

Fit Life Classes

All classes bookable online

Monday

6 – 7pm Barbell Conditioning^

Tuesday

5.30 – 6pm Gym inductions
6.30 – 7.15pm Circuits
7.45 – 8.45pm PAFH referral essential*
7.45 – 8.45pm Learn 2 Lift^

Wednesday

5.15pm – 5.45pm Indoor cycle^
6 – 6.45pm Stretch, core & stability
6 – 6.45pm Zumba
6.55 – 7.40pm Kettlebells

Thursday

6 – 7pm Functional Barbell Fit
7 – 7.40pm Abs & Stretch

Friday

6 – 6.30pm Indoor cycle^
6 – 6.45pm Zumba
6.45 – 7.30pm Stretch, core & stability

Saturday

12.15 – 1.45pm Badminton^

Sunday

10 – 1.30pm Badminton^

Fit Class - Indoor Cycle class is a high-intensity exercise on a stationary bike. It combines cardio & endurance!

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.

Fit Class - Zumba class combines Latin & international dance moves to music. It's like a party!

Fit Class - Barbell Conditioning class involves bar weights which will help burn fat, define, tone & shape your body in all areas & will also improve your posture & burn calories.

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.

Fit Class - Cardio & Core is a complete workout combining aerobic & strength training which will help in reducing body-fat & increase your strength & endurance.

Fit Class - Stretch & Flex will work on your flexibility & core strength. The class stretches out your entire body leaving you refreshed & relaxed just the thing you need after a hard day!

Fit Class - Kettlebells is a high-intensity-ballistic workout with weights with handles, it combines various compound exercises including "the swing", "the clean" & will work on multiple muscle groups.

Fit Class – Functional Fit class goal is to train your groups of muscles to work together by simulating everyday movement. Some of the class exercises involved are squatting, reaching, lifting & pulling.

^booking essential.

*referral via GP or go to www.moray.gov.uk/physicalforhealth



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme

Monday 14th July – Sunday 3rd August

Telephone – 01343815299

E-mail – lossiemouth.cc@moray.gov.uk

www.moray.gov.uk

All Activities Bookable

By telephone on 01343 815299

Fitlife Members:

**Online at www.moray.gov.uk/leisure
In person at reception**

Pay-as-you-go Customers:

Online at www.moray.gov.uk/leisure

**In person at reception -
payment to be made at time of booking**

Swimming Pool Timetable

Monday 14th July – Sunday 3rd August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 - 12 Public with fun session	11 - 12 Public with fun session	6.30am – 8am Adult / teen session (4 lanes) 11 - 12 Public with fun session	11 - 12 Public with fun session	11 - 12 Public with fun session	9 – 10.30 Public session 10.30 – 11.30 Adult session 11.30 – 2 (1 if hire – check FB) Public session with fun session 11.30 – 12.30
12 – 1.30 Adult session with 1 swim lane 1.30 - 3 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session with 1 swim lane 1.30 - 3 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session with 1 swim lane 1.30 - 3 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session with 1 swim lane 1.30 – 3 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session with 1 swim lane 1.30- 3 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	Saturday: 1 – 2 Session available for hire/ pool party see reception for price and to book
5 – 6 Adult session 6 – 7.30 Public with fun Session 6.30 – 7.15 7.30 – 9 Adult session	5 – 7 Public session 7 – 8 Triathlon club 8 – 9 Adult session including 8 – 8.30 Triathlon (½ pool)	5 – 6 Adult session 6 – 7.30 Public with fun session 6.30 – 7.15 8 – 9 Adult session	5 – 6 Adult session 6 – 7.30 Public with fun Session 6.30 – 7.15 7.30 – 9 Adult/teen session	5 – 6.30 Public session 6.45 – 7.45 Fun session 8 - 9 Adult/teen session	Sunday 10.30 - 11.30 Adult session (4 lanes) 11.30 – 2 Public session with fun session 11.30-12.30

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 8.45	9 – 8.45	6.30 – 8am 9 – 8.45* *6-7 cardio only	9 – 8.45	9 – 8.45	7.15 – 1.45	9 – 1.45