

# Fit Life Fitness & Activity Classes

## All classes bookable online

PLEASE BOOK ALL CLASSES AS THESE ARE SUBJECT TO CHANGE DUE TO STAFF HOLIDAYS

### Forres Community Centre

#### **Monday**

Indoor Cycling 9.15am – 10.00am  
Stretch, Core & Stability 9.30am – 10.30am  
Boxercise 2.00pm – 3.00pm  
Indoor Cycling 6.00pm – 6.45pm  
Kettlebells 6.00pm – 6.45pm  
Abs 6.45pm – 7.15pm  
Indoor Cycling 7.15pm – 8.00pm

#### **Tuesday**

Indoor Cycling 9.15am – 10.00am  
Indoor Cycling 10.15am – 11.00am  
Indoor Cycling 6.00pm – 6.45pm  
Boxercise 6.00pm – 7.00pm  
Indoor Cycling 7.00pm – 7.45pm

#### **Wednesday**

Fit Step 9.30am – 10.30am  
Indoor Cycling 5.30pm – 6.15pm  
Indoor Cycling 6.30pm – 7.15pm

#### **Thursday**

Indoor Cycling 9.15am – 10.00am  
Indoor Cycling 10.15am – 11.00am  
Stretch, Core & Stability 1.00pm – 2.00pm  
Indoor Cycling 6.00pm – 6.45pm  
Circuits 6.00pm – 7.00pm  
Indoor Cycling 7.00pm – 7.45pm  
Abs 7.00pm – 7.30pm  
Kettlebells 7.30pm – 8.00pm

#### **Friday**

Body Blitz 9.30am – 10.30am

#### **Saturday**

Indoor Cycling 9.00am – 9.45am

### Forres Swimming Pool

#### **Monday**

Adult Gym Inductions (16+) 11.30am  
Strength & Conditioning 6.15pm – 7.00pm  
Stretch, Core & Stability 7.15pm – 8.00pm

#### **Wednesday**

Aqua Fit 10.15am – 10.45am  
Adult Swim Lessons 10.45am – 11.15am  
Aqua Fit 7.00pm – 7.30pm

#### **Thursday**

Boxercise 6.00pm – 6.45pm  
One More Rep 7.00pm – 7.45pm  
Stretch, Core & Stability 8.00pm – 8.45pm

#### **Friday**

Junior Gym Induction (Age12-15) 1:30pm  
Adult Swimming Lessons 7.15pm – 7.45pm

#### **Badminton Hall**

Hour slots are bookable at the following times:

Friday 6pm-8pm

Saturday 11am – 2pm

Sunday 9am - 2pm

To avoid double bookings of Badminton please book both players in to the same hourly slot.



# FORRES SWIMMING POOL & FITNESS CENTRE

## Public Swimming & Activities Programme

# Timetable

Monday 15<sup>th</sup> April – Sunday 30<sup>th</sup> June 2024

Telephone - 01309 672984

E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)

[forres.pool@moray.gov.uk](mailto:forres.pool@moray.gov.uk)

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

All activities bookable -

Fit Life Members:

On-line at [www.moray.gov.uk/leisure](http://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](http://www.moray.gov.uk/leisure)  
In person at Reception  
payment to be made at time of booking

## Swimming Pool Timetable – Monday 15<sup>th</sup> April – Sunday 30<sup>th</sup> June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 7.30am Adults / Teenagers only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 7.30am Adults / Teenagers Only Shared with Club (2 Lanes)	7.45am – 8.45am Adults / Teenagers only shared with Club (2 Lanes)
	7.30 – 8.15 Adults / Teenagers only (4 Lanes)	10.15 – 10.45 Aqua Aerobics	School Use	7.30 – 8.15 Adults/Teenagers Only Shared with Club (2 Lanes)	10.30 – 12.30 Public Swimming With Fun Session
10.30 – 11.30 Public Swimming (2 lanes)	10.30 – 11.30 Public Swimming (2 Lanes)	10.45 – 11.15 Adult Swimming Lesson	School Use	10.30 – 11.30 Public Swimming (2 Lanes)	<b>Sunday</b>
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)	
2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public swimming (2 Lanes)	
5.15 – 6.15 Adults / Teenagers only Shared with Club (2 Lanes) NO MUSIC	6.15 – 7.00 Public Swimming (2 Lanes)	6.15 – 7.00 Public Swimming (No Lanes)	7.00 – 7.45 Public Swimming / Staff Training Lane	6.15 – 7.15 Public Swimming with Fun Session	
6.15 – 7.15 Public Swimming with Fun Session	7.00 – 8.00 Adult / Teenagers only (4 Lanes)	7.00 – 7.30 Aqua Aerobics		7.15 – 7.45 Adult Swimming Lessons	
7.15 – 8.45 Adults / Teenagers Only (4 Lanes)	8.00 - 8.45 Adults / Teenagers only (2 Lanes)	7.45 – 8.45 Adults / Teenagers Only (4 Lanes)	7.45 – 8.45 Adults / Teenagers only - Shared with Club (2 Lanes)	7.45 – 8.45 Adults / Teenagers only (2 Lanes)	
					10.30 – 12.30 Public Swimming with Fun Session
					12.30 – 1.30 Adults / Teenagers Only (4 Lanes)

**Adults/Teenagers only sessions** – Adult cost applies or entry with Fit Life.

**Special Needs Swimming** - All public swimming sessions are suitable for customers with a disability.

**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/Adult/Teenager Sessions. No Under 8's allowed and 8-15 years need to be with a Adult**

## Fitness Room Timetable – Monday 15<sup>th</sup> April – Sunday 30<sup>th</sup> June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am – 9.00pm Open Sessions	7.00am – 9.00pm Open Sessions	9.00am - 9.00pm Open Sessions	7.00am - 9.00pm Open Sessions	7.00am – 9.00pm Open Sessions	8.00am – 3.00pm Open Session	9.00am – 4.00pm Open Session

Functional Room available all day during opening hours every half an hour for 3 people at a time only.

Please go to <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a space.

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

Expires – 30.06.2024