



Welcome To Your

# Forres House Community Centre

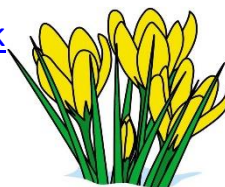
## Programme

**January - March 2026**



Email: [forres.house@moray.gov.uk](mailto: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](http://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](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 until 9.30pm weekdays and 2.30pm Saturdays (**free** to **FitLife** members, charge for non-members)

## Staff

Supervisor: Tomas Sutherland

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* | <b>Booking essential:</b> 01309 672838<br>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 | - | 20.30 | Highland Youth Theatre                               | Gillian Murdoch 07729 858445   |
| 15.30 | - | 16.30 | Children's Craft Club                                | Please see poster for information  |
| 15.30 | - | 21.30 | Forres Girls Football Club                           | Graeme Sutherland 07809 551983<br>From 27.10.25  |
| 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                                       | <a href="mailto:forresarchersbooking@outlook.com">forresarchersbooking@outlook.com</a> / <a href="https://www.facebook.com/forresarchers">Faceb<br/>ook</a> until 20.10.25 |

### Timetable – Tuesdays

|       |   |        |  |   |
|-------|---|--------|--|---|
| 09.00 | - | 22.00  | Public Badminton & Basketball Pickleball & Football* | <b>Booking essential:</b> 01309 672838<br>Free to FitLife members                           |
| 09.00 | - | 12noon | Little Yogi Bears                                    | Lauren - 07948 483387<br>18m-4 (9.15-9.55) From 6 weeks (9.45-10.30)up to 18m (10.10-10.55) |
| 09.15 | - | 10.00  | Indoor Cycling Class* – with Phillipa                | Online booking or pay on booking at reception   |
| 09.30 | - | 15.00  | EQ Sports U12 Kids sports camp                       | 11 <sup>th</sup> November – please see fb page and poster for more information              |
| 10.00 | - | 11.00  | Flexercise   | Jenny Bichan – 07768274683<br>'21   |
| 11.00 | - | 13.00  | Quilters   | Maureen 01309 675962  |
| 14.00 | - | 15.00  | Swinging Seniors Exercise Class                      | Pam Watson 01309 672971   |

## Timetable Tuesday Cont.

|       |   |       |                                     |   |
|-------|---|-------|-------------------------------------|---|
| 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* | <b>Booking essential:</b> 01309 672838<br>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  |
| 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  |
| 12pm  | - | 14.00 | Culbin Model Club                                    | See Poster and FB for more information<br>22 <sup>nd</sup> October, 19 <sup>th</sup> November, 17 <sup>th</sup> Dec. |
| 13.00 | - | 15.00 | Antenatal Peep                                       | Sharon – Forres Health Centre  |
| 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.<br>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 | - | 18.15 | 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   |
| 18.30 | - | 19.15 | Bikes & Bells* – with Debbie                         | Online booking or pay on booking at reception  |
| 18.30 | - | 21.30 | Forres Girls Football Club                           | Graeme Sutherland 07809 551983   |
| 19.00 | - | 20.00 | Moray Supports Migrant & Refugees                    | English lessons  |
| 19.30 | - | 21.00 | SKMA Tang Soo Do                                     | Dominique Sutherland 07783418215   |

### Timetable – Thursdays

|       |   |       |   |   |
|-------|---|-------|---|---|
| 09.00 | - | 22.00 | Public Badminton & Basketball<br>Pickleball & Football* | <b>Booking essential:</b> 01309 672838<br>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                                       |
| 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                     |
| 15.30 | - | 18.00 | Moray Dance   | Stephanie Wie 07792066268   |
| 18.00 | - | 18.45 | Indoor Cycling Class* – with Phillipa                   | Online booking or pay on booking at reception                     |
| 18.30 | - | 20.00 | Beyond Yoga (Yoga for all abilities)                    | Valerie Ritchie 07767497936                                       |
| 19.00 | - | 20.30 | Crafters Club   | 07733 407741.   |
| 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<br>Pickleball & Football* | <b>Booking essential:</b> 01309 672838<br>Free to FitLife members                              |
| 09.30 | - | 12.30 | Little Yogi Bears                                       | Lauren – 07948 483387<br>From 6wks (9.45-10.30), 18m-4y (10.40-11.25), up to 18m (11.35-12.20) |
| 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   |
| 14.00 | - | 15.30 | Over 50's Walking Football*                             | Call 01343 563374  |
| 15.15 | - | 18.15 | Roots Gymnastics Academy                                | Rosie Strachan 07444099801   |

### Timetable – Friday Cont.

|       |   |       |                                   |                                  |
|-------|---|-------|-----------------------------------|----------------------------------|
| 16.30 | - | 20.00 | Badminton Moray                   | Angela Bell 07825 581738         |
| 19.00 | - | 20.00 | Moray Supports Migrant & Refugees | English lessons                  |
| 18.15 | - | 21.00 | SKMA Tang Soo Do                  | Dominique Sutherland 07783418215 |

### Timetable – Saturdays

|       |   |       |  |   |
|-------|---|-------|--|---|
| 09.00 | - | 15.00 | Public Badminton & Basketball Pickleball & Football* | <b>Booking essential:</b> 01309 672838<br>Free to FitLife members   |
| 09.00 | - | 09.45 | Indoor Cycling Class* – with Mandy                   | Online booking or pay on booking at reception   |
| 09.00 | - | 12.00 | Forres Tennis Club                                   | Please see FB for more information<br>From 1 <sup>st</sup> November   |
| 12.30 | - | 14.30 | Forres Archery                                       | <a href="mailto:forresarchersbooking@outlook.com">forresarchersbooking@outlook.com</a> /Face book from 1st November |

### Timetable – Sundays

|       |   |       |                 |   |
|-------|---|-------|-----------------|---|
| 09.00 | - | 14.00 | Badminton Moray | Not every week – contact Angela Bell 07825 581738 |
|-------|---|-------|-----------------|---|

### \*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

|                                      |   |
|--------------------------------------|---|
| <b>Body blitz</b>                    | Time exercise concentrating on every area of the body.<br>All abilities welcome   |
| <b>Boxercise</b>                     | A system of sustained exercises combining boxing movements with aerobic activities.   |
| <b>Bikes &amp; Bells</b>             | A mix of indoor bike routines with kettlebells  |
| <b>Indoor Cycling</b>                | Cycle to the beat of the music with standing and seated exercise  |
| <b>Fitsteps</b>                      | Low impact aerobics style class with dance style movement   |
| <b>Stretch, Core &amp; Stability</b> | 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 is :

**28 October & 23<sup>rd</sup> December**

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](mailto:forrescoffeehouse@gmail.com)

Check out our Facebook page for more information