



## **Milne's Library & Fitness Suite**

### **Fitness Suite Timetable**

*Monday 6<sup>th</sup> January – Saturday 28<sup>th</sup> March 2020*

<b>Monday</b>	4.00pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Indoor Cycling Class
	7.00pm - 7.45pm	Boxercise
<b>Tuesday</b>	4.00pm - 9.00pm	Open Session
	5.45pm - 6.15pm	Kettlebells
	6.00pm - 6.45pm	HIIT!
	6.30pm - 7.15pm	Pilates
<b>Wednesday</b>	4.00pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Indoor Cycling Class
<b>Thursday</b>	4.00pm - 9.00pm	Open Session
	5.45pm - 6.15pm	Kettlebells
	6.30pm - 7.15pm	Indoor Cycling Class
<b>Friday</b>	4.00pm - 9.00pm	Open Session
<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◆◆

**Pilates** - Pilates is a form of exercise which concentrates on strengthening the body, with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, **Pilates** concentrates on posture, balance and flexibility.

**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.

**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.

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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:

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Sport & Leisure Supervisor

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