

CLASS DESCRIPTIONS

Fit Class -Indoor Cycling – Is a group exercise for all abilities, which mimics road cycling to great music with an instructor behind you motivating you all the way. This is another great class to burn away those calories, releasing your endorphins.

Fit Class-Blitz- A fast paced workout like HIIT(Hi Intensity Interval Training) designed to be a quick & effective fitness boost over a short period of time, combining cardio & strength training to maximise calories burned and increase your stamina.

Fit Class- Lift- Strength training with barbells (like Pump) that tones all your body.

Fit Class- Rize- High intensity training using a step that burns fat & improves cardiovascular health.

Fit Class -Aqua Fit – This class is fun and full of energy. A water workout that builds strength as you move through the water to up- beat music, using your own body resistance and the various equipment provided. It is a great cardio workout and tones your body from top to toe! You will not overheat, and you will leave the water feeling energised & fabulous!

Self-Spin- Our spin bikes are also available for anyone to use on your own or with your friends. They can be used anytime out with instructor led advertised classes, during our opening hours.

Gym Induction Options – 1) **Self Induction** (anytime for those 16yrs + who have previous gym experience. 2) **Instructor led (for adult novice and ALL 12-15yr olds)** Contact reception to book a suitable time. **A health form must be filled out for all inductions prior to its commencement.**

Jabs ‘ N’ Abs- Non-contact arm punches/jabs in various directions/speeds. Large leg actions, kicks, squats, lunges. Plenty Ab work, planks, crunches of various difficulties, all combined in a full on cardio workout.

Pure Stretch – This class involves stretch routines and exercises that incorporate relaxation techniques with aspects of both Yoga and Pilates – with a bit of fun thrown in too.

Yoga Flow – Join us for an intelligently sequenced Vinyasa flow that will open your heart, body and mind through breath work, Yoga asanas (poses) and meditation. From hip and shoulder mobility, flexibility, strength training to yoga for better sleep, stress and anxiety relief, yoga is suitable for everybody.



Buckie Swimming Pool & Fitness Centre

Fitness Room & Classes Programme

Starts from Monday 29th September 2025

We also have:

- Fitness-room with a range of training equipment
- Spin Cycle Studio
- Sports Hall for Football, Badminton and other activities
- Astro Pitch

Telephone 01542 832841
E-mail – buckie.cc@moray.gov.uk
www.moray.gov.uk/leisure

Fitness Room Timetable from Monday 29th September 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|----------------|-------------|------------|------------|------------|------------|
| 9.00 – 20.30 | 9.00am – 13.00 | 7.30 -20.30 | 9.00-20.30 | 7.30-20.30 | 8.30-13.30 | 8.30-13.30 |
| | & | | | | | |
| | 14.00-20.30 | | | | | |

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times.

Fitness Class Timetable from Monday 25th August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|--|--|
| | | | | | | |
| 9.15-10.00am Fit Class-Indoor Cycling | | | | 9.30-10.15 Fit Class -Aqua Fit | | |
| 10.00-10.45am Fit Class -Aqua Fit (7pm in school hols) | 10.00-10.45 Fit Class -Aqua Fit | | | | | 9.15-10.00 Fit Class -Indoor Cycling |
| | 13.00-14.00 Exercise Referrals | | | | | |
| | | | | | | |
| | | 5.45-6.30 Fit Class -BLITZ | Yoga Kidz 4.15-5pm (age 4-11) | 5.40-6.25 LIFT | Monday-Sunday our spin cycles are available | |
| 18.00-18.45 Fit Class- Jabs N Abs | | 18.00-18.45 Fit Class– Jabs ‘n’ Abs | | 18.45-19.30 Fit Class -Indoor Cycling | anytime out with any instructor led class time | |
| 19.00-19.45 Fit Class-Indoor Cycling | | 19.00-19.45 Fit Class –Indoor Cycling & 19.45-20.15 | Pure Stretch 18.00-19.00 | 19.30-20.15 Fit Class -Indoor Cycling | | |
| 19.45-20.15 Fit Class-Indoor Cycling | | 19.00-19.45 Fit Class -Aqua Fit | 19.15-20.15 Yoga Flow | 6.30-7.15 RIZE | | |

Please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a place for fitness classes.

