

Fit Life Classes

All classes bookable online

Monday–Friday: Badminton/pickleball^ from 9.30am – 3.30pm, 55 min sessions.

Monday

10 – 10.45am Aqua fit^
6 – 6.45 Slow flow yoga

Wednesday

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

Friday

10 – 10.45am Aqua fit ^
5.30 – 6pm Indoor cycle^

6 – 6.45pm Zumba
6.15 – 7pm Stretch, core & stability

Sunday

Games hall (2 courts each)

10 – 11 Badminton/pickleball^
11.15 – 12.15 Badminton/pickleball^
12.30 – 1.30 Badminton/pickleball^
Gym hall:
10 – 2 see reception 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 - 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 – Slow flow yoga a gentle mindful flow suitable for all levels. Move, stretch & unwind at your own pace, finishing with a deep relaxation to leave you calm and refreshed.

Fit class – Power yoga build strength, boost energy & challenge your body. Expect strong flowing sequences, energising movements and a relaxing finish.

Badminton/pickleball – all participants must be booked in, 4 max each court. Limited equipment available to borrow.

^booking essential, limited spaces.

Tuesday

6 – 6.45 Power Yoga

Saturday

Games hall (2 courts each)

11.30 – 12.30 Badminton/pickleball^
12.45 – 1.45 Badminton/pickleball^
Gym hall:
9 – 2 see reception to book^



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme

Monday 12th October - Sunday 25th October

Telephone – **01343815299**

E-mail – **lossiemouth.cc@moray.gov.uk**

www.moray.gov.uk

All Activities Bookable

Fit life Members:

By telephone on **01343 815299**

Online at www.moray.gov.uk/leisure

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
9.15 - 10 Public session 10 - 11 Aqua fit 11 - 12 Public with fun session	9 - 10 Private hire 10.30 - 12 Public with fun session 11 -12	9.45 - 10.45 Quiet session - ASN friendly quieter environment with toys/floats & reduced capacity (20 max) Booking essential 11 - 12 Public session (with 1 lane private hire)	9 - 10 Private hire 10.30 - 12 Public with fun session 11 - 12	10 - 11 Aqua Fit 11 - 12 Public with fun session	7.15 - 8.45 Elgin Amateur Swimming Club 9 - 10.15 Quiet session - ASN friendly quieter environment with toys/floats & reduced capacity (20 max) Booking essential 10.30 - 11.30 Adult session 11.30 - 2 (1 if hire*) Public session with fun session 11.30 - 12.30
12 - 1.30 Adult session 1.30 - 3 Public with fun session 1.45 - 2.45 3 - 5 Junior lessons	12 - 1.30 Adult session 1.30 - 3 Public with fun session 1.45 - 2.45 3 - 5 Junior lessons	12 - 1.30 Adult session (with 1 lane private hire 12 - 12.30) 1 .30 - 3 Public with fun session 1.45 - 2.45 3 - 5 Junior lessons	12 - 1.30 Adult session 1.30 - 3 Public with fun session 1.45 - 2.45 3 - 5 Junior lessons	12 - 1.30 Adult session 1.30 - 3 Public with fun session 1.45 - 2.45 3 - 5 Junior lessons	*Saturday: 1 - 2 Session available for hire/ pool party see reception for price and to book
5.30 - 7 Elgin Amateur Swimming Club 7 - 8 Adult/teen(13yrs+) session (4 lanes) 8 - 9 Public session	5.30 -7 Public session with 2 swim lanes 7 - 8 Triathlon club 8 - 9 Adult session 2 lanes 8-8.30/ 4 lanes 8.30-9 8 - 8.30 Triathlon club (2 lane private hire)	5 - 7 Elgin Amateur Swimming Club 7.05 - 7.50 Aqua circuits 8 - 9 Public session	5.30 - 7.30 Public with fun session 6.30 - 7.15 7.30 - 9 Adult/teen(13yrs+) session (1 lane)	5 - 6.30 Elgin Amateur Swimming Club 6.45 - 7.45 Fun session 8 - 9 Adult/teen(13yrs+) session (4 lanes)	Sunday 10.30 - 11.30 Adult session (4 lanes) 11.30 - 2 Public session with fun session 11.30 - 1

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15 - 8.45	9.15 - 8.45	9.15 - 8.45	9.15 - 8.45	9.15 - 8.45	7.15 - 1.45	9 - 1.45

