Updated 4-11-26

Exercise Classes

NEW CLASS

Fit Class Circuits (Strength & Conditioning Room)	**Monday**	**5.30pm – 6.15pm**
Fit Class Barbells (Hall)	**Tuesday**	**5.30pm – 6.15pm**
Fit Class Circuit (Fitness Room)	**Thursday**	**6.00pm – 6.45pm**
Fit Class Indoor Cycling	**Wednesday** **Friday**	**6.00pm – 6.40pm** **6.30pm – 7.10pm**
Fit Class Aqua Fit	**Monday - Deep** **Tuesday - Shallow** **Wednesday - Gentle** **Thursday - Shallow**	**7.00pm – 7.45pm** **7.00pm – 7.45pm** **2.15pm – 2.45pm** **7.00pm – 7.45pm**
Fitness Room Familiarisation/Induction	**Thursday**	**11.00am –12.00noon**
Exercise Referral	**Wednesday**	**11.00am – 12.00noon**

Booking is essential for Familiarisation, Barbells, Circuits, Indoor Cycling, Aqua Fit classes at reception or book online using our new FITLIFE APP or using the link below, and all this is included with your FITLIFE card

Please make sure you call to cancel your class if you can no longer attend to allow someone else to get a space and instructor to plan for numbers.

https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx

Parent & Child Class	**Thursday**	**1.30pm – 2.00pm**
JUNIOR Swimming Lessons	**Monday – Friday** **Saturday**	**3.30pm – 5.00pm** **10.00am – 11.00am**
ADULT/TEENAGER Lessons (8-week Block)	**Friday**	**8.00pm – 8.45pm**

Keith Sports and Community Centre
Pool – Fitness – Classes Timetable

Monday 26th Oct – Wednesday 23rd Dec 2026

We also have:

- **Fitness-room with a range of training equipment**
- **Strength & Conditioning Room with a range of training equipment No Booking Required - Max 6 users**
- **Sports Hall for Badminton & Football**

Telephone 01542 882222

E-mail – keith.cc@moray.gov.uk
www.moray.gov.uk
www.facebook.com/KeithSportsCC

SWIMMING / AQUA CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 – 8.30 Adults/Teenagers Swimming		7.15 – 8.30 Adults/Teenagers Swimming	9.00 – 10.00 Adults/Teenagers Swimming	7.15 – 8.30 Adults/Teenagers Swimming	8.30 – 10.00 Adults / Teenagers Swimming	8.30 – 10.00 Adults / Teenagers Swimming
12.30 – 3.00 Public Swimming	12.00 – 3.00 Public Swimming	12.00 – 3.00 Public Swimming Shared Use 2.15 – 2.45 Fit Class Gentle Aqua Fit (Shallow end roped off)	12.00 – 3.00 Public Swimming Including Parent & Child Class 1.30 - 2.00 (Shallow end roped off)	1.00 – 3.00 Public Swimming	11.00 – 2.00 Public Swimming 11.30 – 12.30 Family Fun Session with Stepping Stones	10.00 – 2.00 Public Swimming 11.30 – 12.30 Family Fun Session
5.00 – 7.00 Public Swimming 7.00 – 7.45 Fit Class Aqua Fit Shared use Public -2 Lanes	5.00 – 7.00 Public Swimming 7.00 – 7.45 Fit Class Aqua Fit	5.00 – 7.45 Public Swimming	5.00 – 7.00 Public Swimming 7.00 – 7.45 Fit Class Aqua Fit	5.00 – 6.30 Public Swimming 6.30 – 7.45 Fun Session		
7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	8.00 – 8.45 Adults / Teenagers Lessons Booking required		

Adult / Teenager sessions are charged at adult price or FITLIFE
Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.
NO HEALTH SUITE AT THE MOMENT

FITNESS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am - 9.00pm	9.00am - 9.00pm	7.15am – 11.00am 1.10pm - 9.00pm	9.00am – 2.45pm 3.45pm – 5.45pm 6.45pm - 9.00pm	7.15am - 9.00pm	8.30am - 2.00pm	8.30am - 2.00pm

STRENGTH & CONDITIONING ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am – 5.15pm 6.15pm – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

Music Playing – Please note that suitable and appropriate music is played at all the Public Swimming Sessions.

Amended - Expires – 23-12-26