

Exercise Classes

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| Indoor Cycling Classes | Tuesday | 9.30am – 10.15am 6.00pm – 6.40pm 6.45pm – 7.25pm 7.30pm – 8.10pm |
| Indoor Cycling Classes | Wednesday | 6.00pm – 6.40pm 6.45pm – 7.25pm |
| Indoor Cycling Classes | Thursday | 8.45am – 9.30am 6.00pm – 6.40pm 6.45pm – 7.25pm |
| Indoor Cycling Class | Friday | 6.45pm – 7.25pm |
| Indoor Cycling Class | Saturday | 9.30am – 10.30am |
| Indoor Cycling Class | Sunday | 10.30am – 11.15am |

**INDOOR CYCLING ROOM AVAILABLE TO USE ANYTIME OUTWITH
CLASS TIMES (INDUCTION REQUIRED)**

**BOOKING FOR INDOOR CYCLING CYCLE CLASSES ESSENTIAL
(NAMES TO RECEPTION OR BOOK ONLINE)**

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|----------------------------|---|---|
| Crash Courses | Monday – Friday | 3.30pm – 5.00pm |
| Legs, Bums and Tums | Monday | 6.00pm – 6.30pm 6.30pm – 7.00pm |
| Aqua Fit | Monday - deep end Tuesday - shallow Wednesday - Deep Wednesday - Gentle Thursday - shallow | 7.00pm – 7.45pm 7.45pm – 8.30pm 10.30am – 11.15am 2.15pm – 2.45pm 7.45pm – 8.30pm |
| Express Workout | Wednesday | 7.00pm – 7.30pm |



Keith Sports and Community Centre

Pool – Fitness – Classes Timetable

October Holidays
Monday 14th - Sunday 27th October 2019

We also have:

- Fitness-room & Functional Training Room with a range of training equipment
- Indoor Cycling Studio
- Sauna / Steam-room
- Sports Hall

Telephone 01542 882222
E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable – Monday 14th – Sunday 27th October 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|--|--|
| 9.30 – 3.30 Public Swimming 1.30 -2.30 Fun Session | 9.30 – 3.30 Public Swimming 1.30 -2.30 Fun Session & Stepping Stones | 9.30 – 3.30 Public Swimming Shared with Aqua Fit 10.30 – 11.15 & 2.15 – 2.45 Gentle Aqua Fit | 9.30 – 3.30 Public Swimming 1.30 -2.30 Fun Session & Stepping Stones | 9.30 – 3.30 Public Swimming 1.30 -2.30 Fun Session | 8.30 – 10.00 Adults / Teenagers 8.15 – 9.00 Adult Lessons 10.00 – 2.00 Public Swimming 2.00 – 3.00 Stepping Stones/ Family Fun Session | 8.30 – 10.00 Adults / Teenagers 8.45 – 9.30 Adult Lessons 10.00 – 1.00 Public Swimming |
| 5.00 – 7.00 Public Swimming 7.00 – 7.45 Deep Water Aqua Fit | 5.00 – 6.30 Public Swimming (swim lane 5-6.30) 5.45 – 6.30 Adult Lessons | 5.00 – 7.45 Public Swimming (swim lane 5-6) | 5.00 – 7.45 Public Swimming (swim lane 5-6) | 5.00 – 7.45 Public Swimming 6.00 – 7.00 Fun Session | | |
| 7.45 – 8.45 Adults / Teenagers | 7.45 – 8.30 Aqua Fit 7.45 – 8.45 Adults / Teenagers Shared with Aqua Fit | 7.45 – 8.45 Adults / Teenagers | 7.45 – 8.30 Aqua Fit 7.45 – 8.45 Adults / Teenagers Shared with Aqua Fit | 7.45 – 8.45 Adults / Teenagers | | |

Access to Health Suite (sauna / steam room / showers) available most public sessions
Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Fitness Room Timetable – Monday 14th – Sunday 27th October 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| 8.45am – 9.00pm Open Session | 8.45am – 9.00pm Open Session | 8.45am – 7.00pm Open Session 7.00pm – 7.30pm Express Work Out 7.45pm – 8.45pm Gym Inductions | 8.45am – 9.00pm Open Session | 8.45am – 9.00pm Open Session | 8.30am – 3.00pm Open Session | 8.30am – 1.00pm Open Session |

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

Expires – 27-10-19