

# Fit Life Fitness & Activity Classes

All classes bookable online

## Forres Community Centre (01309 672838)

### Monday

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

### Tuesday

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

### Wednesday

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

### Thursday

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

### Friday

Body Blitz 9.30am – 10.30am

### Saturday

Indoor Cycling 9.00am – 9.45am

## Forres Swimming Pool

### Monday

Adult Gym Inductions (16+) 11.30am  
Kettlebells 5.45pm – 6.30pm  
Circuits 6.00pm – 6.45pm  
Metafit 6.45pm – 7.15pm  
Stretch, Core & Stability 7.00pm – 7.45pm  
Abs 7.15pm – 8.00pm

### Tuesday

Boxercise 6.00pm – 7.00pm

### Wednesday

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

### Thursday

Circuits 6.00pm – 7.00pm  
Boxercise 6.15pm – 7.00pm  
Adult Swimming Lesson 6.30pm – 7.00pm  
Abs 7.00pm – 7.30pm  
One More Rep 7.15pm – 8.00pm  
Triple Shot 7.30pm – 8.00pm  
Stretch/Core 8.15pm – 9.00pm

### Friday

Junior Gym Induction (Age 12 - 15) 1:30pm

## 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

# Timetable

Monday 21<sup>st</sup> October – Monday 23<sup>rd</sup> December 2024

Telephone - 01309 672984

E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)

[forres.pool@moray.gov.uk](mailto:forres.pool@moray.gov.uk)

[www.moray.gov.uk](http://www.moray.gov.uk)

All activities bookable -

Fit Life Members:

On-line at [www.moray.gov.uk/leisure](http://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](http://www.moray.gov.uk/leisure)

In person at Reception

payment to be made at time of booking

**Swimming Pool Timetable – Monday 21<sup>st</sup> October – Monday 23<sup>rd</sup> December 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am – 10.30am Adults / Teenagers Only (4 Lanes)	6.45am – 7.30am Adults / Teenagers only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes)	9.00am – 10.00am Adults / Teenagers Only (4 Lanes) <b>Closed 21<sup>st</sup> November only</b>	6.45am – 7.30am Adults / Teenagers Only Shared with Club (2 Lanes)	7.45am – 8.45am Adults / Teenagers only shared with Club (2 Lanes)
School Use	7.30 – 8.15 Adults / Teenagers only (4 Lanes)	10.15 – 10.45 Aqua Aerobics	School Use	7.30 – 8.15 Adults/Teenagers Only Shared with Club (2 Lanes)	10.30 – 12.30 Public Swimming With Fun Session
School Use	9.30 – 10.30 Public Swimming (2 Lanes)	10.45 – 11.15 Adult Swimming Lesson	School Use	10.30 – 11.30 Public Swimming (2 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) <b>Closed 21<sup>st</sup> November only</b>	1.00 – 2.00 Adult/Teenagers Only (4 Lanes)	<b>Sunday</b>
2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes)	2.00 – 3.00 Public Swimming (2 Lanes) <b>Closed 21<sup>st</sup> November only</b>	2.00 – 3.00 Public swimming (2 Lanes)	9.00am – 9.45am Adults / Teenagers Only (4 Lanes)
5.15 – 6.15 Adults / Teenagers only Shared with Club (2 Lanes)	6.15 – 7.00 Public Swimming (2 Lanes)	6.15 – 7.00 Public Swimming (No Lanes)	6.30 – 7.00 Adult Swimming Lessons	6.15 – 7.15 Public Swimming with Fun Session	9.45 – 10.30 Adults / Teenagers Only (4 Lanes)
6.15 – 7.15 Public Swimming with Fun Session	7.00 – 8.00 Adult / Teenagers only (4 Lanes)	7.00 – 7.30 Aqua Aerobics	7.00 – 7.45 Public Swimming / Staff Training Lane	7.45 – 8.45 Adults / Teenagers only (2 Lanes)	10.30 – 12.30 Public Swimming with Fun Session
7.15 – 8.45 Adults / Teenagers Only (4 Lanes)	8.00 – 8.45 Adults / Teenagers only (4 Lanes)	7.30 – 8.45 Adults / Teenagers Only (4 Lanes)	7.45 – 8.45 Adults / Teenagers only - Shared with Club (2 Lanes)		12.30 – 1.30 Adults / Teenagers Only (4 Lanes)

**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 21<sup>st</sup> October – Monday 23<sup>rd</sup> December 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Unavailable due to school use 10.40 – 11.30 <b>*12.20 – 1.30</b> <b>(*up till 22 Nov)</b> Open 7.00am – 9.00pm	Unavailable due to school use 11.30 – 12.20  Open 7.00am – 9.00pm	Unavailable due to school use 8.45 – 9.35 <b>*11.30 – 12.20</b> <b>(*Up till 22.Nov)</b> Open 9.35am – 9.00pm	Unavailable due to school use <b>*12.20 – 1.10</b> <b>*2.00 – 2.50</b> 2.50 – 3.40 <b>(*Up till 22 Nov)</b> Open 7.00am – 9.00pm	Unavailable due to school use <b>*11.30 – 12.20</b> <b>(*Up till 22 Nov)</b> Open 7.00am – 9.00pm	8.00am – 3.00pm	9.00am – 4.00pm

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/Adult/Fun Sessions.

Expires – 23.12.2024