

Fit-Class - Circuits (Hall)	Monday	5.45pm – 6.30pm
Fit-Class - Barbells (Hall)	Tuesday	5.30pm – 6.15pm
Fit-Class - Circuits (Gym)	Thursday	6.00pm – 6.45pm
Fit-Class - Indoor Cycling (Hall)	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 boxercise, 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
Gym Induction	Wednesday 15 th	8.00pm – 9.00pm



Keith Sports and Community Centre Pool – Fitness – Classes Timetable

October Holidays
Monday 13th – Sunday 26th October 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 13th – Sunday 26th October 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 Shared Use	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	11-12 Stepping Stones 2.15 – 2.45 (Gentle Aqua Fit)	2.00 – 3.00 Fun Session	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 7.00 – 7.45 (Deep Aqua Fit)	5.00 – 7.00 Public Swimming 7.00 – 7.45 (Shallow Aqua Fit)	5.00 – 7.45 Public Swimming	5.00 – 7.00 Public Swimming 7.00 – 7.45 (Shallow Aqua Fit)	5.00 – 6.30 Public Swimming 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 Friday 24th October– shallow end roped off 10.45 – 11.15

Adult Teenager sessions are charged at adult price or FITLIFE

Access to Health Suite (sauna/steam room) open during public/adult & teenage swimming. Children 8 - 15 need to be accompanied by an adult and only during public swimming.

No children in Health Suite during a Friday Fun Session.

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Fitness Room Timetable – Monday 13th – Sunday 26th October 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) 12.00pm – 9.00pm (15 th Inductions 8-9pm)	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 13th – Sunday 26th October 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 – 26-10-25