

Fit Life Fitness & Activity Classes

Classes bookable online

PLEASE BOOK ALL CLASSES AS THESE ARE SUBJECT TO CHANGE DUE TO STAFF HOLIDAYS

Forres Community Centre (01309 672838)

Monday

Indoor Cycling 9.15am – 10.00am
Indoor Cycling 6.00pm – 6.45pm
Stretch, Core & Stability 9.30am – 10.15am
Boxercise 2.00pm – 3.00pm

Wednesday

Fit Step 9.30am – 10.30am
Indoor Cycling 5.30pm – 6.15pm

Friday

Body Blitz 9.30am – 10.30am

Tuesday

Indoor Cycling 9.15am – 10.00am
Indoor Cycling 6.00pm – 6.45pm
Indoor Cycling 7.00pm – 7.45pm

Thursday

Indoor Cycling 9.15am – 10.00am
Indoor Cycling 10.15am – 11.00am
Indoor Cycling 6.00pm – 6.45pm
Indoor Cycling 7.00pm – 7.45pm
Stretch, Core & Stability 1.00pm – 1.45pm

Saturday

Indoor Cycling 9.00am – 9.45am

Please see receptionist for description of all classes

Forres Swimming Pool

Monday

Adult Gym Inductions (16+) 11.30am
Kettlebells 5.45pm – 6.30pm
Circuits 6.00pm – 6.45pm
Abs 6.45pm – 7.15pm
Stretch, Core & Stability 7.00pm – 7.45pm

Wednesday

Aqua Fit 10.15am – 10.45am
Adult Swimming Lessons 10.45am – 11.15am
Aqua Fit 7.00pm – 7.30pm

Friday

Junior Gym Induction (Age 12 - 15) 1:15pm

Badminton Hall

Hour slots are bookable at the following times:

Friday 6pm - 8pm

Saturday 9am – 12pm

Sunday 9am - 1pm

To avoid double bookings of Badminton you must book 2 players in to the same hourly slot.



FORRES SWIMMING POOL & FITNESS CENTRE

Public Swimming & Activities Programme

Summer Holiday Timetable

Facility Closed Monday 30th June – Friday 4th July

Saturday 5th July – Tuesday 19th August 2025

Telephone - 01309 672984
forres.pool@moray.gov.uk
www.moray.gov.uk

All activities bookable -

Fit Life Members:

On-line at www.moray.gov.uk/leisure
By telephone to Reception 01309 672984
In person at Reception

Pay-as-you-go customers:

On-line at www.moray.gov.uk/leisure
In person at Reception
payment to be made at time of booking

Swimming Pool Timetable – Saturday 5th July – Tuesday 19th August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|
| 9.00am – 10.00am Adults / Teenagers Only (4 Lanes) | 6.45am – 8.15am Adults / Teenagers only (4 Lanes) | 9.00am – 10.00am Adults / Teenagers Only (4 Lanes) | 9.00am – 10.00am Adults / Teenagers Only (4 Lanes) | 6.45am – 8.15am Adults / Teenagers Only Shared with Club (2 Lanes) | 7.45am – 9.15am Adults / Teenagers only shared with Club (2 Lanes) |
| 10.30 – 11.30 Public Swimming (2 Lanes) | 10.30 – 11.30 Public Swimming (2 Lanes) | 10.15 – 10.45 Aqua Aerobics 10.45 – 11.15 Adult Lessons | 10.30 – 11.30 Public Swimming (2 Lanes) | 10.30 – 11.30 Public Swimming (2 Lanes) | 10.30 – 12.30 Public Swimming With Fun Session |
| 11.30 – 12.30 Public Swimming / Fun Session | 11.30 – 12.30 Public Swimming / Fun Session | 11.30 – 12.30 Public Swimming / Fun Session | 11.30 – 12.30 Public Swimming / Fun Session | 11.30 – 12.30 Public Swimming / Fun Session | |
| 1.00 – 2.00 Adult/Teenagers Only (4 Lanes) | 1.00 – 2.00 Adult/Teenagers Only (4 Lanes) | 1.00 – 2.00 Adult/Teenagers Only (4 Lanes) | 1.00 – 2.00 Adult/Teenagers Only (4 Lanes) | 1.00 – 2.00 Adult/Teenagers Only (4 Lanes) | |
| 2.00 – 3.30 Public Swimming / Fun Session | 2.00 – 3.30 Public Swimming / Fun Session | 2.00 – 3.30 Public Swimming / Fun Session | 2.00 – 3.30 Public Swimming / Fun Session | 2.00 – 3.30 Public Swimming / Fun Session | 9.00am – 9.45am Adults / Teenagers Only (4 Lanes) |
| 5.15 – 6.15 Adults / Teenagers only Shared with Club (2 Lanes) | 6.15 – 7.00 Public Swimming (2 Lanes) | 6.15 – 7.00 Public Swimming (No Lanes) | 6.30 – 7.00 Adult Swimming Lessons | 6.15 – 7.15 Public Swimming with Fun Session | 9.45 – 10.30 Adults / Teenagers Only (4 Lanes) |
| 6.15 – 7.15 Public Swimming with Fun Session | 7.00 – 8.00 Adult / Teenagers only (4 Lanes) | 7.00 – 7.30 Aqua Aerobics | 7.00 – 7.45 Public Swimming / Staff Training Lane | 7.45 – 8.45 Adults / Teenagers only (2 Lanes) | 10.30 – 12.30 Public Swimming with Fun Session |
| 7.15 – 8.45 Adults / Teenagers Only (4 Lanes) | 8.00 – 8.45 Adults / Teenagers only (4 Lanes) | 7.30 – 8.45 Adults / Teenagers Only (4 Lanes) | 7.45 – 8.45 Adults / Teenagers only - Shared with Club (2 Lanes) | | 12.30 – 1.30 Adults / Teenagers Only (4 Lanes) |

Adults/Teenagers only sessions – Adult cost applies or entry with Fit Life.

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Admission Policy for Young Children applies at all times in the building. Please speak to a member of staff or take a leaflet which explains this in detail.

Steam Room/Sauna open during all Public/Adult/Teenager Sessions. No Under 8's allowed in Sauna/Steam Room and 8-15 years need to be with a Adult

Fitness Room Timetable – Saturday 5th July – Tuesday 19th August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------|-----------------|
| Available all day | Available all day | Available all day | Available all day | Available all day | | |
| Open 7.00am – 9.00pm | Open 7.00am – 9.00pm | Open 9.00am – 9.00pm | Open 7.00am – 9.00pm | Open 7.00am – 9.00pm | 8.00am – 3.00pm | 9.00am – 2.00pm |

Functional Room available all day during opening hours every half an hour for 3 people at a time only.

Please go to <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a space.

Music Playing – please note that suitable and appropriate music is played at all of the Public/Adult/Fun Sessions.

Expires – 19.08.2025