**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!

**Boxercise –** Is a worldwide exercise class based on fitness training methods used by boxers. Sessions involve hitting focus pads, skipping, shuttle runs, sit ups, shadow boxing etc. It’s a safe, fun, challenging workout, accessible to all fitness levels and great for stress busting!

**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.

**Stretch ‘n’ Roll –** In this class your equipment is a floor mat & foam roller. Foam rolling is a form of self-myofascial release…basically self-massage. Foam rolling breaks up the knots in our muscle tissue and releases tension. Benefits are an enhanced recovery after sport or any injury, increased flexibility, improvement in range of movement, increase in blood flow, decrease in muscle soreness/tension and a great stress reliever.

**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 Monday 3rd April 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 Monday 3rd April 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 9.00 – 10.00 | 9.00am – 20.30 | \*7.30-11.00  \* 7.30am only during school term. 9am when school holidays  12.00-20.30 | 9.00-13.00 | \*7.30-12.00  \* 7.30am only during school term. 9am when school holidays | 8.30-13.30 | 8.30-13.30 |
| 11.00-20.30 |  | 14.00-20.30 | 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 Monday 3rd April 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+)** | 10.15-11.00  **Boxercise** | 9.15-10.00  **Indoor Cycling** |
|  |  |  | 13.00-14.00  **Exercise Referrals** | 13.30-14.30  **Gym Induction** |  |  |
|  |  |  |  | 13.30-14.30  **Body Balance** |  |  |
| 17.45-18.30  **Circuits** |  |  | 17.30-18.15  **Boxercise** | 17.15-18.00  **Body Conditioning** |  |  |
| 18.45-19.15  **Fab Abs** |  | 18.00-18.45  **Body Balance** | 18.30-19.15  **Body Balance Stretch** |  |  |  |
| 18.45-19.30  **Indoor Cycling** | 18.00-19.00  **Body Pump** | 18.00-18.45  **Boxercise** | 18.30 – 19.15  **Indoor Cycling** | 18.45-19.30  **Indoor Cycling** |  |  |
| 19.30 – 20.15  **Body Pump** | 18.00 – 18.45  **Indoor Cycling** | 19.00-19.45  **Aqua Fit** | 19.30-20.00  Stretch ‘n’ Roll |  |  |  |
| 18.30– 1930  **Body Balance** | 19.15-19.45  **Fat Burn** | 19.00-19..45  **Indoor cycling** | 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.