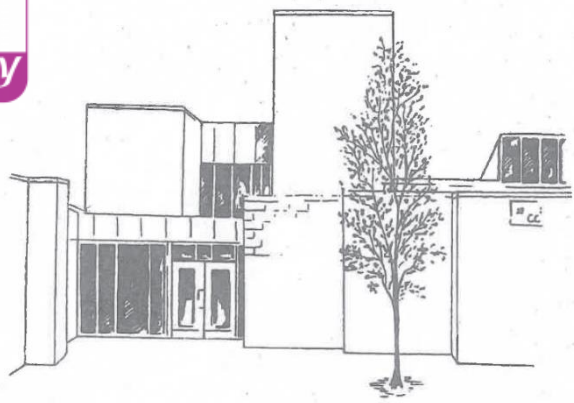
Welcome To



Forres House Community Centre

Programme

October - December 2026

Reception: 01309 672838

Email: forres.house@moray.gov.uk

27d High Street | Forres | IV36 1BU

Normal Opening Hours*:
Mon/Tue/Wed/Thur/Friday: 9am to 10pm
Saturday: 9am to 3pm

*Please note that opening times may vary due to Public Holidays

Active Schools' information - www.sportsinmoray.co.uk

For information on 'FitLife' Membership
Fit Life Sport & Leisure Membership Card.

Forres House Community Centre

Opening Hours

Monday to Friday	Saturday	Sunday
9:00am – 10.00pm	9:00am – 3:00pm	Closed

Facilities:

Public Toilets	Available during centre opening hours.
Public Showers	Available daily until: 9:30pm (Monday to Friday) 2:30pm (Saturday) Included with FitLife membership A charge applies to non-members.

Reception & Administrative office hours:

Monday & Tuesday	Wednesday & Thursday	Friday
9:00am - 4:15pm	9:00am - 4:45pm	9:00am - 12:45pm

Leisure Assistant (Caretaker)
Available during Community Centre opening hours.

Need to hot-desk, plan a meeting or organise a children's party?

Garden Room *Wee Room* *Green Room* *Youth Area* *Upper Games Hall*

Our facilities are ideal for meetings, community gatherings & children's birthday parties.

Speak to Reception today to discuss your requirements & check availability

Forres Library (Information hub)		**Forres Coffee House**
Monday	10am - 5pm	9am - 5pm
Tuesday	10am - 5pm	9am - 5pm
Wednesday	10am - 5pm	9am - 5pm
Thursday	10am - 7pm	9am - 5pm
Friday	10am - 2pm	9am - 5pm
Saturday	10am - 12 noon	9.30am - 2.30pm

Classes noted with *asterisk* are included with FitLife membership

Timetable – Mondays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	**Booking essential**:01309 672838 Free to FitLife members
09.15	-	10.00	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
09.30	-	10.15	Stretch, Core & Stability* - with Laura	Online booking or pay on booking at reception – Booking essential
09.30	-	11.00	Over 60's Badminton	Angela Bell 07825 581738
10.45	-	12.15	Alcoholics Anonymous	Please see poster for information
11.00	-	13.00	PEEPS – Toddler Group	Silvia 07788150670 - Please see post for more information
14.00	-	15.00	Menopause support class* - with Laura	Booking essential, pay on booking at reception – 12-week course.
15.30	-	18.00	Highland Youth Theatre	Gillian Murdoch 07729 858445
15.30	-	17.30	Children's Craft Club	Nicola Newton
15.30	-	21.30	Forres Girls Football Club	See FB page for more into Restarts 26th October
18.00	-	18.45	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
19.00	-	20.00	Moray Supports Migrants and Refugees	ESOL Classes
19.00	-	20.00	Chan Quan Shu Tai Chi / Kung Fu	Archie 07799 064964

Timetable – Tuesdays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	**Booking essential**:01309 672838 Free to FitLife members
09.00	-	11.00	Little Yogi Bears	Lauren - 07948 483387 18m-4 (9.15-9.55) From 6 weeks (9.45-10.30) up to 18m (10.10-10.55)
09.15	-	10.00	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
10.00	-	11.00	Flexercise	Jenny Bichan – 07768274683
14.00	-	15.00	Swinging Seniors Exercise Class	Pam Watson 01309 672971
18.00	-	18.45	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
19.00	-	19.45	Indoor Cycle Class* – with Mandy	Online booking or pay on booking at reception
19.00	-	21.00	ForWords Writing Group	Contact Library for details

Timetable – Wednesdays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	**Booking essential**:01309 672838 Free to FitLife members
09.00	-	11.00	Playdates (Play group)	Contact Gemma 07549988705
09.15	-	10.30	Breast Feeding Support Group	Please see poster for more info Every other week
09.30	-	10.15	Fitsteps* with Zara	Online Booking or pay on booking at reception
10.30	-	12pm	Let's Get Pickled Over 50's Public Pickleball*	Current Entry Fee / Fit Life Card
12pm	-	14.00	Culbin Model Club	See Poster and FB for more information 14/10, 18/11, 16/12
13.00	-	14.30	Baby massage	Sharon – Forres Health Centre
13.00	-	15.00	OAP Association	Gerry Fraser From 28th October
14.30	-	15.30	Margaret Morris Movement	Jane – 01309 696338
15.00	-	17.00	Friends of Falconer Museum	2nd and 4th Wednesday of every month. Please see poster for info
15.30	-	16.30	Children's Craft Club	Nicola Newton
16.00	-	17.00	Badminton Moray Pickleball	Angela Bell 07825 581738 Last Wednesday of the month
16.30	-	19.30	Sansum Martial Arts	Contact Theo 0777 5918079
17.00	-	18.00	Young Carers Badminton	Badminton Moray
17.30	-	18.15	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception
18.30	-	19.15	Bikes & Bells* – with Debbie	Online booking or pay on booking at reception
18.30	-	21.30	Forres Girls Football Club	See poster or FB page for info Starts 28th October
19.00	-	21.00	SKMA Tang Soo Do	Dominique Sutherland 07783418215

Timetable – Thursdays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	**Booking essential**:01309 672838 Free to FitLife members
09.15	-	10.00	Indoor Cycling Class* - with Robert	Online booking or pay on booking at reception
10.15	-	11.00	Indoor Cycling Class* - with Robert	Online booking or pay on booking at reception
09.30	-	11.00	Sassy Seniors	Helen Teasdale 07969 563830

Timetable – Thursdays cont.

10.00	-	12pm	Indoor Bowling Seniors social activity group	Anne McIntosh 07934415961
10.00	-	11.00	Golden Girls Badminton*	Current Entry Fee / Fit Life Card
11.00	-	12pm	Centrepiece Dance	3rd Thursday of every month
13.00	-	14.00	Stretch, Core & Stability* - with Laura	Online booking or pay on booking at reception
15.30	-	18.00	Moray Dance	Stephanie Wie 07792066268
18.00	-	18.45	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
18.30	-	19.30	Highland Youth Theatre	Gillian Murdoch 07729 858445
18.30	-	20.00	Beyond Yoga (Yoga for all abilities)	Valerie Ritchie 07767497936
19.00	-	20.30	Ladies Netball	Contact reception or group on the night
19.00	-	20.30	Crafters Club	07733 407741
20.00	-	22.00	Kinloss Badminton Club	Contact reception or group on the night

Timetable – Fridays

09.00	-	22.00	Public Badminton & Basketball Pickleball & Football*	**Booking essential**:01309 672838 Free to FitLife members
09.30	-	12.30	Little Yogi Bears	Lauren – 07948 483387 From 6wks (9.45-10.30), 18m-4y (10.40-11.25), up to 18m (11.35-12.20)
09.30	-	10.30	Body Blitz* with Zara	Current Entry Fee / Fit Life Card Booking essential
09.30	-	11.30	Hotshots Badminton Group*	Current Entry Fee / Fit Life Card
11.30	-	13.00	Pickleball	Angela Bell 07825 581738
14.00	-	15.30	Over 50's Walking Football*	Call 01343 563374
15.15	-	18.15	Roots Gymnastics Academy	Rosie Strachan 07444099801
18.15	-	21.00	SKMA Tang Soo Do	Dominique Sutherland 07783418215

Timetable – Saturdays

09.00	-	15.00	Public Badminton & Basketball Pickleball & Football*	**Booking essential**:01309 672838 Free to FitLife members
09.00	-	09.45	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
09.00	-	12.00	Forres Tennis Club	See poster for more information Starts 31st October

***included in Fit Life Membership**

Fit-Life Members:

- Through the app On-line at available through android or app store
- By telephone to Reception
- In person at Reception

Pay-as-you-go customers:

- Use the FitLife app to pay online
- In person at Reception in advance of booking– payment to be made at time of booking

You can use your FitLife membership in the following participating areas: Aberdeen, Aberdeenshire, Angus, Argyll & Bute, the Borders, Highland, Moray, Orkney, Shetland and the Western Isles.

Class Descriptions

Bikes & Bells	A mix of indoor bike routines with kettlebells
Body blitz	Time exercise concentrating on every area of the body. All abilities welcome
Fitsteps	Low impact aerobics style class with dance style movement
Indoor Cycling	Cycle to the beat of the music with standing and seated exercise
Menopause support class	A 12-week women's wellness programme designed to help you cope with your next phrase of life. Incorporating weight resistance training, lifestyle and mindfulness advice and support in a relaxed, non-judgemental environment
Stretch, Core & Stability	A calming class with moves from Yoga, Tai Chi and Pilates to build whole-body strength, centre your chi and relieve stress. All abilities welcome

GIVE BLOOD

Blood Donor Sessions

The next blood donor session at Forres House Community Centre is:

22nd December

Blood donation across Scotland is **by appointment only**.

Appointments are bookable from six weeks prior to the session date by calling 0345 90 90 999, or through your online donor account.

https://www.scotblood.co.uk/news/booking-your-appointment-to-give-blood/

SEASONAL CLOSURE

Our last open day will Wednesday 23rd December

We are **closed** on **Thursday 24th December 2026**
We will **re-open** on **Monday 4th January 2027**

We wish all the Forres community and visitors the warmest of Christmas's & look forward to welcoming you in 2027

Monday-Friday
9am to 5pm

Saturday
9.30 to 2.30pm

Coffees & Hot Drinks

Locally roasted coffee from the Inverness Coffee Roasting Company

Breakfast Bagels

Served daily 9.30-12

Home-made Cakes & Bakes

Available all day (Vegan options available)

Home-made Bagels

Served till 3pm (Vegan and Veggie options available)

Soup

Please ask about today's homemade soup
Served with homemade bread roll or Cheese Scone

Ice Cream

Please ask us about today’s flavours

Contact 07727 207090 or forrescoffeehouse@gmail.com

Check out the Facebook page for more information

04 November 2026