



SHAND CENTRE, DUFFTOWN FITNESS-ROOM TIMETABLE

Monday 14th October 2019 – Friday 18th October 2019 Wk1

Monday 21st October 2019 – Friday 25th October 2019 Wk2



Monday

Volunteer led sessions

1000 - 1030

Indoor Spin Cycle session

1045 - 1115

Indoor Spin Cycle session

1300 - 1500

Physiotherapy pm

Instructor led sessions pm

1645 - 1745

Open session

1745 - 1815

Indoor Spin Cycle session

1820 - 1855

Indoor Spin Cycle session

Volunteer led session 1900 - 2000

Open session

2030 - 2100

Private session

Tuesday

Instructor led sessions am

0915 - 1015

Open Session

1015 - 1115

Pilates

1300 - 1400

Physiotherapy pm

Volunteer led session pm

1815 - 1845

Indoor Spin Cycle session

1900 - 1930

Indoor Spin Cycle session

Wednesday

Instructor led sessions pm

1645 - 1745

Open session

1745 - 1815

Indoor Spin Cycle session

1830 - 1930

Pilates

Volunteer led session 1930 - 2030

Open session - **Wk 2 only**

Thursday

Instructor led sessions

0915 - 1015

Open session & Inductions

1015 - 1045

Spin Cycle session

1200 - 1600

Physiotherapy pm

Instructor led sessions pm

1830 - 1930

Circuits

1930 - 2030

Open session & Inductions

Friday

0900 - 1600

Physiotherapy am & pm

Volunteer sessions pm

1730 - 1830

Open session

1845 - 1930

Indoor Spin Cycle session

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



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Additional information

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. These must be booked in advance. Price included with **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: £5.50 per open gym session. (Concessions rates available and these apply to the gym sessions only)

All Activity Sessions: £5.50 (Spin, Circuits & Pilates)

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.

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

Adult Saver Gym & Activity Cards: £27.50, 6 sessions for price of 5.

Concessions Gym Saver Cards: £18.75, 6 sessions for price of 5.

Concessions Activity Saver Cards: £27.50 (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	1000 - 1030 1045 - 1115 1745 - 1815 1820 - 1855
	Tuesday	1815 - 1845 1900 - 1930
	Wednesday	1745 - 1815
	Thursday	1015 - 1045
	Friday	1845 - 1930
* Circuit Training	Thursday	1830 - 1930
* Pilates	Tuesday	1015 - 1115
	Wednesday	1830 - 1930

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