

# 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

### **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  
Stretch, Core & Stability 1.00pm – 1.45pm

### **Friday**

Body Blitz 9.30am – 10.30am

### **Saturday**

Indoor Cycling 9.00am – 9.45am

**Please see receptionist for description of all classes**

## **Forres Swimming Pool**

### **Monday**

Adult Gym Inductions (16+) 11.30am  
Kettlebells 6.00pm – 6.45pm  
Circuits 6.00pm – 6.45pm  
Abs 6.45pm – 7.15pm  
Stretch, Core & Stability 7.00pm – 7.45pm  
Circuits 6.00pm – 6.45pm

### **Tuesday**

Boxercise 6.00pm – 7.00pm  
Kettlebells 7.00pm – 7.30pm  
Adult Swim Lesson 11.30am – 12.00

### **Wednesday**

Aqua Fit 11.30am – 12.00  
Aqua Fit 7.00pm – 7.30pm

### **Thursday**

Abs 7.00pm – 7.30pm  
Stretch/Core 6.00pm – 6.45pm  
One More Rep 7.00pm – 7.45pm  
Kettlebells 7.30pm – 8.00pm

### **Friday**

Junior Gym Induction (Age 12 - 15) 1:15pm  
Adult Swimming Lessons 6.45pm – 7.15pm

## **Badminton / Pickleball Bookings**

Hour slots are bookable at the following times:

Friday 6pm-8pm

Saturday 9am – 2pm

Sunday 9am - 3pm

To avoid double bookings you must book the 2 players in to the same hourly slot.



# **FORRES SWIMMING POOL & FITNESS CENTRE**

## **Public Swimming & Activities Programme**

# **Timetable**

**Monday 5<sup>th</sup> January – Sunday 29<sup>th</sup> March 2026**

Telephone - 01309 672984

[forres.pool@moray.gov.uk](mailto:forres.pool@moray.gov.uk)

[www.moray.gov.uk](http://www.moray.gov.uk)

**All activities bookable -**

**Fit Life Members:**

On-line at [www.moray.gov.uk/leisure](http://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](http://www.moray.gov.uk/leisure)  
In person at Reception  
payment to be made at time of booking

## Swimming Pool Timetable – Monday 5<sup>th</sup> January – Sunday 29<sup>th</sup> March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 7.30am Adults / Teenagers only (4 Lanes)	School Use	9.00am – 10.00am Public Swimming (2 Lanes) (2 Lanes) Due to School Use <b>(STARTING ON THURSDAY 5 FEBRUARY)</b>	6.45am – 7.30am Adults / Teenagers Only Shared with Club (2 Lanes)	7.45am – 8.30am Adults / Teenagers Only shared with Club (2 Lanes)
10.30 – 11.30 Public Swimming (2 Lanes) Due to School Use <b>(STARTING ON MONDAY 2 FEBRUARY)</b>	7.30 – 8.15 Adults / Teenagers only (4 Lanes)	10.30 – 11.30 Public Swimming (2 Lanes)		7.30 – 8.15 Adults/Teenagers Only Shared with Club (2 Lanes)	8.30am – 9.15am Adults / Teenagers Only shared with Club (2 Lanes)
	9.30 – 10.30 Public Swimming (2 Lanes)	11.30 – 12.00 Aqua Aerobics	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)	1.10 – 2.00 Adult/Teenagers Only (4 Lanes)	1.10 – 2.00 Adult/Teenagers Only (4 Lanes)	<b>Sunday</b>
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)	9.00am – 9.45am Adults / Teenagers Only (4 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)	7.00 – 7.45 Public Swimming (2 Lanes)	5.30 – 6.30 <b>NEW TIME</b> Public Swimming with Fun Session	9.45 – 10.30 Adults / Teenagers Only (4 Lanes)
6.15 – 7.15 Public Swimming with Fun Session	7.00 – 8.00 Adult / Teenagers only (4 Lanes)	7.00 – 7.30 Aqua Aerobics	7.45 – 8.45 Adults / Teenagers only - Shared with Club (2 Lanes)	6.45 – 7.15 Adult Swimming Lessons (Booking essential)	10.30 – 12.30 Public Swimming with Fun Session
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)		7.30 – 8.45 Adults / Teenagers Only (4 Lanes)	12.30 – 1.30 Adults / Teenagers Only (4 Lanes)
<b>Adults/Teenagers only sessions</b> – Adult cost applies or entry with Fit Life. <b>Special Needs Swimming</b> - All public swimming sessions are suitable for customers with a disability. <b>Admission Policy for Young Children</b> applies at all times in the building. Please speak to a member of staff or take a leaflet which explains this in detail. <b>Steam Room/Sauna:</b> 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 – Monday 5<sup>th</sup> January – Sunday 29<sup>th</sup> March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open</b> 7.00am – 12.20pm 1.10pm – 9.00pm	<b>Open</b> 7.00am – 11.30am 12.20pm - 9.00pm	<b>Open</b> 9.00am – 11.30am 1.10pm 9.00pm	<b>Open</b> 7.00am – 10.40am 11.30am - 9.00pm	<b>Open</b> 7.00am – 10.40am 12.20pm - 9.00pm	<b>Open</b> 8.00am – 3.00pm	<b>Open</b> 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 – 29.03.2026