



BUCKIE SWIMMING POOL & FITNESS CENTRE

Fitness Room Opening Times

Monday 17th April 2017 – Sunday 2nd July 2017

Monday*	9.00am - 9.00pm	Open Session
Tuesday	9.00am - 9.00pm	Open Session
Wednesday	8.30am - 9.00pm	Open Session
Thursday**	9.00am - 7.00pm	Open Session
	7.00pm - 8.00pm	Inductions
	8.00pm - 9.00pm	Open Session
Friday**	9.00am - 9.00pm	Open Session
Saturday	8.30am - 1.00pm	Open Session
Sunday	11.00am - 4.30pm	Open Session

Note:

Open Sessions are for users who have completed an induction, including junior users.

**May Day 1st May 2017 – Facility Closed*

***In-service days – Thursday 18th and Friday 19th May 2017*

Please turn over for additional information



Expires 2.7.17

EXERCISE CLASSES

❖ Aqua Aerobics	Tuesday	7.00pm - 7.45pm	Pool (<i>deep end</i>)
	Wednesday	9.30am - 10.15pm	Pool (<i>shallow & deep</i>)
❖ Circuit Training	Tuesday	5.30pm - 6.30pm	Gym 1
❖ Spin Cycle Class <i>Beginners Class</i>	Monday	10.00am - 10.45am	GP Room
		7.00pm - 7.45pm	GP Room
		7.50pm - 8.20pm	GP Room
<i>Beginners Class</i>	Tuesday	9.45am - 10.15am	GP Room
		8.00pm - 8.45pm	GP Room
	Wednesday	7.00pm - 7.45pm	GP Room
		8.00pm - 8.45pm	GP Room
<i>Beginners Class</i>	Thursday	9.45am - 10.15am	GP Room
		7.00pm - 7.45pm	GP Room
		8.00pm - 8.45pm	GP Room
	Friday	7.00pm - 7.45pm	GP Room

Booking for classes is essential – names to Reception please

Telephone 01542 832841
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