

Fit Life Fitness & Activity Classes

Classes bookable online

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

Tuesday

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

Wednesday

Fit Step	9.30am – 10.30am
Indoor Cycling	5.30pm – 6.15pm
Bikes n Bells	6.30pm – 7.15pm

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

Friday

Body Blitz	9.30am – 10.30am
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Saturday

Indoor Cycling	9.00am – 9.45am
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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

Tuesday

Boxercise	6.00pm – 7.00pm
Kettlebells	7.00pm – 7.30pm

Thursday

Circuits	6.00pm – 7.00pm
Adult Swim Lesson	6.30pm – 7.00pm
Abs	7.00pm – 7.30pm
Stretch/Core	6.15pm – 7.00pm
One More Rep	7.15pm – 8.00pm
Kettlebells	7.30pm – 8.00pm

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
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Badminton Hall

Hour slots are bookable at the following times:

Friday 6pm-8pm	Saturday 9am – 2pm	Sunday 9am – 3pm
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To avoid double bookings of Badminton please book the 2 players in to the same hourly slot.



FORRES SWIMMING POOL & FITNESS CENTRE

Public Swimming & Activities Programme

Timetable

Wednesday 20th August – Sunday 12th October 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 – Wednesday 20th August – Sunday 12th October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 7.30am 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 – 7.30am Adults / Teenagers Only Shared with Club (2 Lanes)	7.45am – 8.30am Adults / Teenagers Only shared with Club (2 Lanes)
School Use	7.30 – 8.15 Adults / Teenagers only (4 Lanes)	10.15 – 10.45 Aqua Aerobics	School Use	7.30 – 8.15 Adults/Teenagers Only Shared with Club (2 Lanes)	8.30am – 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)	10.45 – 11.15 Adult Swimming Lesson	School Use	10.30 – 11.30 Public Swimming (2 Lanes)	10.30 – 12.30 Public Swimming With 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)	Sunday
2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public swimming (2 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	
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)	
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)		

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/Fun/Adult/Teenager Sessions. No Under 8's allowed and 8-15 years need to be with an Adult at all times.

Fitness Room Timetable – Wednesday 20th August – Sunday 12th October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 7.00am – 12.20pm 1.10pm – 9.00pm	Open 7.00am – 11.30am 12.20pm-9.00pm	Open 9.00am – 11.30am 1.10pm – 9.00pm	Open 7.00am – 10.40am 11.30am-9.00pm	Open 7.00am – 10.40am 12.20-9.00pm	Open 8.00am – 3.00pm	Open 9.00am – 4.00pm

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 – 12.10.2025