

**Welcome To  
Your  
Forres House Community Centre  
Programme**

**July - September 2024**

Email: [forres.house@moray.gov.uk](mailto: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

Active Schools' information - [www.sportsinmoray.co.uk](http://www.sportsinmoray.co.uk)

Online bookings – [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)

For information on 'FitLife' Membership – [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)

# Forres House Community Centre

## Opening times:

Monday – Friday 9am to 10pm, Saturday 9am to 3pm

Public toilet – available during opening hours

Public showers – available during opening hours (free to 'FitLife' members, charge for non-members)

## Staff

Supervisor: Steven Hamilton

Receptionist/administration staff are available at the following times:

Monday and Tuesday 9am – 4.15pm

Wednesday and Thursday 9am – 5pm

Friday: 9am – 12.45pm Starting 12<sup>th</sup> July

Leisure Assistant (Caretaker) staff are available during opening hours (week day and weekends)

Please contact the Centre for details of prices and room available for hire.

## **Forres Library**

### Opening times:

Monday	10am - 5pm
Tuesday	10am - 8pm
Wednesday	10am - 5pm
Thursday	10am - 8pm
Friday	Closed
Saturday	10am - 12 noon

## **Forres Coffee House**

### Opening times:

Monday	9am - 5pm
Tuesday	9am - 5pm
Wednesday	9am - 5pm
Thursday	9am - 5pm
Friday	9am - 5pm
Saturday	9.30am - 2.30pm
Sunday:	Closed (except for advertised Sunday Lunch special events)

## Timetable – Mondays

9.00am	-	10.00pm	<b>Public Badminton &amp; Basketball</b>	Booking essential:01309 672838 Free to FitLife members
9.00am	-	5.00pm	Findhorn Bay Arts	See Poster for more information <b>16<sup>th</sup> September – 19<sup>th</sup> September</b>
9.15am	-	10.00am	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
9.15am	-	10.00am	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
9.30am	-	10.30am	Stretch, Core & Stability* - with Laura	Online booking or pay on booking at reception
10.00am	-	11.00am	Over 60's Badminton	Angela Bell 07825 581738
11.15am	-	12.30pm	PEEPS – Baby Group	Silvia – Forres Health Centre
12.00	-	3.00pm	<u>12pm – 1.30 pm</u> Primary 3, 4, 5 <u>1.30pm – 3pm</u> Primary 6 & 7 Secondary 1 & 2 Badminton Summer Camp	<u><a href="mailto:Moraybmintonforum1@gmail.com">Moraybmintonforum1@gmail.com</a></u> or Angela Bell 07825 581738 <b>22<sup>nd</sup> July – 25<sup>th</sup> July</b>
12.30pm	-	2.30pm	PEEPS – Toddler Group	Silvia – Forres Health Centre
1.30pm	-	2.30pm	Baby Bistro	Sharon – Forres Health Centre
1.30pm	-	6.00pm	Inflatable Fun Sessions	Mascot Madness Information on poster <b>5<sup>th</sup> August</b>
2.00pm	-	3.00pm	Boxercise* - with Laura	Online booking or pay on booking at reception
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
7.00pm	-	10.00pm	Forres Archery	forresarchersbooking@outlook.com/Facebook
7.15pm	-	8.00pm	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception

## Timetable – Tuesdays

9.00am	-	10.00pm	<b>Public Badminton &amp; Basketball</b>	Booking essential:01309 672838 Free to FitLife members
9.00am	-	10.00am	Little Yogi Bears	Lauren – 07948 483387
9.00am	-	3pm	EQ Sports	Under 12 Nerf Session <b>23<sup>rd</sup> July &amp; 6th August</b>
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
10.15am	-	11.00am	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
11.00am	-	1.00pm	Quilters	Maureen 01309 675962
11.30am	-	1.30pm	Little Yogi Bears	Lauren Savage 07948 483387
12.00	-	3.00pm	<u>12pm – 1.30 pm</u> Primary 3, 4, 5 <u>1.30pm – 3pm</u> Primary 6 & 7 Secondary 1 & 2 Badminton Summer Camp	<u>Moraybmintonforum1@gmail.com</u> or Angela Bell 07825 581738 <b>22<sup>nd</sup> July – 25<sup>th</sup> July</b>
2.00pm	-	3.00pm	Swinging Seniors Exercise Class	Pam Watson 01309 672971
6.00pm	-	6.45pm	Indoor Cycling Class* – with Mandy	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
6.00pm	-	7.00pm	Boxercise class – with Debbie	Online booking or pay on booking at reception
7.00pm	-	9.00pm	Forwards Writing Group	Contact Library for details

## Timetable – Wednesdays

9.00am	-	10.00pm	Public Badminton & Basketball	Booking essential:01309 672838 Free to FitLife members
9.00am	-	11.30am	Little Fish	Contact Rachel 07833053395
9.00 am	-	3.00pm	Roots Gymnastics	Summer School <b>10<sup>th</sup> July</b>
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

## Timetable – Wednesdays (continued)

12.00	-	3.00pm	<u>12pm – 1.30 pm</u> Primary 3, 4, 5 <u>1.30pm – 3pm</u> Primary 6 & 7 Secondary 1 & 2 Badminton Summer Camp	<a href="mailto:Moraybintonforum1@gmail.com">Moraybintonforum1@gmail.com</a> or Angela Bell 07825 581738 <b>22<sup>nd</sup> July – 25<sup>th</sup> July</b>
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
7.30pm	-	9.00pm	DKMA Tang Soo Do	Dominique Sutherland 07783418215 (Closed 23.07 – 09.08)

## Timetable – Thursdays

9.00am	-	10.00pm	<b>Public Badminton &amp; Basketball</b>	Booking essential:01309 672838 Free to FitLife members
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
12.00	-	3.00pm	<u>12pm – 1.30 pm</u> Primary 3, 4, 5 <u>1.30pm – 3pm</u> Primary 6 & 7 Secondary 1 & 2 Badminton Summer Camp	<a href="mailto:Moraybintonforum1@gmail.com">Moraybintonforum1@gmail.com</a> or Angela Bell 07825 581738 <b>22<sup>nd</sup> July – 25<sup>th</sup> July</b>
1.00pm	-	2.00pm	Stretch, Core & Stability* - with Laura	Online booking or pay on booking at reception

## Timetable – Thursday (continued)

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	Forres Indoor Bowling	Online booking or pay on booking at reception
8.00pm	-	10.00pm	Kinloss Badminton Club	Contact reception or group on the night

## Timetable – Fridays

9.00am	-	10.00pm	<b>Public Badminton &amp; Basketball</b>	Booking essential:01309 672838 Free to FitLife members
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
2.15pm	-	3.15pm	Over 50's Walking Football*	Call 01343 563374
3.15pm	-	6.15pm	Roots Gymnastics Academy	Rosie Strachan 07444099801
6.15pm	-	9.00pm	DKMA Tang Soo Do	Dominique Sutherland 07783418215
7.00pm	-	10.00pm	Volleyball*	Current Entry Fee / Fit Life Card 5 <sup>th</sup> July – 9 <sup>th</sup> August

## Timetable – Saturdays

9.00am	-	3.00pm	<b>Public Badminton &amp; Basketball</b>	Booking essential:01309 672838 Free to FitLife members
9.00am	-	9.45am	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception

**\*included in Fit Life Membership**

## Timetable – Sundays

9.00am	-	2.00pm	Badminton Moray	Not every week – contact Angela Bell 07825 581738
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## Class Descriptions

<b>Indoor Cycling</b>	Cycle to the beat of the music with standing and seated exercise	<b>Metafit</b>	High intensity interval training. Cardio and strength workout
<b>Kettlebells</b>	A workout with kettlebells for cardio and strength training	<b>Abs class</b>	Strengthening of the core area
<b>Circuits</b>	A consecutive series of timed exercises	<b>Body blitz</b>	Time exercise concentrating on every area of the body. All abilities welcome
<b>Stretch, Core &amp; Stability</b>	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	<b>Boxercise</b>	A system of sustained exercises combining boxing movements with aerobic activities.



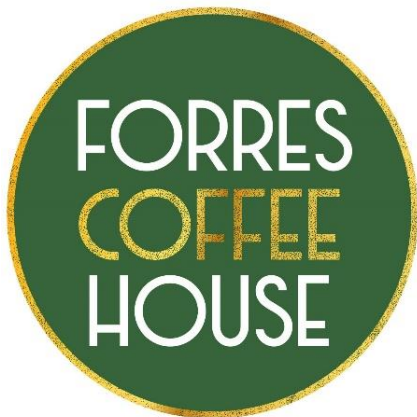
### Blood Donor Sessions

The next blood donor session at Forres House Community Centre are:  
27<sup>th</sup> August 2024

Blood donation across Scotland is by appointment only.

Appointments are bookable from six weeks prior to the session date by calling 0345 90 90 999, or through your online donor account.

<https://www.scotblood.co.uk/news/booking-your-appointment-to-give-blood/>



Open Mon-Fri 9-5 Sat 9.30-2.30

## **Tea & Coffees**

From £2.50

## **Breakfast Bagels**

Served daily 9.30-12

## **Home-made Bagels**

Served til 3pm (Vegan and Veggie options available)

From £7.50

## **Home-made Burgers**

Served 12-2 (Vegan and Veggie options available)

From 7.50

## **Soup**

Please ask about today's homemade soup

Served with homemade bread roll £5.95\*Or Cheese Scone + £1.50

## **Ice Cream**

Please ask us about today's flavours

Contact 07727 207090 or [forrescoffeehouse@gmail.com](mailto:forrescoffeehouse@gmail.com)