



Forres House Community Centre Programme Oct - Dec 2023

Email: forres.house@moray.gov.uk

Tel: 01309 672838

Normal opening times*:

Monday – Friday 9:00am – 10:00pm

Saturday 9:00am – 3:00pm

*Please note that class times may vary due to School and Public Holidays

For Active Schools information please visit

www.sportsinmoray.co.uk

Online bookings

please visit www.moray.gov.uk/leisure

For information on 'FitLife' Membership please visit

www.moray.gov.uk/leisure

Day	Start		Finish	Class	Contact
Mon – Fri	9.00am	-	10.00pm	Public Badminton & Basketball*	Booking essential:01309 672838 Free to Fit Life
Monday	9.15am	-	10.00am	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
	9.30am	-	10.30am	Body Balance* - with Laura	Online booking or pay on booking at reception
	10.00am	-	10.30am	Over 60's Badminton	Angela Bell 07825 581738
	10.30am	-	12.30pm	PEEPS – Baby Group	Sharon – Forres Health Centre
	12.30pm	-	2.30pm	PEEPS – Toddler Group	Sharon – Forres Health Centre
	11.30am	-	12.30am	Senior Tai Chi 13 th November – 4 th Dec	Entry by donation
	2.00pm	-	3.00pm	Boxercise* - with Laura	Online booking or pay on booking at reception
	3.30pm	-	5.45pm	Highland Youth Theatre	Gillian Murdoch 07729 858445
	3.30pm	-	9.30pm	Forres Girls FC	Graeme.sutherland@scottishfa.co.uk / 07809551983
	6.00pm	-	6.45pm	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
	6.00pm	-	6.45pm	Kettlebells* - with Debbie	Online booking or pay on booking at reception
	6.45pm	-	7.15pm	Abs exercise class – with Debbie	Online booking or pay on booking at reception
	7.00pm	-	8.00pm	Chan Quan Shu Tai Chi / Kung Fu	Archie 07799 064964
	7.15pm	-	8.00pm	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception
Tuesday	9.00am	-	10.00am	Little Yogi Bears	Lauren – 07948 483387
	9.15am	-	10.00am	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
	10.00am	-	11.00am	Baby Massage	Sharon – Forres Health Centre
	10.00am	-	11.00am	Flexercise	Jenny Bichan – 07768274683
	11.00am	-	1.00pm	Quilters	Maureen 01309 675962
	11.30am	-	12.30am	Senior Tai Chi 14 th Nov-28 th Nov	Entry by donation
	11.30am	-	1.30pm	Little Yogi Bears	Lauren Savage 07948 483387
	2.00pm	-	3.00pm	Swinging Seniors Exercise Class	Pam Watson 01309 672971
	3.15pm	-	5.15pm	Dance North	Ruth Kent 01309 691661
	6.00pm	-	6.45pm	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
	6.00pm	-	6.45pm	Kettlebell Combat* – with Jill	Online booking or pay on booking at reception

	7.00pm	-	7.45pm	Indoor Cycle Class* – with Mandy	Online booking or pay on booking at reception
	8.00pm,	-	10.00pm	Forres Indoor Bowling	Online booking or pay on booking at reception
Wednesday	9.00am	-	11.30am	Little Fish	Contact Rachele 07833053395
	9.30am	-	10.15am	Fitsteps* with Zara	Online Booking or pay on booking at reception
	10.00am	-	12.00pm	Self Help Art Group	Contact Reception for information
	11.30am	-	12.30am	Senior Tai Chi 1 st Nov – 6 th Dec	Entry by donation
	2.30pm	-	3.30pm	Margaret Morris Movement	Jane – 01309 696338
	4.30pm	-	7.30pm	Sansum Martial Arts	Contact Theo 0777 5918079
	5.00pm	-	7.00pm	Badminton Moray	Angela Bell 07825 581738
	5.30pm	-	6.15pm	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception
	6.30pm	-	7.15pm	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception
	6.30pm	-	9.30pm	Forres Girls FC	Contact forresgirlsfootballclub@gmail.com
	7.00pm	-	9.00pm	Forwards Writing Group	Contact Library for details
	7.30pm	-	9.00pm	DKMA Tang Soo Do	Dominique Sutherland 07783418215
Thursday	9.15am	-	10.00am	Indoor Cycling Class* - with Robert	Online booking or pay on booking at reception
	9.30am	-	11.00am	Sassy Seniors	Helen Teasdale 07969 563830
	10.00am	-	11.00am	Golden Girls Badminton*	Current Entry Fee / Fit Life Card
	10.15am	-	11.00am	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
	10.00am	-	12noon	Indoor Bowling – Seniors social activity group	Anne McIntosh 07934415961
	11.30am	-	12.30pm	Senior Tai Chi for 4 weeks	Entry by donation
	1.00pm	-	2.00pm	Body Balance* - with Laura	Online booking or pay on booking at reception
	3.30pm	-	5.30pm	Moray Dance	Rosalyn Wie 07917 533516
	6.00pm	-	6.45pm	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
	6.00pm	-	7.00pm	Circuit Exercise Class – with Debbie	Online booking or pay on booking at reception
	7.00pm	-	7-45pm	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
	7.00pm	-	7.30pm	Abs Exercise Class* - with Debbie	Online booking or pay on booking at reception
	7.00pm	-	8.00pm	Ladies Netball	Contact reception or group on the night
	7.30pm	-	8.00pm	Kettlebells – with Debbie	Online booking or pay on booking at reception

	8.00pm	-	10.00pm	Kinloss Badminton Club	Contact reception or group on the night
Friday	9.30am	-	10.30am	Body Blitz* with Zara	Current Entry Fee / Fit Life Card
	9.30am	-	11.30am	Hotshots Badminton Group*	Current Entry Fee / Fit Life Card
	9.30am	-	1.30pm	Little Yogi Bears	Lauren 07948 483387
	11.30am	-	12.30am	Senior Tai Chi 3 rd Nov- 8 th Dec	Entry by donation
	2.15pm	-	3.15pm	Over 50's Walking Football*	Call 01343 563374
	3.15pm	-	6.15pm	Roots Gymnastics Academy	Rosie Strachan 07444099801
Friday	4.30pm	-	6.00pm	Primary Badminton Club Starts 27 th October	Moray Badminton 07825 581738
	6.00pm	-	8.00pm	Secondary Badminton Club Starts 27 th October	Moray Badminton 07825 581738
	6.15pm	-	9.00pm	DKMA Tang Soo Do	Dominique Sutherland 07783418215
Saturday	9.00am	-	9.45am	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
	9.15am	-	10.30am	Forres Pre-Kickers starts 28 th October	Kim McGowan 07988464121
	12.30pm	-	3.00pm	Forres Archery starts 28 th October	forresarchersbooking@outlook.com/Facebook
Sunday	9.00am	-	2.00pm	Badminton Moray	Angela Bell 07825 581738

***included in Fit Life Membership**

Indoor Cycling	Cycle to the beat of the music with standing and seated exercise
Metafit	High intensity interval training. Cardio and strength workout
Kettlebells	A workout with kettlebells for cardio and strength training
Abs class	Strengthening of the core area
Circuits	A consecutive series of timed exercises
Body blitz	Time exercise concentrating on every area of the body. All abilities welcome
Body Balance	A calming class with moves from Yoga, Tai Chi and Pilates to build whole-body strength, centre your chi and relieve stress. All abilities welcome
Boxercise	A system of sustained exercises combining boxing movements with aerobic activities.