



SHAND CENTRE, DUFFTOWN FITNESS-ROOM TIMETABLE



Monday 7th January 2019 – Friday 29th March 2019

Monday	8.30 - 10.30	Physiotherapy am
<u>Volunteer led sessions</u>	10.45 - 11.15	Spin Cycle session
	11.30 – 12.00	Spin Cycle session
	1.00 - 4.00	Physiotherapy pm
<u>Instructor led sessions pm</u>	4.45 - 5.45	Open session
	5.45 - 6.15	Spin Cycle session
<u>Volunteer session pm</u>	6.30 - 8.00	Open session
	8.30 - 9.00	Private Spin Cycle session
Tuesday	1.00 - 5.00	Physiotherapy pm
<u>Volunteer led session pm</u>	6.15 – 6.45	Spin Cycle session
	7.00 – 7.30	Spin Cycle session
Wednesday		
<u>Instructor led sessions pm</u>	4.45 - 5.45	Open session
	5.45 - 6.15	Spin Cycle session
	6.30 – 7.00	Spin Cycle session
	7.15 – 8.15	Open session & Inductions
Thursday	8.30 - 12.30	Physiotherapy am
	1.00 - 5.00	Physiotherapy pm
<u>Instructor led sessions pm</u>	6.30 - 7.30	Circuits
	7.30 - 8.30	Open session & Inductions
Friday		
<u>Volunteer sessions pm</u>	5.30 - 6.30	Open session
	6.45 – 7.15	Spin Cycle session

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



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Additional information

Fit-Life Membership: cards must be shown prior to use of the facilities or full price may be charged.

Cards are not transferable and any use other than by Cardholder will result in immediate cancellation of the card.

Open sessions are only for adult and junior users who have completed an induction. We may check that you are on our register.

Inductions: £22.00. An induction is for the use of the gym equipment and can be done during the “Instructor Led Open Sessions” where stated. Self Inductions can also be done during Instructor Led Sessions for £10.00. All Inductions must be booked in advance. Price is included with a **Fit-life Membership Card**.

To book a session or an induction, please phone the gym directly **ONLY** within the sessions marked “**Instructor Led Open Session**”. There will not be a member of staff available to answer your call out with these sessions.

Telephone number **01340 821646**

Cost: £5.00 per open gym session. (Concessions rates available and these apply to the gym sessions only)

Activity Sessions: £5.00 (Spin & Circuits)

Shand Centre only multi-use cards: Valid for 1 year from date of purchase.

Adult Saver Gym & Activity Cards: £25.00, 6 sessions for price of 5.

Concessions Gym Saver Cards: £17.50, 6 sessions for price of 5.

Concessions Activity Saver Cards: £25.00 (inc spin and circuits), 6 sessions for price of 5.

Teenage Workout Card: £24.00 for 12 sessions, available to 13-19 year olds only.

Booking sessions ahead: You can book your session up to 2 weeks ahead on the night you attend your session or by phone.

- Spin sessions – are usually 30-minute sessions – the extra time is to allow them to be cleaned & put away before the next session starts.

Cancellations: Please contact the gym and leave a message on the answer phone if you are unable to attend a session. We are unable to return calls, but will pick up cancellation messages.

Non Attendee; During our busy times, it is important to let us know if you are unable to attend as another person may wish to take your place. Failure to turn up without cancelling on more than 3 occasions may result in you being not allowed to book any more sessions or you may be charged for the sessions not attended.

FITNESS ROOM ACTIVITY CLASSES

* Indoor Spin Cycle Classes	Monday	10.45 – 11.15 am 11.30 – 12.00 am 5.45 - 6.15 pm
	Tuesday	6.15 – 6.45 pm 7.00 – 7.30 pm
	Wednesday	5.45 - 6.15 pm 6.30 - 7.00 pm
	Friday	6.45 – 7.15 pm
* Circuit training	Thursday	6.30 - 7.30 pm

Thank you all for participating in using the Shand Centre Gym

We need you to keep using the gym for it to remain viable

If you need to contact us please write to: **Stephen Hospital Management Group, Stephen Hospital, Dufftown AB55 4FJ**
Or email us at sportandleisure@moray.gov.uk