



Milne's Library & Fitness Suite

Fitness Suite Timetable

Monday 15th April – Saturday 29th June 2019

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| Monday* | 4.00pm - 9.00pm | Open Session |
| | 6.00pm - 6.45pm | Indoor Cycling 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 - 7.15pm | Indoor Cycling Class |
| | 6.30pm - 7.15pm | HIIT! |
| | 7.30pm - 8.00pm | Stretch and Tone |
| Wednesday | 4.00pm - 9.00pm | Open Session |
| | 6.00pm - 6.45pm | Indoor Cycling Class |
| | 7.00pm - 7.45pm | Indoor Cycling Class |
| Thursday | 4.00pm - 9.00pm | Open Session |
| | 5.45pm - 6.15pm | Legs, bums and tums |
| | 6.30pm - 7.15pm | Metafit Class |
| Friday** | 4.00pm - 9.00pm | Open Session |
| | 6.00pm - 7.00pm | Circuit Class |
| | 7.30pm - 9.00pm | Public Badminton |
| Saturday | 10.00am - 1.00pm | Open Session |

***Closed Monday 6th May – May Day**

****Closed Friday 19th April 2019 – Good Friday**

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

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

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.

Indoor Cycling Class - Using a stationary bike, indoor cycling classes can increase energy, cardio-vascular fitness and lower body strength, as well as burning between 400-500 kcal in 45 minutes.

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.

Stretch and Tone - Focussing on improving body awareness and everyday life by increasing flexibility and range of motion, this class helps to relieve stress and tension, by relaxing the mind and body. Ideal for all levels of fitness!

Circuit Class – This will be a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get EVERYTHING you need!

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 Gerrard

Sport & Leisure Supervisor

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