

Exercise Classes

Mixed Circuit 2 weeks (Hall) Barbell Class 2 weeks	Tuesday	5.30pm – 6.15pm
Circuit Class (Fitness Room)	Thursday Friday	6.00pm – 6.45pm 9.30am – 10.15am
Indoor Cycling Classes (Sports Hall)	Monday Wednesday Friday Saturday	5.30pm – 6.10pm 6.00pm – 6.40pm 6.30pm – 7.10pm 9.30am – 10.30am
Aqua Aerobics	Monday – Deep Tuesday – Shallow Wednesday – Gentle Thursday – Shallow	7.00pm – 7.45pm 7.00pm – 7.45pm 2.15pm – 2.45pm 7.00pm – 7.45pm
Fitness Room Inductions Every 3 weeks (commence 10-1-23)	Wednesday	8.00pm – 9.00pm
Fitness Room Familiarisation Booking required	Thursday	11.00am – 12.00 noon
Exercise Referral	Wednesday	11.00am – 12.00 noon
<p>Booking essential for inductions, circuits, indoor cycling, aqua aerobics and Fitness room familiarisation at reception or book online https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx</p>		
Parent & Child Class	Monday	1.30pm – 2.00pm
JUNIOR Swimming Lessons	Monday – Friday Saturday	3.30pm – 5.00pm 10.00am – 11.30am
ADULT/TEENAGER Lessons (8 week Block Booking)	Friday	8.00pm – 8.45pm



Keith Sports and Community Centre Pool – Fitness – Classes Timetable

Wednesday 3rd January – Sunday 31st March 2024

We also have:

- Fitness-room with a range of training equipment
- Functional Training Room with a range of training equipment No Booking Required - Max 6 users
- Sauna / Steam-room
- Sports Hall for Badminton & Football

Telephone 01542 882222

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk
www.facebook.com/KeithSportsCC

Expires 31-3-24

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 – 8.30 Adults/Teenagers Swimming		7.15 – 8.30 Adults/Teenagers Swimming	9.00 – 10.00 Adults/Teenagers Swimming	7.15 – 8.30 Adults/Teenagers Swimming	8.30 – 9.30 Adults / Teenagers Swimming	8.30 – 10.00 Adults / Teenagers Swimming
12.00 – 3.00 Public Swimming Including Parent & Child Class 1.30 - 2.00 (Shallow end roped off)	12.00 – 2.00 Public Swimming	12.00 – 3.00 Public Swimming Shared Use 2.15 – 2.45 Gentle Aqua Aerobics	12.00 – 3.00 Public Swimming	1.15 – 3.00 Public Swimming	11.30 – 2.00 Public Swimming 11.30 – 12.30 Family Fun Session with Stepping Stones	10.00 – 2.00 Public Swimming 11.30 – 12.30 Family Fun Session
5.30 – 7.00 Public Swimming 7.00 – 7.45 Deep Water Aqua Aerobics Shared use Public -2 Lanes	5.30 – 7.00 Public Swimming 7.00 – 7.45 Shallow Water Aqua Aerobics	5.30 – 7.45 Public Swimming Shared Use 1 lane Staff Training 7-8	5.30 – 7.00 Public Swimming 7.00 – 7.45 Shallow Water Aqua Aerobics	5.30 – 6.30 Public Swimming 6.30 – 7.45 All Ages Fun Session		
7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	8.00 – 8.45 Adults / Teenagers Lessons Booking required		

Adult Teenager sessions are charged at Adult price or FITLIFE
 Access to Health Suite (sauna / steam room / showers) available most public sessions or Mon – Fri during morning via back door. Children 8 - 15 need to be accompanied by an adult.
 Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am - 9.00pm	9.00am – 9.00pm	7.15am – 9.30am Exercise Referral 11.00am – 12.00 noon 12.00 noon – 7.45pm Inductions 8 – 9pm every 3rd week commencing 10-1-24	9.00am – 2.00pm including Gym Familiarisation 11.00am – 12.00noon booking req'd 3.45pm – 5.45pm 6.45pm – 9.00pm	7.15am – 9.15am 9.30am -10.15am Circuits 11.30pm – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm