

Exercise Classes

❖ Indoor Cycling Classes Indoor Cycle Studio	Monday	7.00pm – 7.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Tuesday	10.00am – 10.30am 8.00pm – 8.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Wednesday	7.00pm – 7.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Thursday	10.45am – 11.15am 7.00pm – 7.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Friday	7.00pm – 7.45pm

**INDOOR CYCLE STUDIO AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
(INDUCTION REQUIRED)**

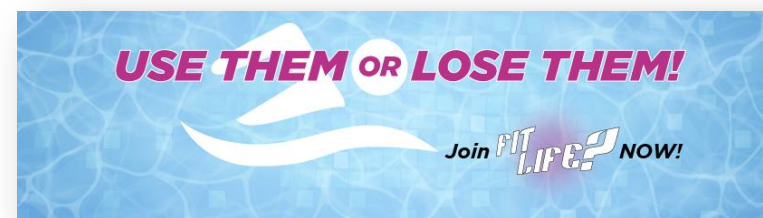
BOOKING FOR INDOOR CYCLE CLASSES ESSENTIAL (NAMES TO RECEPTION)

❖ Aqua Aerobics	Tuesday Wednesday	7.00pm – 7.45pm 9.30am – 10.15am
❖ Total Body Blitz	Tuesday	5.45pm – 6.30pm
❖ Parent and Child	Wednesday	1.00pm – 1.30pm
❖ Inductions	Thursday	7.00pm – 8.00pm



Buckie Swimming Pool & Fitness Centre

Pool – Fitness – Classes Timetable



Monday 18th February – Sunday 31st March 2019

We also have:

- Fitness Room with a range of training equipment
- Indoor Cycle Studio
- Sauna & Steam Room
- Sports Halls
- Aqua Aerobics

Telephone 01542 832841

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Swimming Pool Timetable – Monday 18th February – Sunday 31st March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 – 10.00 Public Swimming (swim Lane)		9.30 – 10.15 Aqua Aerobics	9.00 – 10.30 Public Swimming (swim Lane)	9.00 – 10.30 Public Swimming (swim Lane)	8.15 – 9.00 Public Swimming (swim Lane) 8.15 – 9.00 Adult Lessons	8.30 – 9.30 Adult Only Shared with Club 9.30 -10.30 Swimming Club Private Hire
12noon – 2.45 Public Swimming (lane 12 – 1.30)	12noon – 3.30 Public Swimming (lane 12. – 1.30)	12noon – 1.30 Public Swimming (lane 12 – 1.30) 2.00 – 2.30 Parent and Child Shared with Public 2.30 – 3.30 Public Swimming	12noon – 1.30 Public Swimming (lane 12 – 1.30) 2.00 – 3.30 Public Swimming	1.00 – 3.30 Public Swimming (lane 1 – 2.30)	11.00 – 12.00 Family Fun Session 12.00 – 1.00 Public Swim	10.30 – 12noon Family Swim with Adult Lane 10.30 - 11.30 12noon -- 1.30 Family Fun Session
6.30 – 7.45 Public Swimming	5.00 – 6.00 Public Swimming Shared with Club 6.00 – 7.00 Public Swimming	5.00 – 7.45 Public Swimming	5.00 - 8.30 Swimming Club Private Hire	5.00 – 6.00 Public Swimming Shared with Club 6.00 – 7.45 Public Swimming 6.00 – 7.00 Fun Session	(Private) Birthday Parties 1.00 - 2.00 Swimming Pool available for hire for Pool Parties	1.30 – 2.00 Public Swim
7.45 – 8.45 Adults / Teenagers	7.00 – 7.45 Adult / Teenager Deep Water Aerobics 7.45 – 8.45 Adults / Teenagers	7.45 – 8.45 Adults / Teenagers		7.45 – 8.45 Adults / Teenagers 8.00 – 8.45 Adult Lessons	Pool Party £110.00 Aqua Run £120.00	

Health Suite – (Sauna and Steam Room) Available most public sessions

Adults/Teenagers Only Sessions – Teenager aged 13–15 are welcome to attend these sessions to swim for health, fitness and wellbeing.

Adult cost applies or entry via Fit Life Membership.

Fitness Room Timetable – Monday 18th February – Sunday 31st March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 - 9.00 Open Session	9.00 – 9.00 Open Session	7.30 - 9.00 NEW TIMINGS Open Session	9.00 – 7.00 Open Session 7.00 -8.00 Induction 8.00 – 9.00 Open Session	9.00 - 9.00 Open Session	8.30 – 2.00 Open Session	8.30 – 2.00 Open Session

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

Expires – 31.03.19