

**Sports & Leisure Services**

**Forres Swimming Pool & Fitness Centre**

**Fitness Room Timetable**

**Monday, Tuesday, Thursday and Friday**

7.00am – 8.55pm

13 x 55 minute sessions per day

Must be booked in advance of attending

**Wednesday**

9.00am – 8.55pm

12 x 55 minute sessions per day

Must be booked in advance of attending

**Saturday**

8.00am – 14.55pm

6 x 55 minute sessions per day

Must be booked in advance of attending

**Sunday**

9.00am – 16.55pm

7 x 55 minute sessions per day

Must be booked in advance of attending

**Bookings can be made:**

**Fit-Life Members:**

* **On-line at** [**www.moray.gov.uk/leisure**](http://www.moray.gov.uk/leisure)
* **By telephone to Reception 01309 672984**
* **In person at Reception**

**Pay-as-you-go customers:**

* **On-line at** [**www.moray.gov.uk/leisure**](http://www.moray.gov.uk/leisure)
* **In person at Reception in advance of booking – payment to be made at time of booking**