

## CLASS DESCRIPTIONS

**Les Mills Body Balance** – A fusion of Yoga, Pilates & Tai Chi to music designed to increase back & core strength, flexibility, balance and reduce stress.

**Indoor Cycling** – Is a group exercise for all abilities which mimics road cycling to great music with an instructor behind you motivating you all the way. This is another great class to burn away those calories, releasing your endorphins, giving you a “Cyclists high” .....Yes this high isn’t exclusively for runners. If you don’t believe it, come along and find out for yourself! You’ll be hooked

**Self-Spin** – Our spin bikes are also available for anyone to use on your own or with friends, if you wish to use them out with any of the instructor led sessions. Bring your tunes and enthusiasm!

**Circuits** – A total body workout that will burn fat, improve fitness using your bodyweight or small equipment to boost your strength and cardio endurance. Circuits are varied to continually challenge your body and keep it interesting and you will continue to burn calories long after the class has ended!

**Body Combat** – is an exercise class that lets you punch and kick your way (non-contact) towards your fitness goals. It is a high intensity workout.

Not only is it a total body workout in cardio fitness, it’s superb at burning fat, each 30-45 min session can burn 400 to 600 calories, releasing stress, dropping those excess pounds, improving your stamina and muscle tone. It’s great for your abs too!

**Boxercise**- Is a worldwide exercise based on fitness training methods used by boxers. Sessions involve hitting focus pads, skipping, shuttle runs, sit ups, shadow boxing, etc. It’s a safe, fun, stress busting challenging workout, accessible to all fitness levels!

**B - Active** – Life- long! This is a 40 yrs+ supervised session. As we age we must stay active or our muscle tone and strength will decline naturally. Come along to help reverse/slow down this process and so improve your strength, joint stability, balance, your energy levels and ultimately, your lifestyle.

**Aqua Fit** – This class is fun and full of energy. A water workout that builds strength as you move through the water to music, using your own body resistance and the various equipment provided. It’s a great cardio workout and tones your body from top to toe! You won’t overheat and you will leave the water feeling fabulous!

**Gym Induction**- Adults and children 12yrs+ require a gym induction before using our equipment unless 16yrs+ with prior gym equipment knowledge, then you can sign up for a Self-Induction. A Fit life membership entitles you to a free Gym Induction bookable at reception.



## **Buckie Swimming Pool & Fitness Centre Fitness Room & Classes Programme**

**Starts from Monday 8<sup>th</sup> January 2024**

### **We also have:**

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

Telephone 01542 832841

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

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

## Fitness Room Timetable from Monday 8<sup>th</sup> January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 – 20.30	9.00am – 13.00	7.30-11.00	9.00-20.30	7.30-20.30	8.30-13.30	8.30-13.30
	&	&				
	14.00-20.30	12.00-20.30				

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

### Fitness Class Timetable from Monday 8<sup>th</sup> January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15-10.00am <b>Indoor Cycling</b>				9.30-10.15 <b>Aqua Fit</b>	9.00-10.00am <b>Body Pump *</b>	9.00-10.00 <b>Gym Induction</b>
	10.00-10.45 <b>Aqua Fit</b>				* see on line booking for specific dates	9.15-10.00 <b>Indoor Cycling</b>
	13.00-14.00 <b>Exercise Referrals</b>	11.15-12.00 <b>B-Active (40+)</b>		13.30-14.30 <b>Gym Induction</b>		
18.30-19.15 <b>Circuits</b>					Monday-Sunday our spin cycles are	
	18.00-18.30 <b>Body Combat</b>	18.00-18.45 <b>Body Balance</b>	18.00-18.30 <b>Body Combat</b>		available anytime out with any instructor led class times	
19.30-20.15 <b>Indoor Cycling</b>		18.00-18.45 <b>Boxercise</b>	18.40 – 19.25 <b>Indoor Cycling</b>	18.45-19.30 <b>Indoor Cycling</b>		
	18.45-19.30 <b>Indoor Cycling</b>	19.00-19.45 <b>Aqua Fit</b>				
	18.40-19.25 <b>Body Balance</b>	19.00-19.45 <b>Indoor Cycling</b>				

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