

### **CLASS DESCRIPTIONS**

**Fit Class Boxercise** is an exercise concept based on the training methods used by boxers. This will typically involve punching pads and is a fun, challenging and safe workout which is great for stress busting. There is also an element of cardio involved too. We welcome all levels of fitness and ability to our 45 minute class. Participants must be 16+

**Fit Class Indoor cycle** class is a high-intensity exercise on a stationary bike. It combines cardio & endurance in a 30/45 minute calorie-crunching session. Not only great for giving you all the cardiovascular gains but it's great for toning muscle as well. Participants must be 16+

**Fit Class Circuits** training class is a workout that involves 6 or more exercises that are rotated. Targeting different muscle groups in a short amount of time. These include cardiovascular, resistance & weight training, this is to ensure you get a balanced workout.

**Fit Class Zumba** 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.

**Fit Class Learn to lift** an introduction to exercises & practices with bar weights, to help improve strength & endurance, reducing the severity of sports injuries. This class is designed to develop muscular endurance.

**Fit Class Barbell conditioning** class involving bar weights which will help burn fat, define, tone & shape your body in all areas & will also improve your posture & burn calories. Participants must be 16+

**Fit Class Stretch, core & stability** class involving elements of yoga, Pilates & Tai chi. this class will help you improve your flexibility, build strength & leave you feeling relaxed & calm.

**Fit Class Aqua-fit** is a type of resistance training done in the water and a total body workout that is easy on the joints. Great workout for anyone suffering with joint pain. Fun & engaging workout to fantastic music.



## **Lossiemouth Sports & Community Centre**

### **Fitness Room & Classes Programme**

**Starts from 15<sup>th</sup> April – 30<sup>th</sup> June 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. \*some machines/equipment will be out of use during classes/inductions, check signs/see class instructor.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 9.30 12.20 – 2 3.40 – 4.30 5.30 - 8.45	9 – 9.30 12.20 – 2 3.40 - 8.45*	6.30am – 8am 9 – 10.40 1.10 - 8.45*	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 – 9.45 <i>Fit Class Indoor Cycle</i> (booking essential)	10.15 – 10.45 Gym inductions (every 3 weeks)*
10 – 10.45 <i>Fit Class Aqua Fit</i> (booking essential)			10 -10.45 <i>Fit Class Aqua Fit</i> (booking essential)		12 – 1.45 Badminton	10 – 1.30 Badminton
6 – 7 <i>Fit Class Barbell conditioning</i> (booking essential)	6.30 – 7.15 <i>Fit Class Circuits</i>	5.15 - 5.45 <i>Fit Class Indoor Cycle</i> (booking essential)		6 – 6.30 <i>Fit Class Indoor Cycle</i> (booking essential)		
	7.30 – 8.30 <i>Fit Class Learn 2 lift</i>	6 – 6.45 <i>Fit Class Stretch, core &amp; stability</i>		6 – 6.45 <i>Fit Class Zumba</i>		
		6 – 6.45 <i>Fit Class Zumba</i>		6.45 – 7.30 <i>Fit Class Stretch, core &amp; stability</i>		
		6 – 6.45 <i>Fit Class Physical Activity for Health</i> (referral essential)				
		6.55 – 7.40 <i>Fit Class Boxercise</i>				

Classes must be booked as spaces are limited - please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book.  
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