



## SHAND CENTRE, DUFFTOWN FITNESS-ROOM TIMETABLE

Monday 6<sup>th</sup> January 2020 – Friday 27<sup>th</sup> March 2020



### **Monday**

#### Volunteer led sessions

1000 - 1030	Spin Cycle session
1045 - 1115	Spin Cycle session
1300 - 1530	Physiotherapy pm

#### Instructor led sessions pm

1645 - 1745	Open session
1745 - 1815	Spin Cycle session
1820 - 1855	Spin Cycle session

#### Volunteer led session

1900 - 2000	Open session
2030 - 2100	Private Spin Cycle session

### **Tuesday**

#### Instructor led sessions am

0915 - 1015	Open Session
1015 - 1115	Pilates
1300 - 1530	Physiotherapy pm

#### Volunteer led session pm

1815 - 1845	Spin Cycle session
1900 - 1930	Spin Cycle session

### **Wednesday**

#### Instructor led sessions pm

1645 - 1745	Open session
1745 - 1815	Spin Cycle session
1830 - 1930	Pilates

#### Volunteer led session

1930 - 2030	Open session
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### **Thursday**

#### Instructor led sessions am

0915 - 1015	Open session & Inductions
1015 - 1045	Spin Cycle session
1200 - 1600	Physiotherapy pm

#### Volunteer led session pm

1800 - 1900	Open session
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#### Instructor led sessions pm

1900 - 1930	Spin Cycle session
1945 - 2045	Open session & Inductions

### **Friday**

0900 - 1600	Physiotherapy am & pm
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#### Volunteer sessions pm

1730 - 1830	Open session
1845 - 1930	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 & 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 maybe charged for the sessions not attended.

### FITNESS ROOM “ACTIVITY CLASSES”

* <b>Indoor Spin Cycle Classes</b>	Monday	1000 - 1030
		1045 - 1115
		1745 - 1815
		1820 - 1855
	Tuesday	1815 - 1845
		1900 - 1930
	Wednesday	1745 - 1815
	Thursday	1015 - 1045
		1900 - 1930
	Friday	1845 - 1930
* <b>Pilates</b>	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](mailto:sportandleisure@moray.gov.uk)