**CLASS DESCRIPTIONS**

**Kettlebells** - includes dynamic moves that target endurance, strength, balance and cardio endurance - and you only need one piece of equipment!

**Boxercise -** Boxercise is based on the training concepts boxers typically use to keep fit, which includes boxing movements, typically in a circuit, and other types of workouts.

**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. ***COMING SOON***

**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.

**Learn 2 lift** – 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.

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

**HIIT** – a complete workout that combines both aerobic and strength training. It can help to decrease body fat and increase strength and endurance.

**Stretch & relax** - and works on your flexibility and core strength. This class stretches out your entire body, leaving you relaxed and feeling refreshed.



**Lossiemouth Sports & Community Centre**

**Fitness Room & Classes Programme**

**Starts from 29th May 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 –** [**lossiemouth.cc@moray.gov.uk**](mailto:lossiemouth.cc@moray.gov.uk)

**www.moray.gov.uk/leis**

**Fitness Room Timetable**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **9 – 10.30**  **12.20 – 2**  **3.40 – 4.30**  **5.30 - 8.45** | **6.45 am – 8 am**  **11.30 – 7.30** | **9 – 10.40**  **1.10 – 7.30** | **6.45 am – 8 am**  **10.30 – 8.45** | **10.30 - 7.30** | **9 – 1.45** | **10 – 1.45** |

**Fitness Class Timetable**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | 6.45**am** – 7.15**am**  **Indoor cycle**  **Gym hall** |  | 6.45**am** – 7.15**am**  **Indoor cycling**  **Gym hall** |  | 9 – 9.30  **Indoor cycle**  **Gym hall** | 10.15 – 10.45  **Gym Inductions (every 3 weeks)**  **Booking essential** |
|  |  |  | 9.30 – 10.30  **Active 40+**  **Fitness room** |  | 9.35 – 10.05  **Indoor cycle**  **Gym hall** | 10 – 1.30  **Badminton**  **Games Hall** |
|  |  |  | 10 – 10.45  **Aqua Aerobics**  **Pool** |  | 1130 – 1.45  **Badminton**  **Games hall** |  |
| 6 - 7  **Barbell conditioning Games hall** | 5.10 - 5.40  **Indoor cycle**  **Gym hall** | 5.15 – 5.45  **Indoor cycle**  **Gym hall** | 5 – 5.30  **Indoor cycle**  **Gym hall** |  |  |  |
| 7.15 – 7.45  **Indoor cycle**  **Gym Hall** | 5.45 – 6.15  **Indoor cycle**  **Gym hall** | 5.20 – 5.50  **Metafit**  **Studio** |  | 6.15 – 7 **Zumba**  **Gym hall** |  |  |
| 6.15 – 7  **Pilates**  **Studio** | 6.30 – 7.15  **Circuits**  **Gym hall** | 6.10 – 6.55  **Boxercise**  **Games Hall** | 6 – 6.45  **Kettlebells**  **Games Hall** |  |  |  |
|  |  | 6.15 - 7  **Zumba**  **Gym Hall** | 7 – 7.30  **HIIT**  **Games Hall** |  |  |  |
|  | 7.30 – 8.30  **Learn 2 lift**  **Fitness room** | 7.30 – 8.30  **Physical Activity for Health**  **(referral essential)**  **Fitness room** | 7.30 – 8  **Stretch & Relax**  **Games Hall** | 7.45 – 8.45  **Active 40+**  **Fitness room** |  |  |

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