

Fit Life Classes

All classes bookable online

Monday

10 – 10.45am Aqua Fit
6 – 6.45 pm Circuits
7 – 7.45pm Stretch & relax

Wednesday

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

Friday

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

Tuesday

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

Thursday

6 – 7pm Functional Barbell Fit^

Saturday & Sunday

Badminton Courts
(phone to see if hall is free)



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme Easter Holidays

Monday 30th March – Sunday 12th April

Telephone – 01343815299

E-mail – lossiemouth.cc@moray.gov.uk

www.moray.gov.uk

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

All Activities Bookable

Fit life Members:

Online at 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

In person at reception -

Payment to be made at time of booking

Swimming pool timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 – 10.45 Aqua Fit Booking essential</p> <p>11 – 12 Public with fun session</p>	<p>11 – 12 Public with fun session</p>	<p>6.30am – 8am Adult / teen session (4 lanes)</p> <p>11 – 12 Public with fun session</p>	<p>11 - 12 Public with fun session</p>	<p>Closed Friday 3rd April</p> <p>11 – 12 Public with fun session</p>	<p>9 – 10.30 Public swimming</p> <p>10.30 – 11.30 Adult session</p> <p>11.30 – 2 (1 if hire) Public session with fun session 11.30 – 12.30 (check FB/reception for early closure due to party hire)</p>
<p>12 – 1.30 Adult session</p> <p>1.30 - 3 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session</p> <p>1.30 - 3 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>Saturday: 1 – 2 Session available for hire/ pool party see reception for price and to book</p>
<p>7 – 8 Adult session (4 lanes)</p> <p>8 – 9 Public session (2 lane private hire 6th April)</p>	<p>7 – 8 Triathlon club</p> <p>8 – 9 Adult session (4 lanes) including 8 – 8.30 Triathlon (½ pool)</p>	<p>7.05 – 7.50 Aqua circuits</p> <p>8 – 9 Public session (2 lane private hire 8th April)</p>	<p>5 – 6 Adult session</p> <p>6 – 7.30 Public with fun session 6.30 – 7.15</p> <p>7.30 – 9 Adult/teen session (1 lane)</p>	<p>6.45 – 7.45 Fun session</p> <p>8 - 9 Adult/teen session (4 lanes)</p>	<p>Sunday</p> <p>10.30 - 11.30 Adult session (4 lanes)</p> <p>11.30 – 2 Public session with fun session 11.30 - 12.30</p>

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15 – 8.45	9.15 – 8.45	6.30 – 8am 9.15 - 8.45	9.15 – 8.45	9.15 – 8.45	7.15 – 1.45	9 – 1.45