Programme Extras

Les Mills Body Pump – The original barbell class, an ideal workout for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition. This class gives a total body workout. Great motivation, music & results.

Les Mills Body Combat – A high energy martial-arts inspired workout which is totally non-contact – punch & kick your way to relieve stress.

Indoor Cycling – Group exercise to mimic road cycling to great music with an instructor behind you all the way.

Circuits – A total body workout that will burn fat, improve fitness & challenge your will power. This class involves a combination of bodyweight exercises to boost your strength & endurance.

Metafit – a though session that involves intense bursts of exercise punctuated with short rest periods, Expect to sweat!

Pilates – a slower paced class concentrating on flexibility & strengthening the body with a huge emphasis on core control. This class focuses on the mind-body connection

Zumba – a class combining lain & international moves to music. These dance routines will incorporate interval training, alternation fast & slow rhythms, helping to improve your cardiovascular fitness. It’s like a party! & everyone is invited.

Pop-up classes- these classes will be on a Sunday between 10 – 11am. Please see our Facebook page or ask at reception for more details



**Lossiemouth Sports & Community Centre**

**Fitness Room & Classes Programme**

**Starts from Monday 18th April 2022**

**We also have:**

* Fitness-room with a range of training equipment\*
* Spin Cycle Studio\*
* Sports Hall for Football, Badminton and other activities

**Telephone 01343 815299**

**E-mail –** [**losssiemouth.cc@moray.gov.uk**](mailto:losssiemouth.cc@moray.gov.uk)

**www.moray.gov**

**Fitness Room Timetable starts Monday 18th April 2022**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | 6.45am – 8.00am |  | 6.45 – 8.00am |  |  |  |
|  | 9.15 – 8.45 | 9.15 – 8.45 | 9.15 – 1.45 | 10.00 – 1.45 |
| 1.30 - 8.45 | 1.30 – 8.45  Inductions 7.00 – 7.30  (every 2nd Tuesday) | 1.30 – 3.30 |
| 3.30 – 4.30  Exercise Referral |  |  |
| 4.30 – 8.45 |

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will still apply at busy times.

**Fitness Class Timetable starts Monday 18th April 2022**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | 6.45am – 7.15am  Indoor Cycle |  | 6.45 – 7.15  Indoor Cycling |  |  |  |
|  |  |  | 9.15 – 10.00  Pilates |  | 9.15 – 10.00  Bodypump |  |
|  |  |  | 12.30 – 1.00  Indoor Cycling |  | 10.15 – 11.00  Body Combat | 10.00 – 11.00  Pop up class |
|  | 5.45 – 6.15  Indoor Cycling | 5.30 – 6.00  Metafit | 5.15 – 5.45  Indoor Cycling |  |  |  |
| 6.00 – 7.00  Bodypump | 6.00 – 6.45  Circuits | 6.05 – 6.50  Pilates | 6.00 – 7.00  Bodypump |  |  |  |
|  | 6.30 – 7.00  Indoor Cycling | 6.15 – 7.00  Zumba | 6.00 – 6.03  Indoor Cycling | 6.15 – 7.00  Zumba |  |  |
|  | 7.05 – 8.00  Pilates |  |  |  |  |  |
| 7.15 – 8.00  Body Combat | 7.30 – 8.30  Strength & Conditioning |  | 7.15 – 8.00  Body Combat |  |  |  |

Please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a place for fitness classes. All classes suitable for mixed abilities.