

Online Bookable Forres Fitness & Activity Classes

Forres Community Centre (All Classes re-start 8th January 2024)

Monday

Indoor Cycling	9.15am – 10.00am
Indoor Cycling	6.00pm – 6.45pm
Indoor Cycling	7.15pm – 8.00pm
Kettlebells	6.00pm – 6.45pm
Metafit	6.45pm – 7.15pm
Body Balance	09.30am – 10.30am
Boxercise	2.00pm – 3.00pm

Wednesday

Indoor Cycling	5.30pm – 6.15pm
Indoor Cycling	6.30pm – 7.15pm
Fit Step	9.30am – 10.30am

Friday

Body Blitz	9.30am – 10.30am
------------	------------------

Saturday

Indoor Cycling	9.00am – 9.45am
----------------	-----------------

Tuesday

Indoor Cycling	9.15am – 10.00am
Indoor Cycling	6.00pm – 6.45pm
Indoor Cycling	7.00pm – 7.45pm
Boxercise	6.00pm – 7.00pm

Thursday

Indoor Cycling	9.15am – 10.00am
Indoor Cycling	10.15am – 11.00am
Indoor Cycling	6.00pm – 6.45pm
Indoor Cycling	7.00pm – 7.45pm
Circuits	6.00pm – 7.00pm
Abs	7.00pm – 7.30pm
Kettlebells	7.30pm – 8.00pm
Body Balance	1.00pm – 2.00pm



FORRES SWIMMING POOL & FITNESS CENTRE

Public Swimming & Activities Programme

Timetable

Wednesday 3rd January – Sunday 31st March 2024

(Closed 29th March Good Friday)

Telephone - 01309 672984

E-mail - sportandleisure@moray.gov.uk

forres.pool@moray.gov.uk

www.moray.gov.uk

Forres Swimming Pool (All Classes re-start 8th January 2024)

Monday

Adult Gym Inductions (16+)	11.30am
----------------------------	---------

Friday

Junior Gym Induction (Age 12 - 15)	1:30pm
Adult Swimming Lessons	7.15pm – 7.45pm

Wednesday

Aqua Aerobics	10.15am – 10.45am
Adult Swimming Lessons	10.45am – 11.15am
Aqua Aerobics	7.00pm – 7.30pm

Applegrove (All Classes re-start 8th January 2024)

Monday

Strength & Conditioning Circuits	6.15pm – 7.00pm
Body Balance	7.15pm – 8.00pm

Bookings can be made:

Fit Life Members:

On-line at www.moray.gov.uk/leisure

- By telephone to Reception 01309 672984
- In person at Reception

Pay-as-you-go customers:

- On-line at www.moray.gov.uk/leisure
- In person at Reception in advance of booking – payment to be made at time of booking

Swimming Pool Timetable – Wednesday 3rd January – Sunday 31st March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
School Use	6.45am – 7.30am Adults / Teenagers only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 7.30am Adults / Teenagers Only Shared with Club (2 Lanes)	7.45am – 8.45am Adults / Teenagers only shared with Club (2 Lanes)
School Use	7.30 – 8.15 Adults / Teenagers only (4 Lanes)	10.15 – 10.45 Aqua Aerobics	School Use	7.30 – 8.15 Adults/Teenagers only (2 Lanes)	10.30 – 12.30 Public Swimming With Fun Session
10.30am – 11.30pm Public Swimming (2 lanes)	10.30 – 11.30 Public Swimming (2 Lanes)	10.45 – 11.15 Adult Swimming Lesson	School Use	10.30 – 11.30 Public Swimming (2 Lanes)	Sunday
1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	9.00am – 9.45am Adults / Teenagers Only (4 Lanes)
2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public swimming (2 Lanes)	9.45 – 10.30 Adults / Teenagers Only (4 Lanes)
5.15 – 6.15 Adults / Teenagers only Shared with Club (2 Lanes) NO MUSIC	6.15 – 7.15 Adults/Teenagers only (2 Lanes)	6.15 – 7.00 Public Swimming (No Lanes)	7.00 – 7.45 Public Swimming / Staff Training Lane	6.15 – 7.15 Public Swimming with Fun Session	10.30 – 12.30 Public Swimming with Fun Session
6.15 – 7.15 Public Swimming with Fun Session	7.00 – 8.00 Adult / Teenagers only (4 Lanes)	7.00 – 7.30 Aqua Aerobics		7.15 – 7.45 Adult Swimming Lessons	
7.15 – 8.45 Adults / Teenagers Only (4 Lanes)	8.00 - 8.45 Adults / Teenagers only Shared with Club (2 Lanes)	7.45 – 8.45 Adults / Teenagers Only (4 Lanes)	7.45 – 8.45 Adults / Teenagers only - Shared with Club (2 Lanes)	7.45 – 8.45 Adults / Teenagers only (2 Lanes)	

Adults/Teenagers only sessions – Adult cost applies or entry with 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.

Steam Room/Sauna open during all Public/Adult/Teenager Sessions. No Under 8's allowed and 8-15 years need to be with a Adult

Fitness Room Timetable – Wednesday 3rd January – Sunday 31st March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am – 9.00pm Open Sessions	7.00am – 9.35am 12.20pm – 2.50pm 3.40pm - 9.00pm Open Sessions	12.20pm - 9.00pm Open Sessions	7.00am – 9.35am 11.30am-9.00pm Open Sessions	7.00am – 9.00pm Open Sessions	8.00am – 3.00pm Open Session	9.00am – 4.00pm Open Session

Functional Room available all day during opening hours every half an hour for 3 people at a time only.

Please go to <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a space.

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

Expires – 31.03.2024