



Milne's Library & Fitness Suite

Fitness Suite Timetable

Monday 17th April - Saturday 1st July 2017

Fitness Suite will be closed May Day, Monday 1st May 2017

Monday	4.30pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Spin Cycle Class
	7.00pm - 7.45pm	Metafit Class
	7.00pm - 8.00pm	Fit Life Exercise Class
Tuesday	4.00pm - 9.00pm	Open Session
	5.45pm - 6.15pm	Kettlebell
	6.30pm - 7.00pm	Tabata
	6.30pm - 7.15pm	Spin Cycle Class
	7.15pm - 7.45pm	Back Attack – <u>New Class</u>
Wednesday	4.30pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Salsa Aerobics
	6.00pm - 6.45pm	Spin Cycle Class
	7.00pm - 7.30pm	Active Seniors
	7.00pm - 7.50pm	Holy HIIT!
Thursday	4.00pm - 9.00pm	Open Session
	5.45pm - 6.15pm	Beginners Spin Cycle Class
	6.30pm - 7.15pm	Metafit Class
Friday	4.00pm - 9.00pm	Open Session
	5.45pm - 6.15pm	Legs, bums and tums
	6.30pm - 7.15pm	Step Aerobics
	7.15pm - 7.45pm	Killer Abs
	7.30pm - 9.00pm	Public Badminton
Saturday	10.00am - 1.00pm	Open Session
	10.15am - 11.15am	Holy HIIT!

Note 1: “Open Sessions” are for users who have completed an induction. Inductions can be held during any of the “Open Sessions” – please book in advance.

Note 2: This timetable may be subject to change at short notice.

Please see over for additional information 

Exercise Classes

***New Class* Back Attack** - A class of exercises and stretches to help reduce back pain by strengthening and mobilising the back.

Active Seniors – A sociable class including functional, gentle exercises for the mature adult including fun and relaxation.

Tabata – Burn fat and get fit in 4 mins flat! Perform a variety of exercises at high intensity for 20 seconds followed by 10 seconds of rest to achieve great results.

Step Aerobics - Fun aerobic exercise using a step, which can be tailored to individual needs by inserting risers. Step aerobics helps burn calories and fat. **Booking essential.**

Fit Life Exercise Class – Class comprises cardio, fat burning and weights exercises, geared to be flexible to your own ability.

Salsa Aerobics – Fitness programme that incorporates salsa dancing in a low impact high energy workout.

Holy HIIT! - High Intensity Interval Training is one of the most effective ways to get results FAST. You will experience a workout where multiple fitness components such as power endurance, mobility, aerobic power and speed-strength are developed in specially designed complexes.

Legs, bums and tums – Toning class targeting these areas in particular.

Metafit - Metafit is 30 minutes of high intensity, interval workouts that fire up the metabolism, tone muscle and ultimately burn fat. Metafit total body workouts will ensure your metabolism is maxed out for 24 hours!

Kettlebell Class - Kettlebells develop your core strength (back, hips & mid section) and you burn fat fast as well as improving your cardiovascular system.

Spin Cycle Class - Using a stationary bike, spin cycle classes can increase energy, cardio-vascular fitness and lower body strength, as well as burning between 400-500 kcal in 45 minutes.

Killer Abs – Functional abdominal training with a variety of exercises and cardio drills to encourage fat burning whilst hitting every possible muscle around your midsection to sculpt your abs.

Inductions: - An induction for use of the equipment can be held during any of the “Open Sessions” – please book in advance.

Bookings for use of the facility can be made in person at the facility during any “Open Session” or by telephone on **01343 821434**.

Details and further information on any of the facilities and activities from:

Nicky Nash

Sport & Leisure Supervisor

Telephone: 01343 543736

E-Mail: nicky.nash@moray.gov.uk