

Online Bookable Forres Fitness & Activity Classes

Forres Community Centre

Monday

Indoor Cycling	9.15am – 10.00am
Indoor Cycling	6.00pm – 6.45pm
Indoor Cycling	7.15pm – 8.00pm
Body Balance	9.30am – 10.30am

Wednesday

Indoor Cycling	5.30pm – 6.15pm
Indoor Cycling	6.30pm – 7.15pm
Fit Step	9.30am – 10.30am

Friday

Body Blitz	9.30am – 10.30am
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Saturday

Indoor Cycling	9.00am – 9.45am
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Tuesday

Indoor Cycling	9.15am – 10.00am
Indoor Cycling	6.00pm – 6.45pm
Kettlebells	6.00pm – 6.45pm
Indoor Cycling	7.00pm – 7.45pm

Thursday

Indoor Cycling	9.15am – 10.00am
Indoor Cycling	10.15am – 11.00am
Body Balance	1.00pm – 2.00pm
Indoor Cycling	6.00pm – 6.45pm
Indoor Cycling	7.00pm – 7.45pm

Applegrove Primary School

(Bookable online at Forres Swimming Pool)

Monday

Strength & Conditioning Circuits	6.15pm – 7.00pm
Body Balance	7.00pm – 7.45pm

Thursday

Boxercise	6.15pm – 7.00pm
One More Rep	7.00pm – 7.45pm
Body Balance	8.00pm – 8.45pm

Forres Swimming Pool

Wednesday

Aqua Aerobics	10.30am – 11.00am
Adult Swimming Lessons	11.00am – 11.30am
Aqua Aerobics	7.00pm – 7.30pm

Friday

Junior Gym Inductions	1:30pm
Adult Swim Lessons	7.15pm – 7.45pm

Bookings can be made:

Fit Life Members:

On-line at www.moray.gov.uk/leisure

- By telephone to Reception Swimming Pool 01309 672984 / Community Centre 01309 672838
- In person at Reception at both sites

Pay-as-you-go customers:

- On-line at www.moray.gov.uk/leisure
- In person at Reception in advance of booking – payment to be made at time of booking



FORRES SWIMMING POOL & FITNESS CENTRE

Public Swimming & Activities Programme

Timetable

**Wednesday 15th November -
Friday 22nd December 2023**

Telephone - 01309 672984

E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable –Wednesday 15th November – Friday 22nd December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am – 10.30am Public Swimming (2 Lanes)	6.45am – 7.30am Adults/Teenagers only (4 Lanes)	9.00am – 9.40am Adult/Teenagers Only (4 Lanes)	School Use	6.45am – 7.30am Adults/ Teenagers only/ shared with Club (2 Lanes)	7.45am – 8.45am Adults / Teenagers only / shared with Club (2 Lanes)
School use	7.30 – 8.15 Adults/Teenagers only (4 Lanes)	10.30 – 11.00 Aqua Aerobics	School Use	7.30 – 8.15 Adults/Teenagers only (2 Lanes)	10.30 – 12.30 Public Swimming With Fun Session
School Use	10.30am – 11.30am Public Swimming (2 Lanes)	11.00 – 11.30 Adult Swimming Lesson	School Use	9.30am – 10.30am Public Swimming (2 Lanes)	Sunday
1.10 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.10 – 2.00 Adult/Teenagers Only (4 Lanes)	1.10 – 2.00 Adult/Teenagers Only (4 Lanes)	9.00am – 9.45am Adults / Teenagers only with lanes (4)
2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public swimming (2 Lanes)	9.45 – 10.30 Adults / Teenagers only with lanes (4)
5.15 – 6.15 Adults/Teenagers only (2 Lanes with no music)	6.15 – 7.00 Public Swimming (2 Lanes)	6.15 – 7.00 Public Swimming (No Lanes)		6.15 – 7.15 Public Swimming with Fun Session	
6.30 – 7.30 Public Swimming with Fun Session	7.00 – 8.00 Adult / Teenagers only (4 Lanes)	7.00 – 7.30 Aqua Aerobics	7.00 – 7.45 Public Swimming / Staff Training lane	7.15 – 7.45 Adult Swimming Lessons	10.30 – 12.30 Public Swimming with Fun Session
7.30 – 8.45 Adult/Teenagers Only (4 Lanes)	8.00 – 8.45 Adults/Teenagers only/ shared with Club (2 Lanes)	7.45 – 8.45 Adult/Teenagers Only (4 Lanes)	7.45 – 8.45 Adult/Teenagers only/ shared with Club (2 Lanes)	7.45 – 8.45 Adult /Teenagers only Swim lanes (2)	12.30 – 1.30 Adults/Teenagers only (4 Lanes)

Adults/Teenagers only sessions – Adult cost applies or entry with Fit Life.

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Admission Policy for Young Children applies at all times in the building. Please speak to a member of staff or take a leaflet which explains this in detail.

Steam Room/Sauna open during all Public/Adult/Teenager Sessions. No Under 8's allowed and 8-15 years need to be with a Adult

Fitness Room Timetable – Wednesday 15th November – Friday 22nd December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am – 9.00pm Open Sessions	7.00am – 09.30am 11.30pm - 9.00pm Open Sessions	09.35am - 10.40am 1.10pm – 2.00pm 3.40pm - 9.00pm Open Sessions	7.00am – 11.30am 12.20pm - 9.00pm Open Sessions	7.00am – 9.00pm Open Sessions	8.00am – 3.00pm Open Session	9.00am – 4.00pm Open Session

Functional Room available during opening hours half an hour slots available to book - 3 people at a time only.

Please go to <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a space.

Music Playing – please note that suitable and appropriate music is played at all of the Public Sessions.

Expires 22.12.2023