – 7.00</b> Public Swimming with Fun Session		<b>12.00 – 1.00</b> Adults / Teenagers only (swim lanes 4)
		<b>7.45 – 9.00</b> Adults / Teenagers only with lanes (2)		<b>7.30 – 9.00</b> 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.

**Special Needs Swimming** - All public swimming sessions are suitable for customers with a disability.

**Admission Policy for Young Children applies at all times in the building.** Please speak to a member of staff or take a leaflet which explains this in detail.

### Fitness Room Timetable – Monday 28<sup>th</sup> October – Monday 23<sup>rd</sup> December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am – 10.45am Open Session	7.00am – 8.50am Open Session	6.30am – 8:50am Open Session	7.30am – 10.40am Open Session	7.00am – 9.40am Open Session	8.00am – 3.00pm Open Session	8.00am – 5.00pm Open Session
11.30 - 9.00pm Open Session	9.35 – 11.30 Open Session	9:35 – 12:20 Open Session	11.30 – 9.00 Open Session	11.30 – 9.00 Open Session		
	11.30 – 12.00 Gym Induction/Open Session	1:10 – 2.00 Open Session				
	12.00 – 2.50 Open Session	2.50 – 5.00 Open Session				
	3.40 – 9.00 Open Session	5.00 – 5.30 Gym Inductions/ Open Session				
		5.30 – 9.00 Open Session				

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

Expires – 23.12.2019