

### CLASS DESCRIPTIONS

**Fit Class- Flex Appeal** – A fusion of Yoga, Pilates & Tai Chi to music designed to increase back & core strength, flexibility, balance and reduce stress.

**Fit Class -Indoor Cycling** – Is a group exercise for all abilities which mimics road cycling to great music with an instructor behind you motivating you all the way. This is another great class to burn away those calories, releasing your endorphins, giving you a “Cyclists high” .....Yes this high isn’t exclusively for runners. If you don’t believe it, come along and find out for yourself! You’ll be hooked!

**Fit Class- Circuits** – A total body workout that will burn fat, improve fitness using your bodyweight or small equipment to boost your strength and cardio endurance. Circuits are varied to continually challenge your body and keep it interesting and you will continue to burn calories long after the class has ended!

**Fit Class -The Tone Zone** – This workout consists of short bursts of concentrated activity/or reps before moving onto the next exercise, which burns calories very fast, around 400 per class. It also develops lean muscle, improves strength as you are using barbells, various sized weights, step box, mat/floor work and is a full body workout, with plenty instructor motivation and music to keep you focused.

**Fit Class- Boxercise-** Is a worldwide exercise based on fitness training methods used by boxers. Sessions involve hitting focus pads, skipping, shuttle runs, sit ups, shadow boxing, etc. It’s a safe, fun, stress busting challenging workout, accessible to all fitness levels!

**Fit Class -Aqua Fit** – This class is fun and full of energy. A water workout that builds strength as you move through the water to up- beat music, using your own body resistance and the various equipment provided. It’s a great cardio workout and tones your body from top to toe! You won’t overheat and you will leave the water feeling energised & fabulous!

**Self-Spin-** Our spin bikes are also available for anyone to use on your own or with your friends. They can be used anytime out with instructor led advertised classes, during our opening hours. Bring your own tunes and enthusiasm

**Gym Induction-** Adults and children 12yrs+ require a gym induction before using our equipment unless 16yrs+ with prior gym equipment knowledge, then you can sign up for a Self-Induction. A Fit life membership entitles you to a free Gym Induction bookable at reception.



## **Buckie Swimming Pool & Fitness Centre Fitness Room & Classes Programme**

**Starts from Monday 1<sup>st</sup> April 2024**

### **We also have:**

- Fitness-room with a range of training equipment
- Spin Cycle Studio
- Sports Hall for Football, Badminton and other activities
- Astro Pitch

Telephone 01542 832841

E-mail – [buckie.cc@moray.gov.uk](mailto:buckie.cc@moray.gov.uk)

[www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)

### Fitness Room Timetable from Monday 1<sup>st</sup> April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am – 20.30	9.00am – 13.00	7.30 -11.00	9.00-20.30	7.30-20.30	8.30-13.30	8.30-13.30
	&					
	14.00-20.30	12.00-20.30				

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times.

### Fitness Class Timetable from Monday 1<sup>st</sup> April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15-10.00am <b>Fit Class-Indoor Cycling</b>				9.30-10.15 <b>Fit Class -Aqua Fit</b>	9.30-10.30am <b>Fit Class- Tone Zone</b>	9.00-10.00 <b>Gym Induction</b>
10.00-10.45am <b>Fit Class -Aqua Fit</b> Starting 15-01-24	10.00-10.45 <b>Fit Class -Aqua Fit</b>	<b>B-Active (40+)</b> 11.15-12.00				9.15-10.00 <b>Fit Class -Indoor Cycling</b>
	13.00-14.00 <b>Exercise Referrals</b>			13.30-14.30 <b>Gym Induction</b>		
17.45-18.30 <b>Fit Class -Indoor Cycling</b>					Monday-Sunday our spin cycles are	
18.00-18.45 <b>Fit Class - Boxercise</b> ( With Jacqui)	18.45-19.30 <b>Fit Class -Indoor Cycling</b>	18.00-18.45 <b>Fit Class - Boxercise</b> ( with Diane)	18.00-18.45 <b>Fit Class- Flex Appeal</b> (with Katie)	18.45-19.30 <b>Fit Class -Indoor Cycling</b>	available anytime out with any instructor led class times	
18.45-19.30 <b>Fit Class -Circuits</b>	7.45-8.30 <b>Adult Lessons</b> (Beginners)	19.00-19.45 <b>Fit Class –Indoor Cycling</b>	19.00 – 19.45 <b>Fit Class-Indoor Cycling</b>	19.30-20.15 <b>Fit Class -Indoor Cycling</b>		
		19.00-19.45 <b>Fit Class -Aqua Fit</b>				

Please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a place for fitness classes