

Fit-Class (Barbells week 1/Mixed Circuits week 2 in Hall)	Tuesday	5.30pm – 6.15pm
---	---------	-----------------

Fit-Class (Circuits in Gym)	Thursday	6.00pm – 6.45pm
-----------------------------	----------	-----------------

Fit-Class (Indoor Cycling)	Wednesday	6.00pm – 6.40pm
	Friday	6.30pm – 7.10pm

Fit-Class (Aqua Fit Deep)	Monday	7.00pm – 7.45pm
Fit-Class (Aqua Fit Shallow)	Tuesday	7.00pm – 7.45pm
Fit-Class (Aqua Fit Gentle)	Wednesday	2.15pm – 2.45pm
Fit-Class (Aqua Fit Shallow)	Thursday	7.00pm – 7.45pm

Booking essential for barbells, circuits, indoor cycling & aqua fit at reception or book online

Crash Courses	Monday – Friday	3.30pm – 5.00pm
---------------	-----------------	-----------------

Adult & Teenager Lessons (Booking required)	Friday	8.00pm – 8.45pm
--	--------	-----------------



Keith Sports and Community Centre Pool – Fitness – Classes Timetable

Summer Holidays
Monday 30th June – Tuesday 19th August 2025

We also have:

- Fitness-room with a range of training equipment
- Strength and Conditioning Room with a range of training equipment – Max 6 users
- Sauna / Steam-room
- Sports Hall

Telephone 01542 882222
E-mail – keith.cc@moray.gov.uk

www.moray.gov.uk
www.facebook.com/KeithSportsCC

Swimming Pool Timetable – Monday 30th June – Tuesday 19th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 – 8.30 Adults/Teenagers		7.15 – 8.30 Adults/Teenagers		7.15 – 8.30 Adults/Teenagers	8.30 – 10.00 Adults / Teenagers	8.30 – 10.00 Adults / Teenagers
9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming Fun Session 11-12	9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming **	10.00 – 2.00 Public Swimming	10.00 – 2.00 Public Swimming
2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session with Stepping Stones	Shared Use 2.15 – 2.45 (Gentle Aqua Fit)	2.00 – 3.00 Fun Session with Stepping Stones	2.00 – 3.00 Fun Session	11.00 – 12.30 Family Fun Session with Stepping Stones	11.00 – 12.30 Family Fun Session
5.00 – 7.00 Public Swimming Shared use (2 lanes)	5.00 – 7.00 Public Swimming	5.00 – 7.45 Public Swimming	5.00 – 7.00 Public Swimming	5.00 – 6.30 Public Swimming		
7.00 – 7.45 (Deep Aqua Fit)	7.00 – 7.45 (Shallow Aqua Fit)		7.00 – 7.45 (Shallow Aqua Fit)	6.30 – 7.45 Fun Session		
7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	8.00 – 8.45 Adults / Teenagers Lessons		

** Shared use with Nursery – shallow end roped off 10.45 – 11.15 with exception 18th & 25th July

<p>Adult Teenager sessions will be charged at adult price or FITLIFE.</p> <p>Access to Health Suite (sauna/steam room) open during public/adult & teenage swimming. Children 8 - 15 MUST be accompanied by an adult and only during public swimming.</p> <p>Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.</p>

Fitness Room Timetable – Monday 30th June – Tuesday 19th August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 11.00am (11.00 – 12.00 GP Referral/Induction) 12.00pm – 9.00pm	9.00am – 5.45pm 6.45pm – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

Strength and Conditioning Room Timetable – Monday 30th June – Tuesday 19th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

Music Playing – Please note that suitable and appropriate music is played at all the Public Swimming Sessions

Expires – 19-8-25