**CLASS DESCRIPTIONS**

**Les Mills Body pump** – The original barbell class, an ideal workout for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition, this class gives a total body workout. Great motivation, music & results.

**Les Mills Body Balance –** A fusion of Yoga, Pilates & Tai Chi to music designed to increase back & core strength, flexibility, balance and reduce stress

**Indoor Cycling** – Group exercise to mimic road cycling to great music with an instructor behind you all the way.

**Circuits** – A total body workout that will burn fat, improve fitness using you’re your bodyweight and weighted exercises to boost your strength and cardio endurance.

**Fab Abs –** If you want to strengthen you abs, lower your risk of back pain, improve posture, core stability and balance, then this is the class for you!

**Legs, Bums & Tums –** This class specifically concentrates on these 3 key areas. Our instructor will provide all the exercises to tone up these areas. Come along, burn calories and see the results!

**B - Active** – Life-long! This is a 40 yrs+ supervised session. As we age we must stay active or our muscle tone and strength will decline naturally. Come along to help reverse/slow down this process and so improve your strength, joint stability, balance, your energy levels and ultimately, your lifestyle.

**Fat Burn –** Is only a 30 minute class as it has lots of high energy elements to it, so you don’t need a lengthy session to make improvements and you’ll still be burning those calories long after the class has ended!

**Aqua Fit** – This class is fun and full of energy. A water workout that builds strength as you move through the water to music, using your own body resistance and the various equipment provided. It’s a great cardio workout and tones your body from top to toe! You won’t overheat and you will leave the water feeling fabulous!

**Body Conditioning**- Is a high intensity class, using various weights and working for longer periods of time with shorter rest phases. It’s a full body workout, improving your strength and fitness



**Buckie Swimming Pool & Fitness Centre**

**Fitness Room & Classes Programme**

**Starts from Wednesday 4th January 2023**

**We also have:**

* Fitness-room with a range of training equipment
* Spin Cycle Studio
* Sports Hall for Football, Badminton and other activities
* Astro Pitch

**Telephone 01542 832841**

**E-mail –** [**buckie.cc@moray.gov.uk**](mailto:buckie.cc@moray.gov.uk)

**www.moray.gov.uk/leisure**

**Fitness Room Timetable from Wednesday 4th January 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 9.00 – 10.00 | 9.00am – 13.30 | 7.30-11.00  12.00-20.30 | 9.00-20.30 | 7.30-12.00 | 8.30-13.30 | 8.30-13.30 |
| 11.00-20.30 | 14.30 -20.30 |  | 13.00-20.30 |  |  |
|  |  |  |  |

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times.

**Fitness Class Timetable from Wednesday 4th January 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  |  |  |  |
| 9.15-10.00am  **Indoor Cycling** |  |  |  |  | 9.00-10.00  **Body Pump** | 9.00-10.00  **Gym Induction** |
| 10.15-11.00am  **Gym circuit class** | 9.55-10.40  **Aqua Fit** | 11.15-12.00  **B-Active (40+)** |  | 12.15-13.00  **B-Active (40+)** |  | 9.15-10.00  **Indoor Cycle** |
|  |  |  |  | 13.30-14.30  **Gym Induction** |  |  |
| 17.00-17.30  **Fab Abs** | 13.30-14.30  **Exercise Referrals** |  |  | 13.30-14.30  **Body Balance** |  |  |
| 18.45-19.30  **Indoor Cycle** |  |  | 17.30-18.15  **Legs ,Bums & Tums** | 17.15-18.00  **Body Conditioning** |  |  |
| 17.45-18.30  **Circuits** |  | 18.00-18.45  **Body Balance** | 18.30-19.15  **Body Balance Stretch** |  |  |  |
|  | 18.00-19.00  **Body Pump** | 18.30-19.15  **Indoor Cycle** | 18.30 – 19.15  **Indoor Cycle** | 18.45-19.30  **Indoor Cycle** |  |  |
| 18.45 – 19.30  **Body Pump** | 18.00 – 18.45  **Indoor Cycle** | 19.00-19.45  **Aqua Fit** |  |  |  |  |
| 19.45 – 20.45  **Body Balance** | 19.15-19.45  **Fat Burn** |  | 19.30-20.15  **Body Pump** |  |  |  |

Please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a place for fitness classes. All classes suitable for mixed abilities.