

## Fit Life Classes

All classes bookable online

### Monday

6 – 6.45 pm      Circuits  
7 – 7.45pm      Stretch & relax

### Tuesday

6.15 – 7.15pm      Barbell conditioning^  
7.45 – 8.30pm      Learn 2 Lift^

### Wednesday

5.15pm – 5.45pm      Indoor cycle^  
6 – 6.45pm      Stretch, core & stability  
6 – 6.45pm      Zumba  
7.05 – 7.50      Aqua circuits^

### Thursday

6 – 7pm      Functional Barbell Fit^

### Friday

6 – 6.30pm      Indoor cycle^  
6 – 6.45pm      Zumba  
6.45 – 7.30pm      Stretch, core & stability

### Saturday

12.15 – 1.45pm      Badminton^

### Sunday

10 – 1.30pm      Badminton^

**Fit Class - Indoor Cycle** class is a high-intensity exercise on a stationary bike. It combines cardio & endurance!

**Fit Class - Circuits** training class is a workout that involves 6 or more exercises that are rotated. Targeting different muscle groups in a short amount of time.

**Fit Class - Zumba** class combines Latin & international dance moves to music. It's like a party!

**Fit Class - Barbell Conditioning** class involves bar weights which will help burn fat, define, tone & shape your body in all areas & will also improve your posture & burn calories.

**Fit Class - Stretch, Core & Stability** class involving elements of yoga, Pilates & Tai chi. this class will help you improve your flexibility, build strength & leave you feeling relaxed & calm.

**Fit Class – Aqua-Circuits** is a type of resistance training done in the water and a total body workout that is easy on the joints. Great workout for anyone suffering with joint pain. Fun & engaging workout to fantastic music.

**Fit Class – Stretch and Relax** is a gentle session that eases away tension through slow deep breathing exercises and guided meditation. Perfect for all levels.

**Fit Class – Functional Barbell** will work on your flexibility & core strength. The class stretches out your entire body leaving you refreshed & relaxed just the thing you need after a hard day!

\*referral via GP or go to [www.moray.gov.uk/physicalforhealth](http://www.moray.gov.uk/physicalforhealth)



# Lossiemouth Sports & Community Centre

## Public Swimming & Fitness Programme

Wednesday 18<sup>th</sup> February – Sunday 29<sup>th</sup> March

Telephone – 01343815299

E-mail – [lossiemouth.cc@moray.gov.uk](mailto:lossiemouth.cc@moray.gov.uk)

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

### All Activities Bookable

#### Fit life Members:

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

By telephone on 01343 815299

In person at reception

#### Pay-as-you-go Customers:

Online 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	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>11 – 12</b> Public session</p>	<p><b>10 – 11</b> Parent &amp; child lessons <b>10am:</b> 0 – 1 years <b>10.30am:</b> 2 - 4 years Booking essential</p> <p><b>11 – 12</b> Public session</p>	<p><b>6.30am – 8am</b> Adult / teen session (4 lanes)</p> <p><b>11 – 12</b> Public session</p>	<p><b>11 - 12</b> Public session</p>	<p><b>11 – 12</b> Public session</p>	<p><b>9 – 10.30</b> Swimming lessons</p> <p><b>10.30 – 11.30</b> Adult session (with <b>adult lessons 10.30 -11</b> 1 lane)</p> <p><b>11.30 – 2 (1 if hire)</b> Public session with fun session 11.30 – 12.30 (check FB/reception for early closure due to party hire)</p>
<p><b>12 – 1</b> Adult session</p> <p><b>2 - 3</b> Public session</p> <p><b>3.30 – 5.30</b> Swimming lessons</p>	<p><b>12 – 1</b> Adult session (1 lane)</p> <p><b>1 – 2</b> Public session (1 lane – private hire)</p> <p><b>3.30 – 5.30</b> Swimming lessons</p>	<p><b>12 – 1.30</b> Adult session (1 lane)</p> <p><b>1.30 - 3</b> Public session (<b>2 – 3pm</b> 2 lanes private hire)</p> <p><b>3.30 – 5</b> Swimming lessons</p>	<p><b>12 – 1.30</b> Adult session</p> <p><b>3.30 – 6</b> Swimming lessons</p>	<p><b>12 – 1.30</b> Adult session (1 lane)</p> <p><b>1.30 - 3</b> Public session</p> <p><b>3.30 – 5</b> Swimming lessons</p>	<p>Saturday: <b>1 – 2</b> Session available for hire/ pool party see reception for price and to book</p>
<p><b>7 – 8</b> Adult session (4 lanes)</p> <p><b>8 – 9</b> Public session</p>	<p><b>7 – 8</b> Triathlon club</p> <p><b>8 – 9</b> Adult session (4 lanes) including <b>8 – 8.30</b> Triathlon (½ pool)</p>	<p><b>7.05 – 7.50</b> Aqua circuits</p> <p><b>8 – 9</b> Public session</p>	<p><b>6 – 7.30</b> Public with fun session 6.30 – 7.15</p> <p><b>7.30 – 9</b> Adult/teen session (1 lane)</p>	<p><b>6.45 – 7.45</b> Fun session</p> <p><b>8 - 9</b> Adult/teen session (4 lanes)</p>	<p style="text-align: center;"><b>Sunday</b></p> <p><b>10.30 - 11.30</b> Adult session (4 lanes)</p> <p><b>11.30 – 2</b> Public session with fun session 11.30 - 12.30</p>

## Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>9.15 – 10.40</b> <b>3.40 – 8.45</b></p>	<p><b>9.15 – 10.40</b> <b>11.30 – 2</b> <b>3.40 – 8.45</b></p>	<p><b>6.30 – 8am</b> <b>9.15 - 10.40</b> <b>1.10 – 2.50</b> <b>3.40 - 8.45</b></p>	<p><b>9.15 – 11.30</b> <b>12.20 - 2.50</b> <b>3.40 – 8.45</b></p>	<p><b>9.15 – 10.40</b> <b>1.10 – 8.45</b></p>	<p><b>7.15 – 1.45</b></p>	<p><b>9 – 1.45</b></p>