

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

11.30 – 1.30pm Halls available – call to book

Sunday

10.00 – 2.00pm Halls available – call to book

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



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme

Monday 13th April – Monday 20th April

Telephone – 01343815299

E-mail – lossiemouth.cc@moray.gov.uk

www.moray.gov.uk

All Activities Bookable

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>11 – 12 Public session</p>	<p>10 – 11 Parent & child lessons 10am: 0 – 1 years 10.30am: 2 - 4 years</p> <p>11 – 12 Public session</p>	<p>11 – 12 Public session (2 lanes)</p>	<p>11 - 12 Public session</p>	<p>11 – 12 Public session</p>	<p>9 – 10.30 Swimming lessons</p> <p>10.30 – 11.30 Adult session (with adult lessons 10.30 - 11 1 lane)</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 Adult session</p> <p>2 - 3 Public session</p> <p>3.30 – 5.30 Swimming lessons</p>	<p>12 – 1 Adult session (1 lane)</p> <p>1 – 2 Public session</p> <p>3.30 – 5.30 Swimming lessons</p>	<p>12 – 3 Public session (2 lanes)</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session</p> <p>3.30 – 6 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public session</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</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</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 style="text-align: center;">Sunday</p> <p>9 – 10.30 EASC</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
<p>9.15 – 10.40 3.40 – 8.45</p>	<p>9.15 – 10.40 11.30 – 2 3.40 – 8.45</p>	<p>9.15 - 10.40 1.10 – 2.50 3.40 - 8.45</p>	<p>9.15 – 11.30 12.20 - 2.50 3.40 – 8.45</p>	<p>9.15 – 10.40 1.10 – 8.45</p>	<p>7.15 – 1.45</p>	<p>9 – 1.45</p>