



Fit-Class (Karen's Barbells in Hall)	Tuesday	5.30pm – 6.15pm
Fit-Class (Mixed Circuits in Hall)	(2 weeks Barbells then 2 weeks Circuits)	
Fit-Class (Circuits in Gym)	Thursday	6.00pm – 6.45pm
Fit-Class (Indoor Cycling)	Wednesday	6.00pm – 6.40pm
	Friday	6.30pm – 7.10pm
	Saturday	9.30am – 10.30am
Fit-Class (Aqua Fit Deep)	Monday	7.00pm – 7.45pm
Fit-Class (Aqua Fit Shallow)	Tuesday	7.00pm – 7.45pm
Fit-Class (Aqua Fit Gentle)	Wednesday	2.15pm – 2.45pm
Fit-Class (Aqua Fit Shallow)	Thursday	7.00pm – 7.45pm
Fitness Room Induction Adult & Junior	Wednesday	11.00am – 12.00am
	10 th July & 7 th August	

Keith Sports and Community Centre Pool – Fitness – Classes Timetable

Summer Holidays
Monday 1st July – Tuesday 13th August 2024

We also have:

- Fitness-room with a range of training equipment
- Strength and Conditioning Room with a range of training equipment – Max 6 users
- Sauna / Steam-room
- Sports Hall

Booking essential for circuits, indoor cycling & aqua fit at reception or
book online

Crash Courses	Monday – Friday	3.30pm – 5.00pm
Adult & Teenager Lessons	Friday	8.00pm – 8.45pm

Telephone 01542 882222
E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk
www.facebook.com/KeithSportsCC

Swimming Pool Timetable – Monday 1st July – Tuesday 13th August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 – 8.30 Adults/Teenagers		7.15 – 8.30 Adults/Teenagers		7.15 – 8.30 Adults/Teenagers	8.30 – 10.00 Adults / Teenagers	8.30 – 10.00 Adults / Teenagers
9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming Shared Use	9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming **	10.00 – 2.00 Public Swimming	10.00 – 2.00 Public Swimming
1.30 -2.30 Fun Session	1.30 -2.30 Fun Session	2.15 – 2.45 Fit-Class (Gentle Aqua Fit)	1.30 -2.30 Fun Session	1.30 -2.30 Fun Session	11.00 – 12.30 Family Fun Session with Stepping Stones	11.00 – 12.30 Family Fun Session
5.00 – 7.00 Public Swimming Shared use	5.00 – 7.00 Public Swimming	5.00 – 7.45 Public Swimming	5.00 – 7.00 Public Swimming	5.00 – 6.30 Public Swimming		
7.00 – 7.45 Fit-Class (Deep Aqua Fit)	7.00 – 7.45 Fit-Class (Shallow Aqua Fit)		7.00 – 7.45 Fit-Class (Shallow Aqua Fit)	6.30 – 7.45 Fun Session		
7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	8.00 – 8.45 Adults / Teenagers Lessons		

** Shared use with Nursery 5th July, 12th July, 2nd August & 10th August – shallow end roped off 11.15 – 11.45

Adult Teenager sessions are charged at Adult price or FITLIFE
 Access to Health Suite (sauna / steam room) open during public/adult & teenage swimming. Children 8 - 15 need to be accompanied by an adult and only during public swimming.
 Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Fitness Room Timetable – Monday 1st July – Tuesday 13th August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 11.00am 12.00pm – 9.00pm	9.00am – 5.45pm 6.45pm – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

Strength and Conditioning Room Timetable – Monday 1st July – Tuesday 13th August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

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

Expires – 13-8-24