

Fit Life Fitness & Activity Classes

All classes bookable online

PLEASE BOOK ALL CLASSES AS THESE ARE SUBJECT TO CHANGE DUE TO STAFF HOLIDAYS

Forres Community Centre

Monday

Indoor Cycling 9.15am – 10.00am
Stretch, Core & Stability 9.30am – 10.30am
Boxercise 2.00pm – 3.00pm
Indoor Cycling 6.00pm – 6.45pm
Kettlebells 6.00pm – 6.45pm
Abs 6.45pm – 7.15pm
Indoor Cycling 7.15pm – 8.00pm

Wednesday

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

Friday

Body Blitz 9.30am – 10.30am

Saturday

Indoor Cycling 9.00am – 9.45am

Tuesday

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

Thursday

Indoor Cycling 9.15am – 10.00am
Indoor Cycling 10.15am – 11.00am
Stretch, Core & Stability 1.00pm – 2.00pm
Indoor Cycling 6.00pm – 6.45pm
Circuits 6.00pm – 7.00pm
Indoor Cycling 7.00pm – 7.45pm
Abs 7.00pm – 7.30pm
Kettlebells 7.30pm – 8.00pm

Forres Swimming Pool

Monday

Adult Gym Inductions (16+) 11.30am
Strength & Conditioning 6.00pm – 6.45pm
Stretch, Core & Stability 7.00pm – 7.45pm

Wednesday

Aqua Fit 10.15am – 10.45am
Adult Swimming Lessons 10.45am – 11.15am
Aqua Fit 7.00pm – 7.30pm

Friday

Junior Gym Induction (Age 12 - 15) 1:30pm
Adult Swimming Lessons 7.15pm – 7.45pm

Badminton Hall

Hour slots are bookable at the following times:

Friday 6pm-8pm

Saturday 11am – 2pm

Sunday 9am - 2pm

To avoid double bookings of Badminton please book both players in to the same hourly slot.



FORRES SWIMMING POOL & FITNESS CENTRE

Public Swimming & Activities Programme

Easter Timetable

Monday 1st April – Sunday 14th April 2024

Telephone - 01309 672984

E-mail - sportandleisure@moray.gov.uk

forres.pool@moray.gov.uk

www.moray.gov.uk

All bookable activities available online -

Fit Life Members:

On-line at www.moray.gov.uk/leisure
By telephone to Reception 01309 672984
In person at Reception

Pay-as-you-go customers:

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

Swimming Pool Timetable – Monday 1st April – Sunday 14th April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 8.15am Adults / Teenagers only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	6.45am – 8.15am Adults / Teenagers Only Shared with Club (2 Lanes)	7.45am – 8.45am Adults / Teenagers only shared with Club (2 Lanes)
10.30 – 11.30 Public Swimming (2 Lanes)	10.30 – 11.30 Public Swimming (2 Lanes)	10.15 – 10.45 Aqua Aerobics	10.30 – 11.30 Public Swimming (2 Lanes)	10.30 – 11.30 Public Swimming (2 Lanes)	10.30 – 12.30 Public Swimming With Fun Session
11.30 – 12.30 Public Swimming/ Fun Session	11.30 – 12.30 Public Swimming/ Fun Session	11.30 – 12.30 Public Swimming/ Fun Session	11.30 – 12.30 Public Swimming/ Fun Session	11.30 – 12.30 Public Swimming / Fun Session	Sunday 9.00am – 9.45am Adults / Teenagers Only (4 Lanes) 9.45 – 10.30 Adults / Teenagers Only (4 Lanes) 10.30 – 12.30 Public Swimming with Fun Session 12.30 – 1.30 Adults / Teenagers Only (4 Lanes)
1.00 – 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)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	
2.00 – 3.00 Public Swimming/ Fun Session	2.00 – 3.00 Public Swimming/ Fun Session	2.00 – 3.00 Public Swimming/ Fun Session	2.00 – 3.00 Public Swimming/ Fun Session	2.00 – 3.00 Public Swimming / Fun Session	
5.15 – 6.15 Adults / Teenagers only	6.15 – 7.00 Public Swimming (2 Lanes)	6.15 – 7.00 Public Swimming (No Lanes)	7.00 – 7.45 Public Swimming / Staff Training Lane	6.15 – 7.15 Public Swimming with Fun Session	
6.15 – 7.15 Public Swimming with Fun Session	7.00 – 8.00 Adult / Teenagers only (4 Lanes)	7.45 – 8.45 Adults / Teenagers Only (4 Lanes)	7.45 – 8.45 Adults / Teenagers only - Shared with Club (2 Lanes)	7.45 – 8.45 Adults / Teenagers only (2 Lanes)	
7.15 – 8.45 Adults / Teenagers Only (4 Lanes)	8.00 - 8.45 Adults / Teenagers only Shared with Club (2 Lanes)	7.00 – 7.30 Aqua Aerobics			

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 – Monday 1st April – 14th April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am – 9.00pm Open Sessions	7.00am – 9.00pm Open Sessions	9.00am - 9.00pm Open Sessions	7.00am - 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 all day during opening hours every half an hour for 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 – 14.04.2024