

**Sports & Leisure Services**

**Forres Swimming Pool & Fitness Centre**

**Monday 25th October – Sunday 23rd December 2021**

**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**

10.00am – 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

**Fitness Classes**

**Monday**

Metafit – 5.15pm – 5.45pm

Kettlebells – 5.45pm – 6.30pm

Body Pump – 6.30pm – 7.30pm

**Wednesday**

Aqua Aerobics – 7.15pm – 7.45pm

Body Pump – 7.15pm – 8.00pm

**Thursday**

Circuits – 5.45pm – 6.45pm

Body Combat – 6.00pm – 6.45pm

Body Pump – 7.00pm – 7.45pm

**Sunday**

Body Pump – 3.15pm – 4.00pm

Body Combat 4.15pm – 5.00pm

**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**



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**Swimming Pool Timetable**

**Monday 25th October – Sunday 23rd December 2021**

**Monday**

|  |  |
| --- | --- |
| 9.00am – 10.00am | Adult / teenagers Only (4 lanes)\* |
| 10.30am – 11.30am | Public Swimming (2 Lanes) |
| 12.30pm – 1.30pm | Adult / teenagers Only (4 lanes)\* |
| 2.00pm – 3.00pm | Public Swimming (2 Lanes) |
| 6.30pm – 7.30pm | Fun Session (No Lanes) \* |
| 8.00pm – 9.00pm | Adult / teenagers Only (4 lanes)\* |

**Tuesday**

|  |  |
| --- | --- |
| 6.45am – 7.30am | Adult / teenagers Only (2 lanes)\* |
| 7.30am – 8.15am | Adult / teenagers Only (2 lanes)\* |
| 10.30am – 11.30am | Parent and Child Session\* |
| 12.30pm – 1.30pm | Adult / teenagers Only (4 lanes)\* |
| 7.00pm – 8.00pm | Adult / teenagers Only (4 lanes)\* |

**Wednesday**

|  |  |
| --- | --- |
| 10.30am - 11.30am | Public Swimming (2 Lanes) |
| 12.30pm – 1.30pm | Adult / teenagers Only (4 lanes)\* |
| 2.00pm – 3.00pm | Public Swimming (2 Lanes) |
| 6.15pm – 7.00pm | Public Swimming (No Lanes) |
| 7.15pm – 7.45pm | Aqua Aerobics \* |
| 8.00pm – 9.00pm | Adults/Teenagers (4 Lanes) \* |

**Thursday**

|  |  |
| --- | --- |
| 9.00am – 10.00am | Public Swimming (2 Lanes) |
| 12.30pm – 1.30pm | Adult / teenagers Only (4 lanes)\* |
| 2.00pm – 3.00pm | Public Swimming (2 Lanes) |
| 6.30pm – 7.30pm | Public Swimming (No Lanes) |
| 8.00pm – 9.00pm | Adult / teenagers Only (2 lanes)\* |

**Friday**

|  |  |
| --- | --- |
| 6.45am – 7.30am | Adult / teenagers Only (2 lanes)\* |
| 7.30am – 8.15am | Adult / teenagers Only (2 lanes)\* |
| 10.30am – 11.30am | Public Swimming (2 Lanes) |
| 12.30pm – 1.30pm | Adult / teenagers Only (4 lanes)\* |
| 2.00pm – 3.00pm | Public Swimming (2 Lanes) |
| 6.30pm – 7.30pm | Fun Session (No Lanes)\* |
| 8.00pm – 9.00pm | Adult / teenagers Only (4 lanes)\* |

**Saturday**

|  |  |
| --- | --- |
| 7.45am – 8.45am | Adult / teenagers Only (2 lanes)\* |
| 10.30am – 11.30am | Family Fun Session (No Lanes)\* |
| 11.30pm – 12.30pm | Family Fun Session (No Lanes)\* |

**Sunday**

|  |  |
| --- | --- |
| 9.00am-10.00am | Adult / teenagers Only (4 lanes)\* |
| 10.30am – 11.30am | Family Fun Session (No Lanes)\* |
| 11.30am – 12.30pm | Family Fun Session (No Lanes)\* |
| 1.00pm – 2.00pm | Adult / teenagers Only (4 lanes)\* |

**Note: For session that require to be booked as identified by \* Please follow these instructions:**

**Bookings can be made:**

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