

EXERCISE CLASSES

❖ Insanity	Thursday	7.45pm – 8.15pm
❖ Boxerfit	Monday	6.45pm – 7.30pm
❖ Metafit	Monday	7.30pm – 8.00pm
❖ Shift	Monday	8.00am – 8.30pm
❖ Circuit Class	Wednesday	7.15pm – 8.00pm
❖ Abs Attack	Thursday	7.15pm – 7.45pm
❖ Kettlebells	Thursday Saturday	6.45pm – 7.15pm 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)

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



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

Friday 3rd January – Sunday 9th February 2020

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

Swimming Pool Timetable –Friday 3rd January – Sunday 9th February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am – 11.30am Public Swimming with lanes (2)	6.45am – 8.15am Adults, Teenagers only/shared with Club (2 Lanes)	9.00am – 9.45am Adult Lessons	10.30 am– 11.30am 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 (4)
1.10 – 3.30 Public Swimming with lanes (2)	10.30 – 11.30 Public Swimming with lanes (2)	10.30 – 11.30 Public Swimming with lanes (2)				
6.30 – 7.30 Public Swimming with Fun Session	1.10 – 3.30 Public Swimming with lanes (2)	1.10 – 2.30 Public Swimming with lanes (2)	1.10 – 3.30 Public Swimming with lanes (2)	10.30 – 11.30 Public Swimming with lanes (2)		
7.30 – 9.00 Adults/Teenagers only with lanes (4)		2.30 – 3.30 Over 50's Only	6.00 – 7.00 Public Swimming	1.10 – 3.30 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
	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		
		7.00 – 7.45 Adult/Teenage Aqua Aerobics		7.30 – 9.00 Adults / Teenagers only Swim lane		12.00 – 1.00 Adults / Teenagers only (swim lanes 4)
		7.45 – 9.00 Adults / Teenagers only with lanes (2)				

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 –Friday 3rd January – Sunday 9th February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am – 9.00pm Open Session	7.00am – 9.00pm Open Session	6.30am – 8:50am Open Session	7.30am – 10.40am Open Session	7.00am – 9.00 Open Session	8.00am – 3.00pm Open Session	8.00am – 5.00pm Open Session
		9:35 – 12:20 Open Session	11.30 – 9.00 Open Session			
		1:10 – 9.00 Open Session				

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

Expires – 09.02.2020