

## Exercise Classes

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

❖ <b>Indoor Cycling Classes</b> Indoor Cycle Studio	<b>Monday</b>	10.30am – 11.00am 6.00pm – 6.45pm
❖ <b>Indoor Cycling Classes</b>	<b>Tuesday</b>	7.00pm – 7.45pm
❖ <b>Indoor Cycling Classes</b> Indoor Cycle Studio	<b>Wednesday</b>	6.00pm – 6.45pm 7.00pm – 7.45pm
❖ <b>Indoor Cycling Classes</b> Indoor Cycle Studio	<b>Thursday</b>	7.00pm – 7.45pm
❖ <b>Indoor Cycling Classes</b>	<b>Friday</b>	7.00pm – 7.45pm
❖ <b>Spin Cycle Classes</b> Spinning Room	<b>Sunday</b>	9.15am – 10.00am 10.00am – 10.45am

**INDOOR CYCLE STUDIO AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES  
(INDUCTION REQUIRED)**

**BOOKING FOR INDOOR CYCLE CLASSES ESSENTIAL (NAMES TO RECEPTION)**

❖ <b>Aqua Aerobics</b>	<b>Monday</b>	7.00pm – 7.45pm
❖ <b>Total Body Blitz</b>	<b>Tuesday</b>	5.45pm – 6.30pm
<b>Gym Induction</b>	<b>Thursday</b>	7.45pm - 9.00pm



## Buckie Swimming Pool & Fitness Centre

### Pool – Fitness – Classes Timetable

**Monday 30<sup>th</sup> March – Sunday 12<sup>th</sup> April 2020**

#### We also have:

- Fitness Room with a range of training equipment
- Indoor Cycle Studio
- Sauna & Steam Room
- Sports Halls
- Aqua Aerobics

**Telephone 01542 832841**

**E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)**

**[www.moray.gov.uk](http://www.moray.gov.uk)**

## Swimming Pool Timetable – Monday 30<sup>th</sup> March– Sunday 12<sup>th</sup> April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9.00-10.30</b> <b>Public Swimming</b> (swim Lane)	<b>9.30 – 11.00</b> <b>Public Swimming</b> (swim lane) Shared with club <b>9.30 -10.00</b>	<b>9.30 – 11.00</b> <b>Public Swimming</b> *ends 10.30am 8 <sup>th</sup> Apr (swim lane) Shared with Club <b>9.30 -10.00</b>	<b>9.30 – 11.00</b> <b>Public Swimming</b> *ends 10.30am 9 <sup>th</sup> Apr (swim lane) Shared with Club <b>9.30 -10.00</b>	<b>9.00 – 11.00</b> <b>Public Swimming</b> (swim Lane)  <b>CLOSED GOOD FRIDAY</b> <b>10TH APRIL</b>	<b>8.15 – 11.00</b> <b>Public Swimming</b> (swim Lane) <b>8.15-9.30</b>  CLOSED SAT 11 <sup>th</sup> APRIL	<b>8.30 – 9.30</b> <b>Adults/Teenage Only</b> (swim lane)  CLOSED 12 <sup>th</sup> APRIL
<b>12noon – 3.30</b> <b>Public Swimming</b> (lane 12 – 1.30) With <b>Fun Session</b> <b>2.15-3.15</b>	<b>12noon – 3.30</b> <b>Public Swimming</b> (lane 12 – 1.30)	<b>12noon – 1.30</b> <b>Public Swimming</b> (lane 12 – 1.30)  <b>2.00 - 3.00</b> <b>Aqua Run</b> 8 years + and able to swim one length of the Swimming Pool	<b>12noon – 3.30</b> <b>Public Swimming</b> (lane 12 – 1.30)  <b>With Fun Session</b> <b>2.15-3.15</b>	<b>12noon – 3.30</b> <b>Public Swimming</b> (lane 12 – 1.30)	<b>11.00 – 12.00</b> <b>Family Fun Session</b>  <b>12.00 – 1.00</b> <b>Public Swim</b>	<b>9.30 – 12noon</b> <b>Family Swim</b> with <b>Adult Lane</b> 9.30 - 10.30  <b>12noon -- 1.30</b> <b>Family Fun Session</b>
<b>5.00 – 7.00</b> <b>Public Swimming</b>  <b>Water Aerobics</b> <b>(Deep/Shallow)</b> <b>7.00-7.45</b>	<b>5.00 – 7.45</b> <b>Public Swimming</b>  With <b>Fun Session</b> <b>6.00-7.00</b>	<b>5.00 – 7.45</b> <b>Public Swimming</b>  with <b>Fun session</b> 6.00 – 7.00	<b>5.00 – 7.45</b> <b>Public Swimming</b>	<b>5.00 – 7.45</b> <b>Public Swimming</b> with <b>Fun session</b> 6.00 – 7.00	<b>(Private)</b> <b>Birthday Parties</b>  <b>1.00 - 2.00</b> Swimming Pool available for hire for Pool Parties  <b>Pool Party     £110.00</b> <b>Aqua Run       £120.00</b>	<b>1.30 – 2.00</b> <b>Public Swim</b>
<b>7.45 – 8.45</b> <b>Adults / Teenagers</b> (swim Lane)	<b>7.45-8.45</b> <b>Adults / Teenagers</b> (swim Lane)	<b>7.45 – 8.45</b> <b>Adults / Teenagers</b> (swim Lane)	<b>7.45 – 8.45</b> <b>Adults / Teenagers</b> (swim Lane)	<b>7.45 – 8.45</b> <b>Adults / Teenagers</b> (swim Lane)		

**Health Suite – (Sauna and Steam Room )** Available most public sessions

**Adults/Teenagers Only Sessions** – Teenager aged 13–15 are welcome to attend these sessions to swim for health, fitness and wellbeing.

Adult cost applies or entry via Fit Life Membership.

## Fitness Room Timetable – Monday 30<sup>th</sup> March– Sunday 12<sup>th</sup> April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8.30 - 9.00</b> Open Session	<b>9.00 – 9.00</b> Open Session	<b>9.00 - 9.00</b> Open Session	<b>9.00 – 8.00</b> Open Session	<b>9.00 - 9.00</b> Open Session	<b>8.30 – 2.00</b> Open Session	<b>8.30 – 2.00</b> Open Session

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

Expires – 12.04.19