**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 Combat** – A high energy martial-arts inspired workout which is totally non-contact – punch & kick your way to relieve 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 & challenge your willpower. This class involves a combination of bodyweight and weighted exercises to boost your strength & endurance.

**Metafit** – a tough session that involves intense, short bursts of exercise punctuated with short rest periods, expect to sweat!

**Pilates** – a slower paced class concentrating on flexibility & strengthening the body with a huge emphasis on core control. This class focuses on the mind-body connection.

**Zumba** – a class combining Latin & international dance moves to music. These dance routines will incorporate interval training, alternating fast & slow rhythms to help improve your cardiovascular fitness. It’s like a party! & everyone is invited.

**Strength and Conditioning** – an introduction to exercises and practices to help improve strength and endurance, reducing the incidence and severity of sporting injuries. This class is designed to develop and improve existing technique to enhance sporting or physical performance.

**Fit Steps** – an energetic, up-beat dance fitness class featuring all of your favourite strictly moves. It is designed to give real, measurable fitness results. This class is for all abilities and you don’t need a partner!

**HiitStep** - a new 30 minute high intensity class using only bodyweight and a step, choreographed to bespoke soundtracks created by some of the UK’s top house DJ’s.

**Body Conditioning –** a barbell class to music with a similar format to our Bodypump classes, a challenging and motivating class designed to improve muscular endurance.



**Lossiemouth Sports & Community Centre**

**Fitness Room & Classes Programme**

**Starts from 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 01343 815299**

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

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 10.30 – 12.20 | **6.45am – 8.00am** | 1.10 – 2.00  3.45pm - 7.30 | **6.45am – 8.00am** | 9.00 – 10.30 |  |  |
| 1.10 – 4.30 | 11.30 – 2.00  3.45 - 8.45 | 1.10 – 8.45 | 12.20 - 7.30 | 9.00 – 1.45 | 10.00 – 1.45 |
| 5.30 – 8.45 | **Inductions**  7.00pm – 7.45 |  |  |

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 4th January 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | 6.45**am** – 7.15**am**  **Indoor Cycle** |  | 6.45**am** – 7.15**am**  **Indoor Cycling** |  |  |  |
|  |  |  | *9.30 – 10.30*  **Exercise Referral** |  | 9.00 – 9.30  **Indoor Cycle** |  |
|  |  |  | *9.30 – 10.30*  **Active 40+** |  | 9.15 – 10.00  **Body pump** |  |
|  |  |  | 10.00 – 10.30  **Aqua Aerobics** |  | 9.45 – 10.15  **Indoor Cycle** |  |
|  |  |  |  |  | 10.15 – 11.00  **Body Combat** |  |
| 5.30 – 6.00  **HiitStep** | 5.45 – 6.15  **Indoor Cycling** | 5.30 – 6.00  **Metafit** | 5.15 – 5.45  **Indoor Cycling** |  |  |  |
| 6.05 – 7.05  **Body pump** | 6.00 – 6.45  **Circuits** | 6.05 – 6.55  **Pilates** | 6.00 – 7.00  **Body pump** | 6.15 – 7.00 **Zumba** |  |  |
|  | 6.30 – 7.00  **Indoor Cycling** | 6.15 – 7.00 **Zumba** | 6.00 – 6.30  **Indoor Cycling** | 7.30 – 8.30  **Exercise Referral** |  |  |
| 7.15 – 8.00  **Body Combat** | 7.05 – 8.00  **Pilates** |  | 7.15 – 8.00  **Body Combat** | 7.30 – 8.30  **Active 40+** |  |  |
| 7.30 – 8.15  **Fit Steps** | 7.30 – 8.30  **Strength & Conditioning** | 7.15 – 8.00  **Aqua Aerobics** |  |  |  |  |

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