

# 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

Kettlebells 6.00pm – 6.45pm  
Circuits 6.00pm – 6.45pm  
Abs 6.45pm – 7.15pm  
Stretch, Core & Stability 7.00pm – 7.45pm

### 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

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 13<sup>th</sup> April – Sunday 5<sup>th</sup> July 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 13<sup>th</sup> April - Sunday 5<sup>th</sup> July 2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 8.15am Adults / Teenagers Only (4 Lanes)	9.00am – 10.00am Adult / Teenagers Only (4 Lanes)	9.00am – 10.00am Adult / Teenagers Only (4 Lanes)	6.45am – 8.15am Adults / Teenagers Only Shared with Club (2 Lanes)	7.45am – 9.15am Adults / Teenagers Only Shared with Club (2 Lanes)
10.30 – 11.30 Public Swimming (2 Lanes)	9.30 – 11.30 Public Swimming (2 Lanes)	10.15 – 11.25 Public Swimming (2 Lanes)	School Use	09.00 – 10.00 Adults / Teenagers Only (4 Lanes)	10.30 – 12.30 Public Swimming with Fun Session (11 – 12)
School Use	11.30 – 12.00 Adult Swimming Lessons (Booking Essential)	11.30 – 12.00 Aqua Aerobics		10.30 – 12.00 Public Swimming (2 Lanes)	
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)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 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 – 10.30am Adults / Teenagers Only (4 Lanes)
5.15 – 6.15 Adults / Teenagers Only Shared with Club (2 Lanes)	6.15 – 7.15 Public Swimming (2 Lanes)	6.15 – 7.00 Public Swimming (No Lanes)	7.00 – 7.45 Public Swimming (2 Lanes)	5.30 – 6.30 Public Swimming with Fun Session	10.30 – 12.30 Public Swimming with Fun Session (11 – 12)
6.15 – 7.15 Public Swimming (2 Lanes)	7.15 – 8.45 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)	
7.15 – 8.45 Adults / Teenagers Only (4 Lanes)		7.45 – 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)

**Adults/Teenagers only sessions** – Adult cost applies or entry with Fit Life.

**Special Needs Swimming** - All public swimming sessions are suitable for customers with a disability.

**Admission Policy for Young Children applies at all times in the building.** Please speak to a member of staff or take a leaflet which explains this in detail.

**Steam Room/Sauna: 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 13<sup>th</sup> April – Sunday 5<sup>th</sup> July 2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open</b> 7.00am – 9.00pm	<b>Open</b> 7.00am – 9.00pm	<b>Open</b> 9.00am – 9.00pm	<b>Open</b> 7.00am – 9.00pm	<b>Open</b> 7.00am – 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.