



Milne's Library & Fitness Suite

Fitness Suite Timetable

Monday 13th April - Saturday 4th July 2020

Monday	4.00pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Indoor Cycling Class
	7.00pm - 7.45pm	Boxercise
Tuesday	4.00pm - 9.00pm	Open Session
	5.45pm - 6.15pm	Kettlebells
	6.00pm - 6.45pm	HIIT!
	6.30pm - 7.15pm	Pilates
Wednesday	4.00pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Indoor Cycling Class
Thursday	4.00pm - 9.00pm	Open Session
	5.45pm - 6.15pm	Kettlebells
	6.30pm - 7.15pm	Indoor Cycling Class
Friday*	4.00pm - 9.00pm	Open Session
Saturday	10.00am - 1.00pm	Open Session

*** Closed Friday 8th May (Public Holiday)**

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.

Please Note: Teenagers aged 13 – 15 are welcome to attend these classes for health, fitness and wellbeing. Adult cost applies or entry with Fit-Life membership.

Inductions: An induction for use of the equipment can be held during any of the “Open Sessions” - please book in advance.

Bookings for classes and use of the fitness suite can be made in person at the facility during open hours, by telephone on 01343 821434 during open hours, or online.

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

Nicky Gerrard

Sport & Leisure Supervisor

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