



**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	9am - 5pm
Tuesday	10am - 8pm	9am - 5pm
Wednesday	10am - 5pm	9am - 5pm
Thursday	10am - 8pm	9am - 5pm
Friday	<b>Closed</b>	9am - 5pm
Saturday	10am - 12 noon	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 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 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:forresresearchersbooking@outlook.com">forresresearchersbooking@outlook.com</a> / <a href="#">Facebook</a> until 20.10.25

**Timetable – Tuesdays**

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.00	-	12noon	Little Yogi Bears	Lauren - 07948 483387 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 '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 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 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. 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 Pickleball & Football*	<b>Booking essential:</b> 01309 672838 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 Pickleball & Football*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.30	-	12.30	Little Yogi Bears	Lauren – 07948 483387 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 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 From 1 <sup>st</sup> November
12.30	-	14.30	Forres Archery	<a href="mailto:forresearchersbooking@outlook.com">forresearchersbooking@outlook.com</a> / <a href="#">Face book</a> from 1 <sup>st</sup> November

## Timetable – Sundays

09.00	-	14.00	Badminton Moray	Not every week – contact Angela Bell 07825 581738
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### \*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. 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

**GIVE BLOOD**

### 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