

## SHAND CENTRE, DUFFTOWN FITNESS-ROOM TIMETABLE

### Volunteer Led Spinning Sessions

As of Monday 1<sup>st</sup> June 2024  
Monday: 9.30 – 10.00  
Monday: 10.15 – 10.45  
Thursday: 18.00 – 18.30

### Fitness Room: Open Sessions

Tuesday: 17.30 – 19.30  
Wednesday: 16.30 – 19.30  
Thursday: 18.45 – 20.45  
Friday: 17.30 – 20.30

**Please Note:** This timetable may be subject to change at short notice.

## SHAND CENTRE, DUFFTOWN FITNESS-ROOM TIMETABLE

1<sup>st</sup> May 2024 – 30<sup>th</sup> August  
2024

### **Additional information**

**Open sessions** are only for adult and junior users who have completed an induction. We may check that you are on our register.

**Inductions:** £25.00. An induction is for the use of the gym equipment and can be done during the “Instructor Led Open Sessions” where stated. These must be booked in advance. Price included with **Fit-life Membership Card**. To book a session or an induction, please phone the gym directly **ONLY** within the sessions marked “**Instructor Led Open Session**”. There will not be a member of staff available to answer your call out with these sessions. Telephone number **01340**

**821646**

**Cost:** £6.40 per open gym session. (Concessions rates available and these apply to the gym sessions only)  
All Activity Sessions: £6.40 (Spin & Pilates)

**Fit-Life Membership:** cards must be shown prior to use of the facilities or full price may be charged.

Cards are not transferable and any use other than by Cardholder will result in immediate cancellation of the card.

Fit Life Membership card, give access to all Fit Life Gyms in Moray:

### **Monthly:**

**Individual:** £24  
**Family (one adult):** £32  
**Family (two adult):** £34

**Booking sessions ahead:** You can book your spinning sessions up to 2 weeks ahead on the night you attend your session or by phone.

Spin sessions – are usually 30-minute sessions – the extra time is to allow them to be cleaned & put away before the next session starts.

**Cancellations:** Please contact the gym and leave a message on the answer phone if you are unable to attend a session. We are unable to return calls, but will pick up cancellation messages.

**Non Attendee;** During our busy times, it is important to let us know if you are unable to attend as another person may wish to take your place. Failure to turn up without cancelling on more than 3 occasions may result in you being not allowed to book any more sessions or you may be charged for the sessions not attended.

### **FITNESS ROOM “ACTIVITY CLASSES”**

#### **\* Indoor Spin Cycle Classes**

Monday: 9.30 – 10.00 and 10.15 – 10.45  
Thursdays: 18.00 – 18.30

Thank you all for participating in using the Shand Centre Gym  
We need you to keep using the gym for it to remain viable

**If you need to contact us please write to:**

**Stephen Hospital Management Group,**

**Stephen Hospital, Dufftown AB55 4FJ**

**Or email us at [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)**