



# **Forres House Community Centre Programme April - June 2024**

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

Tel: 01309 672838

Normal opening times\*:

Monday – Friday 9:00am – 10:00pm

Saturday 9:00am – 3:00pm

\*Please note that class times may vary due to School and Public Holidays

**For Active Schools information please visit**

[www.sportsinmoray.co.uk](http://www.sportsinmoray.co.uk)

**Online bookings**

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

**For information on 'FitLife' Membership please visit**

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

<b>Day</b>	<b>Start</b>	<b>Finish</b>	<b>Class</b>	<b>Contact</b>	
<b>Mon – Fri</b>	9.00am	-	10.00pm	<b>Public Badminton &amp; Basketball*</b>	Booking essential:01309 672838 Free to Fit Life
<b>Monday</b>	9.15am	-	10.00am	<b>Indoor Cycling Class* – with Robert</b>	Online booking or pay on booking at reception
	9.30am	-	10.30am	<b>Body Balance* - with Laura</b>	Online booking or pay on booking at reception
	10.00am	-	11.00am	Over 60's Badminton	Angela Bell 07825 581738
	10.30am	-	12.30pm	PEEPS – Baby Group (from 15.04.24)	Sharon – Forres Health Centre
	12.30pm	-	2.30pm	PEEPS – Toddler Group	Sharon – Forres Health Centre
	1.30pm	-	2.30pm	Baby Bistro	Sharon – Forres Health Centre
	<b>2.00pm</b>	-	<b>3.00pm</b>	<b>Boxercise* - with Laura</b>	Online booking or pay on booking at reception
	3.30pm	-	5.45pm	Highland Youth Theatre	Gillian Murdoch 07729 858445
	3.30pm	-	6.45pm	Forres Girls FC	<a href="mailto:Graeme.sutherland@scottishfa.co.uk">Graeme.sutherland@scottishfa.co.uk</a> / 07809551983
	6.00pm	-	6.45pm	<b>Indoor Cycling Class* – with Phillipa</b>	Online booking or pay on booking at reception
	6.00pm	-	6.45pm	<b>Kettlebells* - with Debbie</b>	Online booking or pay on booking at reception
	6.45pm	-	7.15pm	<b>Abs exercise class – with Debbie</b>	Online booking or pay on booking at reception
	7.00pm	-	8.00pm	Chan Quan Shu Tai Chi / Kung Fu	Archie 07799 064964
	7.15pm	-	8.00pm	<b>Indoor Cycling Class* – with Debbie</b>	Online booking or pay on booking at reception
<b>Tuesday</b>	9.00am	-	10.00am	Little Yogi Bears	Lauren – 07948 483387
	9.15am	-	10.00am	<b>Indoor Cycling Class* – with Phillipa</b>	Online booking or pay on booking at reception
	10.00am	-	11.00am	Baby Massage	Sharon – Forres Health Centre
	10.00am	-	11.00am	Flexercise	Jenny Bichan – 07768274683
	10.15am	-	11.00am	<b>Indoor Cycling Class* – with Phillipa</b>	Online booking or pay on booking at reception
	11.00am	-	1.00pm	Quilters	Maureen 01309 675962
	11.30am	-	1.30pm	Little Yogi Bears	Lauren Savage 07948 483387
	2.00pm	-	3.00pm	Swinging Seniors Exercise Class	Pam Watson 01309 672971
	6.00pm	-	6.45pm	<b>Indoor Cycling Class* – with Mandy</b>	Online booking or pay on booking at reception
	6.00pm	-	6.45pm	<b>Kettlebell Combat* – with Jill</b>	Online booking or pay on booking at reception
	7.00pm	-	7.45pm	<b>Indoor Cycle Class* – with Mandy</b>	Online booking or pay on booking at reception

<b>Tuesday</b>	6.00pm	-	7.00pm	<b>Boxercise class – with Debbie</b>	Online booking or pay on booking at reception
<b>Wednesday</b>	9.00am	-	11.30am	Little Fish	Contact Rachel 07833053395
	9.30am	-	10.15am	<b>Fitsteps* with Zara</b>	Online Booking or pay on booking at reception
	10.00am	-	12.00pm	Self Help Art Group	Contact Reception for information
	2.30pm	-	3.30pm	Margaret Morris Movement	Jane – 01309 696338
	4.30pm	-	7.30pm	Sansum Martial Arts	Contact Theo 0777 5918079
	5.00pm	-	7.00pm	Badminton Moray	Angela Bell 07825 581738
	5.30pm	-	6.15pm	<b>Indoor Cycling Class* – with Debbie</b>	Online booking or pay on booking at reception
	6.30pm	-	7.15pm	<b>Indoor Cycling Class* – with Debbie</b>	Online booking or pay on booking at reception
	7.00pm	-	9.00pm	Forwards Writing Group	Contact Library for details
	7.30pm	-	9.00pm	DKMA Tang Soo Do	Dominique Sutherland 07783418215
<b>Thursday</b>	9.15am	-	10.00am	<b>Indoor Cycling Class* - with Robert</b>	Online booking or pay on booking at reception
	9.30am	-	11.00am	Sassy Seniors	Helen Teasdale 07969 563830
	10.00am	-	11.00am	<b>Golden Girls Badminton*</b>	Current Entry Fee / Fit Life Card
	10.15am	-	11.00am	<b>Indoor Cycling Class* – with Robert</b>	Online booking or pay on booking at reception
	10.00am	-	12noon	Indoor Bowling – Seniors social activity group	Anne McIntosh 07934415961
	1.00pm	-	2.00pm	<b>Body Balance* - with Laura</b>	Online booking or pay on booking at reception
	3.30pm	-	5.30pm	Moray Dance	Rosalyn Wie 07917 533516
	6.00pm	-	6.45pm	<b>Indoor Cycling Class* – with Phillipa</b>	Online booking or pay on booking at reception
	6.00pm	-	7.00pm	<b>Circuit Exercise Class – with Debbie</b>	Online booking or pay on booking at reception
	7.00pm	-	7-45pm	<b>Indoor Cycling Class* – with Mandy</b>	Online booking or pay on booking at reception
	7.00pm	-	7.30pm	<b>Abs Exercise Class* - with Debbie</b>	Online booking or pay on booking at reception
	7.00pm	-	8.00pm	Ladies Netball	Contact reception or group on the night
	7.30pm	-	8.00pm	Kettlebells – with Debbie	Online booking or pay on booking at reception
	8.00pm	-	10.00pm	Forres Indoor Bowling	Online booking or pay on booking at reception
	8.00pm	-	10.00pm	Kinloss Badminton Club	Contact reception or group on the night
<b>Friday</b>	9.30am	-	10.30am	<b>Body Blitz* with Zara</b>	Current Entry Fee / Fit Life Card
	9.30am	-	11.30am	<b>Hotshots Badminton Group*</b>	Current Entry Fee / Fit Life Card
	9.30am	-	1.30pm	Little Yogi Bears	Lauren 07948 483387

<b>Friday</b>	11.30am	-	1.30pm	Playness	Gosia Jasinska 07436 830094
	2.15pm	-	3.15pm	<b>Over 50's Walking Football*</b>	Call 01343 563374
	3.15pm	-	6.15pm	Roots Gymnastics Academy	Rosie Strachan 07444099801
	4.30pm	-	6.00pm	Primary Badminton Club	Moray Badminton 07825 581738
	6.00pm	-	8.00pm	Secondary Badminton Club	Moray Badminton 07825 581738
	6.15pm	-	9.00pm	DKMA Tang Soo Do	Dominique Sutherland 07783418215
	8.00pm	-	10.00pm	<b>FC Thistle 5 a side football</b>	Current Entry Fee / Fit Life Card
<b>Saturday</b>	9.00am	-	9.45am	<b>Indoor Cycling Class* – with Mandy</b>	Online booking or pay on booking at reception
	9.15am	-	10.30am	Forres Pre-Kickers	Kim McGowan 07988464121
	12.30pm	-	3.00pm	Forres Archery	forresarchersbooking@outlook.com/Facebook
<b>Sunday</b>	9.00am	-	2.00pm	Badminton Moray	Not every week – contact Angela Bell 07825 581738

**\*included in Fit Life Membership**

<b>Indoor Cycling</b>	Cycle to the beat of the music with standing and seated exercise
<b>Metafit</b>	High intensity interval training. Cardio and strength workout
<b>Kettlebells</b>	A workout with kettlebells for cardio and strength training
<b>Abs class</b>	Strengthening of the core area
<b>Circuits</b>	A consecutive series of timed exercises
<b>Body blitz</b>	Time exercise concentrating on every area of the body. All abilities welcome
<b>Body Balance</b>	A calming class with moves from Yoga, Tai Chi and Pilates to build whole-body strength, centre your chi and relieve stress. All abilities welcome
<b>Boxercise</b>	A system of sustained exercises combining boxing movements with aerobic activities.

**Blood Donor Session**

The next blood donor session at Forres House Community Centre is 16<sup>th</sup> April 2024.

Blood donation across Scotland is by appointment only.

Appointments are bookable from six weeks prior to the session date by calling 0345 90 90 999, or through your online donor account.

<https://www.scotblood.co.uk/news/booking-your-appointment-to-give-blood/>

