

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

Circuits 6.00pm – 6.45pm
Kettlebells 6.15pm – 6.45pm
Abs 6.45pm – 7.15pm
Stretch, Core & Stability 7.00pm – 7.45pm

Tuesday

Adult Swim Lesson 11.30am – 12.00pm
Boxercise 6.00pm – 7.00pm
Kettlebells 7.00pm – 7.30pm

Wednesday

Aqua Fit 11.15am – 12.00pm
Aqua Fit 7.00pm – 7.45pm

Thursday

Stretch/Core 6.00pm – 6.45pm
Circuits 6.00pm – 7.00pm
One More Rep 7.00pm – 8.00pm
Abs Attack 7.00pm – 7.30pm
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-9pm

Saturday 9am – 3pm

Sunday 9am – 3pm

To avoid double bookings, you must book the 2 players into the same hourly slot.



FORRES SWIMMING POOL & FITNESS CENTRE

Public Swimming & Activities Programme

Timetable

Monday 12th October – Sunday 25th October 2026

Telephone - 01309 672984
forres.pool@moray.gov.uk
www.moray.gov.uk

All activities bookable -

Fit Life Members:

On-line at 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
In person at Reception
payment to be made at time of booking

Swimming Pool Timetable – Monday 12th October – Sunday 25th October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	7.00am – 8.30am 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 – 9.30am Adults / Teenagers Only Shared with Club (2 Lanes)
10.00 – 12.00 Public Swimming (2 Lanes)	9.00 – 11.30 Public Swimming (2 Lanes)	10.00 – 11.00 Public Swimming (2 Lanes)		09.00 – 10.00 Adults / Teenagers Only (4 Lanes)	9.30 – 11.00 Public Swimming (2 Lanes)
	11.30 – 12.00 Adult Swimming Lessons (Booking Essential)	11.15 – 12.00 Aqua Aerobics	10.00 – 12.00 Public Swimming (2 Lanes)	10.00 – 12.00 Public Swimming (2 Lanes)	11.00 – 12.30 Public Swimming with Fun Session (11-12)
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)	Sunday
2.00 – 3.00 Public Swimming with Fun Session	2.00 – 3.00 Public Swimming with Fun Session	2.00 – 3.00 Public Swimming with Fun Session	2.00 – 3.00 Public Swimming with Fun Session	2.00 – 3.00 Public swimming (2 Lanes)	
5.15 – 6.15 Adults / Teenagers Only Shared with Club (2 Lanes)	5.15 – 7.15 Public Swimming (2 Lanes)	6.15 – 7.00 Public Swimming (No Lanes)	6.15 – 7.45 Public Swimming (2 Lanes)	5.45 – 6.45 Public Swimming with Fun Session	9.00am – 10.30am Adults / Teenagers Only (4 Lanes)
6.15 – 7.30 Public Swimming (2 Lanes)	7.15 – 8.45 Adult / Teenagers Only (4 Lanes)	7.00 – 7.45 Aqua Aerobics	7.45 – 8.45 Adults / Teenagers only - Shared with Club (2 Lanes)	6.45 – 7.15 Adult Swimming Lessons (Booking essential)	10.30 – 12.30 Public Swimming with Fun Session (11-12)
7.30 – 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)

ASN Swimming - All public swimming sessions are suitable for customers with additional support needs.

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 12th October – Sunday 25th October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 7.00am – 8.45pm	Open 7.00am – 8.45pm	Open 9.00am - 8.45pm	Open 7.00am – 2.15pm 3.15pm - 8.45pm	Open 7.00am - 8.45pm	Open 8.00am – 3.00pm	Open 9.00am – 3.00pm

Please go to <https://fitlife.gladstonego.cloud/book> to book a space or Also available on our App – Fit Life Moray.

Music Playing – please note that suitable and appropriate music is played at all the Public/Adult/Fun Sessions.

Expires – 25.10.2026