

## Fit Life Classes

All classes bookable online

### Monday

10 – 10.45am Aqua fit^  
6 – 7pm Barbell Conditioning^

### Tuesday

6.30 – 7.15pm Circuits  
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 – Abs & stretch** is a complete workout combining aerobic & strength training which will help in reducing body-fat & increase your strength & endurance.

**Fit Class – Functional Barbell** 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.

\*referral via GP or go to [www.moray.gov.uk/physicalforhealth](http://www.moray.gov.uk/physicalforhealth)



# Lossiemouth Sports & Community Centre

## Public Swimming & Fitness Programme

Monday 18<sup>th</sup> August – Sunday 12<sup>th</sup> October

**Telephone – 01343815299**

**E-mail – [lossiemouth.cc@moray.gov.uk](mailto:lossiemouth.cc@moray.gov.uk)**

**[www.moray.gov.uk](http://www.moray.gov.uk)**

### **All Activities Bookable**

#### **Fit life Members:**

**Online at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)**

**By telephone on 01343 815299**

**In person at reception**

#### **Pay-as-you-go Customers:**

**Online at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)**

**In person at reception -**

**Payment to be made at time of booking**

## Swimming Pool Timetable

| Monday                                                                                                                          | Tuesday                                                                                                                                                                             | Wednesday                                                                                                                         | Thursday                                                                                          | Friday                                                                                                                                                           | Saturday                                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10 – 10.45</b><br>Aqua Fit<br>(No class 18 <sup>th</sup> Aug & 29 <sup>th</sup> Sep)<br><br><b>11 - 12</b><br>Public session | <b>9 – 10</b><br>Public session<br>(temp until Oct)<br><br><b>10 – 11</b><br>Parent & child lessons<br><b>10am:</b> 0 – 1 years<br><b>10.30am:</b> 2 - 4 years<br>Booking essential | <b>6.30am – 8am</b><br>Adult / teen session<br>(4 lanes)<br><br><b>11 - 12</b><br>Public session                                  | <b>9 – 10</b><br>Public session<br>(temp until Oct)<br><br><b>11 - 12</b><br>Public session       | <b>10 – 11</b><br>Parent & child lessons<br><b>10am:</b> 0 – 1 years<br><b>10.30am:</b> 2 - 4 years<br>Booking essential<br><br><b>11 - 12</b><br>Public session | <b>9 – 10.30</b><br>Swimming lessons<br><br><b>10.30 – 11.30</b><br>Adult session (with <b>adult lesson</b><br><b>10.30 - 11</b> 1 lane)<br><br><b>11.30 – 2 (1 if hire)</b><br>Public session with<br>fun session 11.30 – 12.30<br>(check FB/reception for early closure<br>due to party hire) |
| <b>12 – 1</b><br>Adult session<br>(1 lane)<br><br><b>2 - 3</b><br>Public session<br><br><b>3.30 – 5</b><br>Swimming lessons     | <b>12 – 1.30</b><br>Adult session<br><br><b>1.30 - 3</b><br>Public session<br><br><b>3.30 – 5.30</b><br>Swimming lessons                                                            | <b>12 – 1.30</b><br>Adult session<br>(1 lane)<br><br><b>1.30 - 3</b><br>Public session<br><br><b>3.30 – 5</b><br>Swimming lessons | <b>12 – 1.30</b><br>Adult session<br><br><b>3.30 – 6</b><br>Swimming lessons                      | <b>12 – 1.30</b><br>Adult session<br>(1 lane)<br><br><b>1.30 - 3</b><br>Public session<br><br><b>3.30 – 5</b><br>Swimming lessons                                | Saturday:<br><b>1 – 2</b><br>Session available for hire/ pool<br>party see reception for price<br>and to book                                                                                                                                                                                   |
| <b>7 – 9</b><br>Public session<br>(2 lanes)                                                                                     | <b>7 – 8</b><br>Triathlon club<br><br><b>8 – 9</b><br>Adult session including<br><b>8 – 8.30</b> Triathlon (½ pool)                                                                 | <b>7 – 8</b><br>Public session<br><br><b>8 – 9</b><br>Adult session                                                               | <b>6 – 7.30</b><br>Public with<br>fun session 6.30 – 7.15<br><br><b>7.30 – 9</b><br>Adult session | <b>6.45 – 7.45</b><br>Fun session<br><br><b>8 - 9</b><br>Adult/teen session<br>(4 lanes)                                                                         | <b>Sunday</b><br><br><b>10.30 - 11.30</b><br>Adult session<br>(4 lanes)<br><br><b>11.30 – 2</b><br>Public session with<br>fun session 11.30 - 12.30                                                                                                                                             |

## Fitness Room Timetable – Monday 2<sup>nd</sup> – Sunday 29<sup>th</sup> June

| Monday                                 | Tuesday                                                        | Wednesday                                                                                 | Thursday            | Friday                                 | Saturday           | Sunday          |
|----------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------|----------------------------------------|--------------------|-----------------|
| <b>9 – 10.40</b><br><b>3.40 – 8.45</b> | <b>9 – 10.40</b><br><b>11.30 – 12.20</b><br><b>3.40 – 8.45</b> | <b>6.30 – 8am</b><br><b>9 - 10.40</b><br><b>1.10 – 8.45*</b><br><b>*6 - 7 cardio only</b> | <b>12.20 – 8.45</b> | <b>9 – 10.40</b><br><b>1.10 – 8.45</b> | <b>7.15 – 1.45</b> | <b>9 – 1.45</b> |