



## Milne's Library & Fitness Suite

### Fitness Suite Timetable

*Monday 14<sup>th</sup> October – Saturday 26<sup>th</sup> October 2019*

<b>Monday</b>	4.00pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Indoor Cycling Class
	7.00pm - 8.00pm	Boxercise
<b>Tuesday</b>	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
<b>Wednesday</b>	4.00pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Indoor Cycling Class
	7.00pm - 7.45pm	Indoor Cycling Class
<b>Thursday</b>	4.00pm - 9.00pm	Open Session
<b>Friday</b>	4.00pm - 9.00pm	Open Session
	7.30pm - 9.00pm	Public Badminton
<b>Saturday</b>	10.00am - 1.00pm	Open Session

**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◆◆

**Boxercise** – Boxercise is a fun and energetic routine using boxing moves for all levels of ability. Great for cardio, better body composition and strength, improved coordination, reduced stress, and improved confidence.

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

**Bums and tums** – Toning class targeting these areas in particular.

**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!

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

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**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**.

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

**Nicky Gerrard**

Sport & Leisure Supervisor

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