



Welcome To Your
Forres House Community Centre
Programme

July - September 2025

Email: forres.house@moray.gov.uk

Tel: 01309 672838

Normal opening times*:
Monday – Friday: 9:00am – 10:00pm
Saturday: 9:00am – 3:00pm

*Please note that class times may vary due to School and Public Holidays

Active Schools' information - www.sportsinmoray.co.uk

Online bookings – <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx>

For information on 'FitLife' Membership –
http://www.moray.gov.uk/moray_standard/page_96652.html.

Forres House Community Centre

Opening times:

Monday – Friday
9am to 10pm

Saturday
9am to 3pm

Sundays
CLOSED

Public toilet – available during opening hours

Public showers – available during opening hours (**free** to 'FitLife' members, charge for non-members)

Staff

Supervisor: Steven Hamilton

Receptionist/administration staff are available at the following times:

Monday and Tuesday: 9am – 4.15pm

Wednesday and Thursday: 9am – 4.30pm

Friday: 9am – 12.45pm

Leisure Assistant (Caretaker) staff are available during opening hours (week day and weekends)

Please contact the Centre for details about rooms available for hire and associated prices.

*Are you having a meeting or a child's birthday party?
Check out our Upper Games Hall and Garden Room-
We may be able to accommodate you.*

Opening times:

Forres Library

Forres Coffee House

Monday	10am - 5pm
Tuesday	10am - 8pm
Wednesday	10am - 5pm
Thursday	10am - 8pm
Friday	Closed
Saturday	10am - 12 noon

9am - 5pm
9am - 5pm
9am - 5pm
9am - 5pm
9am - 5pm
9.30am - 2.30pm



**** Classes noted with *asterisk* are included with FitLife membership****

Timetable – Mondays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	Booking essential: 01309 672838 Free to FitLife members
09.15	-	10.00	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
09.30	-	10.30	Stretch, Core & Stability* - with Laura	Online booking or pay on booking at reception
09.30	-	11.00	Over 60's Badminton	Angela Bell 07825 581738
10.45	-	12.15	Alcoholics Anonymous	Please see poster for information
12.15	-	13.15	PEEPS – Toddler Group	Silvia 07788150670 - Please see post for more information
14.00	-	15.00	Boxercise* - with Laura	Online booking or pay on booking at reception
15.30	-	16.30	Children's Craft Club	Please see poster for information Restarting August
15.15	-	20.30	Highland Youth Theatre	Gillian Murdoch 07729 858445 After summer
18.00	-	18.45	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
19.00	-	20.00	Chan Quan Shu Tai Chi / Kung Fu	Archie 07799 064964
19.00	-	22.00	Forres Archery	forresarchersbooking@outlook.com / Face book

Timetable – Tuesdays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	Booking essential: 01309 672838 Free to FitLife members
09.00	-	12noon	Little Yogi Bears	Lauren – 07948 483387 15 th July onwards
09.15	-	10.00	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
10.00	-	11.00	Flexercise	Jenny Bichan – 07768274683 Starts back 2 nd September
11.00	-	13.00	Quilters	Maureen 01309 675962 9 th September onwards
14.00	-	15.00	Swinging Seniors Exercise Class	Pam Watson 01309 672971 9 th September onwards
18.00	-	18.45	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
19.00	-	19.45	Indoor Cycle Class* – with Mandy	Online booking or pay on booking at reception
19.00	-	21.00	Forwards Writing Group	Contact Library for details

Timetable – Wednesdays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	Booking essential: 01309 672838 Free to FitLife members
09.00	-	11.00	Playdates (Play group)	Contact Gemma 07549988705
09.15	-	10.30	Breast Feeding Support Group	Please see poster for more info Starting 06.08.25
09.30	-	10.15	Fitsteps* with Zara	Online Booking or pay on booking at reception
10.30	-	12pm	Let's Get Pickled Over 50's Public Pickleball*	Current Entry Fee / Fit Life Card
10.30	-	12.30	Culbin Model Club	See Poster and FB for more information 17 th September
11.00	-	13.00	Nawak Gadalla Circle Dance	See poster for more information 3 rd September
13.00	-	15.00	Antenatal Peep	Sharon – Forres Health Centre
14.00	-	17.00	Gerrards Auction Rooms	Please see for more information 2 nd July & 16 th July
14.30	-	15.30	Margaret Morris Movement	Jane – 01309 696338
15.00	-	17.00	Friends of Falconer Museum	2nd and 4th Wednesday of every month. Please see poster for more information
16.30	-	19.30	Sansum Martial Arts	Contact Theo 0777 5918079
17.00	-	19.00	Badminton Moray	Angela Bell 07825 581738
17.30 18.30	- -	18.15 19.15	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception
18.00	-	20.00	The Gaff	Young person's group, booking details found on FB page – 9 th & 16 th July
19.30	-	21.00	DKMA Tang Soo Do	Dominique Sutherland 07783418215
19.30	-	21.00	MSMR Moray Supports Migrants and Refugees	

Timetable – Thursdays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	Booking essential: 01309 672838 Free to FitLife members
09.15	-	10.00	Indoor Cycling Class* - with Robert	Online booking or pay on booking at reception
10.15	-	11.00	Indoor Cycling Class* - with Robert	Online booking or pay on booking at reception
09.30	-	11.00	Sassy Seniors	Helen Teasdale 07969 563830

Timetable – Thursday's cont.

10.00	-	11.00	Baby Massage	Please see poster for information Restarts 7 th August
10.00	-	12pm	Indoor Bowling Seniors social activity group	Anne McIntosh 07934415961
10.00	-	11.00	Golden Girls Badminton*	Current Entry Fee / Fit Life Card
11.00	-	12pm	Centrepiece Dance	3rd Thursday of every month
13.00	-	14.00	Stretch, Core & Stability* - with Laura	Online booking or pay on booking at reception
13.00	-	15.00	Golden Girls Badminton*	Current Entry Fee / Fit Life Card
15.30	-	18.00	Moray Dance	Stephanie Wie 07792066268 Restarts after Summer
18.00	-	18.45	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
19.00	-	19.45	Crafters Club	07733 407741.
19.00	-	20.00	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
19.00	-	20.30	Ladies Netball	Contact reception or group on the night
20.00	-	22.00	Kinloss Badminton Club	Contact reception or group on the night

Timetable – Fridays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	Booking essential: 01309 672838 Free to FitLife members
09.30	-	11.30	Little Yogi Bears	Lauren – 07948 483387
09.30	-	10.30	Body Blitz* with Zara	Current Entry Fee / Fit Life Card
09.30	-	11.30	Hotshots Badminton Group*	Current Entry Fee / Fit Life Card
11.30	-	13.00	Pickleball	Angela Bell 07825 581738
14.15	-	15.15	Over 50's Walking Football*	Call 01343 563374
15.15	-	16.15	Roots Gymnastics Academy	Rosie Strachan 07444099801 – restarts 22 nd August
16.30	-	20.00	Badminton Moray	Angela Bell 07825 581738
18.15	-	21.00	DKMA Tang Soo Do	Dominique Sutherland 07783418215

Timetable – Fridays Cont.

19.30	-	21.00	MSMR Moray Supports Migrants and Refugees	
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Timetable – Saturdays

09.00	-	15.00	Public Badminton & Basketball Pickleball & Football*	Booking essential: 01309 672838 Free to FitLife members
09.00	-	09.45	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception

Timetable – Sundays

09.00	-	14.00	Badminton Moray	Not every week – contact Angela Bell 07825 581738
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*included in Fit Life Membership

Fit-Life Members:

- On-line at <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx>
- By telephone to Reception
- In person at Reception

Pay-as-you-go customers:

- On-line at <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx>
- In person at Reception in advance of booking– payment to be made at time of booking

You can use your FitLife membership in the following participating areas:
Angus, Argyll & Bute, the Borders, Highland, Moray, Orkney, Shetland and the Western Isles.



Class Descriptions

Body blitz	Time exercise concentrating on every area of the body. All abilities welcome
Boxercise	A system of sustained exercises combining boxing movements with aerobic activities.
Indoor Cycling	Cycle to the beat of the music with standing and seated exercise
Fitsteps	Low impact aerobics style class with dance style movement
Stretch, Core & Stability	A calming class with moves from Yoga, Tai Chi and Pilates to build whole-body strength, centre your chi and relieve stress. All abilities welcome



Blood Donor Sessions

The next blood donor session at Forres House Community Centre are:

26th August and 28 October

Blood donation across Scotland is **by appointment only**.

Appointments are bookable from six weeks prior to the session date by calling 0345 90 90 999, or through your online donor account.

<https://www.scotblood.co.uk/news/booking-your-appointment-to-give-blood/>



Open Mon-Fri 9-5 Sat 9.30-2.30

Coffees & Hot Drinks

Locally roasted coffee from the Inverness Coffee Roasting Company

Breakfast Bagels

Served daily 9.30-12

Home-made Cakes & Bakes

Available all day (Vegan options available)

Home-made Bagels

Served till 3pm (Vegan and Veggie options available)

Soup

Please ask about today's homemade soup

Served with homemade bread roll or Cheese Scone

Ice Cream

Please ask us about today's flavours

Contact 07727 207090 or forrescoffeehouse@gmail.com

Check out our Facebook page for more information