

CLASS DESCRIPTIONS

Fit Class- Box Fit – This class will boost your metabolism & burn up calories, tone your body, making you leaner, stronger, fitter. High-energy workout packed into a 30-minute class

Fit Class -Indoor Cycling – Is a group exercise for all abilities, which mimics road cycling to great music with an instructor behind you motivating you all the way. This is another great class to burn away those calories, releasing your endorphins.

HIITNRIDE – (High Intensity Interval Training) - HIIT workouts are recognised as a way to burn a lot of calories in a very short space of time. Ideal for those looking to squeeze the most out of their indoor training.....but be prepared to work very hard! HIIT need not be limited to weight based activities and gym sessions, time-crunched cyclists can feel the benefits too!

Fit Class- Boxercise- Is a worldwide exercise based on fitness training methods used by boxers. Sessions involve hitting focus pads, skipping, shuttle runs, sit-ups, shadow boxing, etc. It is a safe, fun, stress busting challenging workout, accessible to all fitness levels!

Fit Class -Aqua Fit – This class is fun and full of energy. A water workout that builds strength as you move through the water to up- beat music, using your own body resistance and the various equipment provided. It is a great cardio workout and tones your body from top to toe! You will not overheat and you will leave the water feeling energised & fabulous!

Fit Class -Barbell Blitz - A full on workout that strengthens your entire body while challenging all your major muscle groups. Using the best weight room exercises like squats, presses, lifts and curls to help you get the results you want fast!

Self-Spin- Our spin bikes are also available for anyone to use on your own or with your friends. They can be used anytime out with instructor led advertised classes, during our opening hours.

Gym Induction Options – 1) **Self Induction** (anytime for those 16yrs + who have previous gym experience. 2) **Instructor led** (for adult novice and **ALL 12-15yr olds**) Contact reception to book a suitable time . **A health form must be filled out for all inductions prior to its commencement .**

Jabs ' N' Abs- Non-contact arm punches/jabs in various directions/speeds. Large leg actions, kicks, squats, lunges. Plenty Ab work, planks, crunches of various difficulties, all combined in a full on cardio workout.

Pure Stretch – This class involves stretch routines and exercises that incorporate relaxation techniques with aspects of both Yoga and Pilates – with a bit of fun thrown in too.

Yoga Flow – Join us for an intelligently sequenced Vinyasa flow that will open up your heart, body and mind through breath work, Yoga asanas (poses) and meditation. From hip and shoulder mobility, flexibility, strength training to yoga for better sleep, stress and anxiety relief, yoga is suitable for everyBODY.



Buckie Swimming Pool & Fitness Centre

Fitness Room & Classes Programme

Starts from Monday 30th June 2025

We also have:

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

Telephone 01542 832841
E-mail – buckie.cc@moray.gov.uk
www.moray.gov.uk/leisure

Fitness Room Timetable from Monday 30th June 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|----------------|-------------|------------|------------|------------|------------|
| 9.00 – 20.30 | 9.00am – 13.00 | 7.30 -20.30 | 9.00-20.30 | 7.30-20.30 | 8.30-13.30 | 8.30-13.30 |
| | & | | | | | |
| | 14.00-20.30 | | | | | |

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

Fitness Class Timetable from Monday 30th June 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|--|
| | | | | | | |
| 9.15-10.00am Fit Class-Indoor Cycling | | | | 9.30-10.15 Fit Class -Aqua Fit | 9.15-9.45am Fit Class- Barbell Blitz | |
| 10.00-10.45am Fit Class -Aqua Fit (7pm in school hols) | 10.00-10.45 Fit Class -Aqua Fit | | | | 9.50-10.20am Fit Class - Box Fit | 9.15-10.00 Fit Class -Indoor Cycling |
| | 13.00-14.00 Exercise Referrals | | | | | |
| 12.00-1.00 12-15yrs Gym Ind | | | | | | |
| (Must be booked in advance) | | | | | Monday-Sunday our spin cycles are | |
| 18.00-18.45 FitClass – Jabs N Abs | 18.45-19.30 Fit Class – “HIITNRIDE” (certain Tuesdays) | 18.00-18.45 Fit Class– Jabs ‘n’ Abs | 19.00-19.45 Fit Class- “HIITNRIDE” (certain Thursdays) | 18.45-19.30 Fit Class -Indoor Cycling | available anytime out with any instructor led class times | |
| 19.00-19.45 Fit Class-Indoor Cycling | 18.00-19.00 Adult gym Induction | 19.00-19.45 Fit Class –Indoor Cycling | Pure Stretch 18.00-19.00 | 19.30-20.15 Fit Class -Indoor Cycling | | |
| | | 19.00-19.45 Fit Class -Aqua Fit | 19.15-20.15 Yoga Flow | | | |

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

