



# **Forres House Community Centre Programme January – March 2024**

Email: [forres.house@moray.gov.uk](mailto:forres.house@moray.gov.uk)

Tel: 01309 672838

Normal opening times\*:

Monday – Friday 9:00am – 10:00pm

Saturday 9:00am – 3:00pm

\*Please note that class times may vary due to School and Public Holidays

For Active Schools information please visit

[www.sportsinmoray.co.uk](http://www.sportsinmoray.co.uk)

Online bookings

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

For information on 'FitLife' Membership please visit

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

## Reduced Programme – 19 January to 7 February

Due to the Reinforced Autoclaved Aerated Concrete (RAAC) issues at Forres Academy, the Games Hall and Upper Games Hall within Forres House Community Centre require to be used for SQA prelims. Due to the number of pupils involved, the games hall spaces within Forres House Community Centre are the only suitable alternative at this time.

The dates that the Games Hall and Upper Games Hall areas will be required for SQA prelims are Friday 19 January – Wednesday 7 February 2024 inclusive.

It is with regret, that as a result of the above, many activities within Forres House Community Centre will not be able to take place over the period of the SQA prelims. Where an activity is affected, it is annotated within the programme overleaf.

Apologies for any inconvenience caused.

Nicky Gerrard  
Sport & Leisure Supervisor

Day	Start		Finish	Class	Contact
Mon – Fri	9.00am	-	10.00pm	Public Badminton & Basketball* <small>Not between 19/01/2024 – 07/02/2024</small>	Booking essential:01309 672838 Free to Fit Life
Monday	9.15am	-	10.00am	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
	9.30am	-	10.30am	Body Balance* - with Laura	Online booking or pay on booking at reception
	10.00am	-	10.30am	Over 60's Badminton <small>Not between 19/01/2024 – 07/02/2024</small>	Angela Bell 07825 581738
	10.30am	-	12.30pm	PEEPS – Baby Group <small>Not between 19/01/2024 – 07/02/2024</small>	Sharon – Forres Health Centre
	12.30pm	-	2.30pm	PEEPS – Toddler Group <small>Not between 19/01/2024 – 07/02/2024</small>	Sharon – Forres Health Centre
	11.30am	-	12.30am	Senior Tai Chi <small>Not between 19/01/2024 – 07/02/2024</small>	Entry by donation
	2.00pm	-	3.00pm	Boxercise* - with Laura	Online booking or pay on booking at reception
	3.30pm	-	5.45pm	Highland Youth Theatre (from 19/02/2024)	Gillian Murdoch 07729 858445
	3.30pm	-	9.30pm	Forres Girls FC <small>Not between 19/01/2024 – 07/02/2024</small>	<a href="mailto:Graeme.sutherland@scottishfa.co.uk">Graeme.sutherland@scottishfa.co.uk</a> / 07809551983
	6.00pm	-	6.45pm	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
	6.00pm	-	6.45pm	Kettlebells* - with Debbie	Online booking or pay on booking at reception
	6.45pm	-	7.15pm	Abs exercise class – with Debbie	Online booking or pay on booking at reception
	7.00pm	-	8.00pm	Chan Quan Shu Tai Chi / Kung Fu <small>Not between 19/01/2024 – 07/02/2024</small>	Archie 07799 064964
	7.15pm	-	8.00pm	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception
Tuesday	9.00am	-	10.00am	Little Yogi Bears <small>Not between 19/01/2024 – 07/02/2024</small>	Lauren – 07948 483387
	9.15am	-	10.00am	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
	10.00am	-	11.00am	Baby Massage	Sharon – Forres Health Centre
	10.00am	-	11.00am	Flexercise <small>Not between 19/01/2024 – 07/02/2024</small>	Jenny Bichan – 07768274683
	11.00am	-	1.00pm	Quilters	Maureen 01309 675962
	11.30am	-	12.30am	Senior Tai Chi <small>Not between 19/01/2024 – 07/02/2024</small>	Entry by donation
	11.30am	-	1.30pm	Little Yogi Bears <small>Not between 19/01/2024 – 07/02/2024</small>	Lauren Savage 07948 483387
	2.00pm	-	3.00pm	Swinging Seniors Exercise Class <small>Not between 19/01/2024 – 07/02/2024</small>	Pam Watson 01309 672971
	3.15pm	-	5.15pm	Dance North <small>Not between 19/01/2024 – 07/02/2024</small>	Ruth Kent 01309 691661
	6.00pm	-	6.45pm	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
	6.00pm	-	6.45pm	Kettlebell Combat* – with Jill <small>Not between 19/01/2024 – 07/02/2024</small>	Online booking or pay on booking at reception

	7.00pm	-	7.45pm	<b>Indoor Cycle Class* – with Mandy</b>	Online booking or pay on booking at reception
	6.00pm	-	7.00pm	<b>Boxercise class – with Debbie (New from 09/01/2024)</b>	Online booking or pay on booking at reception
<b>Wednesday</b>	9.00am	-	11.30am	Little Fish <small>Not between 19/01/2024 – 07/02/2024</small>	Contact Rachel 07833053395
	9.30am	-	10.15am	<b>Fitsteps* with Zara</b> <small>Not between 19/01/2024 – 07/02/2024</small>	Online Booking or pay on booking at reception
	10.00am	-	12.00pm	Self Help Art Group	Contact Reception for information
	11.30am	-	12.30am	Senior Tai Chi <small>Not between 19/01/2024 – 07/02/2024</small>	Entry by donation
	2.30pm	-	3.30pm	Margaret Morris Movement	Jane – 01309 696338
	4.30pm	-	7.30pm	Sansum Martial Arts	Contact Theo 0777 5918079
	5.00pm	-	7.00pm	Badminton Moray <small>Not between 19/01/2024 – 07/02/2024</small>	Angela Bell 07825 581738
	5.30pm	-	6.15pm	<b>Indoor Cycling Class* – with Debbie</b>	Online booking or pay on booking at reception
	6.30pm	-	7.15pm	<b>Indoor Cycling Class* – with Debbie</b>	Online booking or pay on booking at reception
	6.30pm	-	9.30pm	Forres Girls FC <small>Not between 19/01/2024 – 07/02/2024</small>	Contact <a href="mailto:forresgirlsfootballclub@gmail.com">forresgirlsfootballclub@gmail.com</a>
	7.00pm	-	9.00pm	Forwards Writing Group	Contact Library for details
	7.30pm	-	9.00pm	DKMA Tang Soo Do <small>Not between 19/01/2024 – 07/02/2024</small>	Dominique Sutherland 07783418215
<b>Thursday</b>	9.15am	-	10.00am	<b>Indoor Cycling Class* - with Robert</b>	Online booking or pay on booking at reception
	9.30am	-	11.00am	Sassy Seniors	Helen Teasdale 07969 563830
	10.00am	-	11.00am	<b>Golden Girls Badminton*</b> <small>Not between 19/01/2024 – 07/02/2024</small>	Current Entry Fee / Fit Life Card
	10.15am	-	11.00am	<b>Indoor Cycling Class* – with Robert</b>	Online booking or pay on booking at reception
	10.00am	-	12noon	Indoor Bowling – Seniors social activity group <small>Not between 19/01/2024 – 07/02/2024</small>	Anne McIntosh 07934415961
	11.30am	-	12.30pm	Senior Tai Chi <small>Not between 19/01/2024 – 07/02/2024</small>	Entry by donation
	1.00pm	-	2.00pm	<b>Body Balance* - with Laura</b>	Online booking or pay on booking at reception
	3.30pm	-	5.30pm	Moray Dance <small>Not between 19/01/2024 – 07/02/2024</small>	Rosalyn Wie 07917 533516
	6.00pm	-	6.45pm	<b>Indoor Cycling Class* – with Phillipa</b>	Online booking or pay on booking at reception
	6.00pm	-	7.00pm	<b>Circuit Exercise Class – with Debbie</b>	Online booking or pay on booking at reception
	7.00pm	-	7-45pm	<b>Indoor Cycling Class* – with Mandy</b>	Online booking or pay on booking at reception
	7.00pm	-	7.30pm	<b>Abs Exercise Class* - with Debbie</b>	Online booking or pay on booking at reception
	7.00pm	-	8.00pm	Ladies Netball <small>Not between 19/01/2024 – 07/02/2024</small>	Contact reception or group on the night
	7.30pm	-	8.00pm	Kettlebells – with Debbie	Online booking or pay on booking at reception

<b>Thursday</b>	8.00pm	-	10.00pm	Forres Indoor Bowling <small>Not between 19/01/2024 – 07/02/2024</small>	Online booking or pay on booking at reception
	8.00pm	-	10.00pm	Kinloss Badminton Club <small>Not between 19/01/2024 – 07/02/2024</small>	Contact reception or group on the night
<b>Friday</b>	9.30am	-	10.30am	<b>Body Blitz* with Zara</b> <small>Not between 19/01/2024 – 07/02/2024</small>	Current Entry Fee / Fit Life Card
	9.30am	-	11.30am	<b>Hotshots Badminton Group*</b> <small>Not between 19/01/2024 – 07/02/2024</small>	Current Entry Fee / Fit Life Card
	9.30am	-	1.30pm	Little Yogi Bears <small>Not between 19/01/2024 – 07/02/2024</small>	Lauren 07948 483387
	11.30am	-	12.30am	Senior Tai Chi <small>Not between 19/01/2024 – 07/02/2024</small>	Entry by donation
	2.15pm	-	3.15pm	<b>Over 50's Walking Football*</b> <small>Not between 19/01/2024 – 07/02/2024</small>	Call 01343 563374
	3.15pm	-	6.15pm	Roots Gymnastics Academy <small>Not between 19/01/2024 – 07/02/2024</small>	Rosie Strachan 07444099801
<b>Friday</b>	4.30pm	-	6.00pm	Primary Badminton Club <small>Not between 19/01/2024 – 07/02/2024</small>	Moray Badminton 07825 581738
	6.00pm	-	8.00pm	Secondary Badminton Club <small>Not between 19/01/2024 – 07/02/2024</small>	Moray Badminton 07825 581738
	6.15pm	-	9.00pm	DKMA Tang Soo Do <small>Not between 19/01/2024 – 07/02/2024</small>	Dominique Sutherland 07783418215
<b>Saturday</b>	9.00am	-	9.45am	<b>Indoor Cycling Class* – with Mandy</b>	Online booking or pay on booking at reception
	9.15am	-	10.30am	Forres Pre-Kickers starts 28 <sup>th</sup> October <small>Not between 19/01/2024 – 07/02/2024</small>	Kim McGowan 07988464121
	12.30pm	-	3.00pm	Forres Archery starts 28 <sup>th</sup> October <small>Not between 19/01/2024 – 07/02/2024</small>	forresarchersbooking@outlook.com/Facebook
<b>Sunday</b>	9.00am	-	2.00pm	Badminton Moray <small>Not between 19/01/2024 – 07/02/2024</small>	Not every week – contact Angela Bell 07825 581738

## **\*included in Fit Life Membership**

<b>Indoor Cycling</b>	Cycle to the beat of the music with standing and seated exercise
<b>Metafit</b>	High intensity interval training. Cardio and strength workout
<b>Kettlebells</b>	A workout with kettlebells for cardio and strength training
<b>Abs class</b>	Strengthening of the core area
<b>Circuits</b>	A consecutive series of timed exercises
<b>Body blitz</b>	Time exercise concentrating on every area of the body. All abilities welcome
<b>Body Balance</b>	A calming class with moves from Yoga, Tai Chi and Pilates to build whole-body strength, centre your chi and relieve stress. All abilities welcome
<b>Boxercise</b>	A system of sustained exercises combining boxing movements with aerobic activities.

### **Blood Donor Session**

The next blood donor session at Forres House Community Centre is 16<sup>th</sup> April 2024.

Blood donation across Scotland is by appointment only.

Appointments are bookable from six weeks prior to the session date by calling 0345 90 90 999, or through your online donor account.

<https://www.scotblood.co.uk/news/booking-your-appointment-to-give-blood/>