

## CLASS DESCRIPTIONS

**Boxercise** - Boxercise is based on the training concepts boxers typically use to keep fit, which includes boxing movements, typically in a circuit, and other types of workouts.

**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 willpower. This class involves a combination of bodyweight and weighted exercises to boost your strength & endurance.

**Metafit** – a tough session that involves intense, short bursts of exercise punctuated with short rest periods, expect to sweat!

**Zumba** – a class combining Latin & international dance moves to music. These dance routines will incorporate interval training, alternating fast & slow rhythms to help improve your cardiovascular fitness. It's like a party! & everyone is invited.

**Learn 2 lift** – an introduction to exercises and practices to help improve strength and endurance, reducing the incidence and severity of sporting injuries. This class is designed to develop and improve existing technique to enhance sporting or physical performance.

**Barbell Conditioning** – a barbell class to music with a similar format to Bodypump classes, a challenging and motivating class designed to improve muscular endurance

**Cardio & Core** - a complete workout that combines both aerobic and strength training. It can help to decrease body fat and increase strength and endurance.

**Stretch & relax** - and works on your flexibility and core strength. This class stretches out your entire body, leaving you relaxed and feeling refreshed.

**Les Mills Body Balance** - a yoga-based class that incorporates Tai Chi and Pilates. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**Kettlebells** – a ballistic workout that can help meet your fitness goals. It combines functional, compound exercises that will work multiple muscle groups.

**Aqua Aerobics** – Full body workout that is easy on the joints for anyone suffering pain in these areas. Fun & engaging workout to fantastic music.



## Lossiemouth Sports & Community Centre

### Fitness Room & Classes Programme

Starts from 3<sup>RD</sup> January – 31<sup>st</sup> March 2024

#### We also have:

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

Telephone 01343 815299

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

[www.moray.gov.uk/moray\\_standard/page\\_137038.html](http://www.moray.gov.uk/moray_standard/page_137038.html)

## Fitness Room Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 9.30 12.20 – 2 3.40 – 4.30 5.30 - 8.45	6.45 am – 8 am 9 – 9.30 12.20 – 2 3.40 - 8.45*	9 – 10.40 1.10 – 8.45*	6.45 am – 8 am 9 – 11.30* 1.10 – 2 3 – 8.45	1.10 - 8.45*	7.30 – 1.45	9.15 – 1.45*

## Fitness class timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			9.30 – 10.30 <b>Active 40+</b> Fitness room*		9 – 9.45 <b>Indoor Cycle</b>	10.15 – 10.45 <b>Gym inductions</b> (every 3 weeks)*
10 – 10.45 <b>Aqua Aerobics</b>			10 – 10.45 <b>Aqua Aerobics</b> (no class 4 <sup>th</sup> Jan)		12 – 1.45 <b>Badminton</b>	10 – 1.30 <b>Badminton</b>
6 – 7 <b>Les Mills Body Pump</b>	5.30 – 6.15 <b>Indoor cycle</b> Starts 6 <sup>th</sup> Feb	5.15 - 5.45 <b>Indoor Cycle</b>	5 – 5.30 <b>Indoor cycle</b> Starts 8 <sup>th</sup> Feb	6 – 6.45 <b>Zumba</b>		
		6 – 6.45 <b>Les Mills Body Balance</b>	6 – 6.30 <b>Cardio &amp; Core</b>	6 – 6.30 <b>Indoor Cycle</b>		
	6.30 – 7.15 <b>Circuits</b>	6 – 6.45 <b>Zumba</b>	6.35 – 7.20 <b>Kettlebells</b>	6.45 – 7.30 <b>Les Mills Body Balance</b>		
	7.30 – 8.30 <b>Learn 2 lift</b> Fitness room*	6 – 6.45 <b>Physical Activity for Health</b> (referral essential) Fitness room*	7.25 – 8 <b>Stretch &amp; Relax</b>	8 – 9 <b>Learn 2 lift</b> Fitness room*		
		6.55 – 7.40 <b>Boxercise</b>				

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

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times. \*some machines/equipment will be out of use during classes/inductions, check signs/see class instructor.