



## **Milnes Fitness Suite Timetable** **(with effect from Monday 21<sup>st</sup> October - 23<sup>rd</sup> December 2024)**

|                  |   |
|------------------|---|
| <b>Monday</b>    | <b>4.00pm - 9.00pm Open Session</b><br><b>6.00pm - 6.45pm Indoor cycling</b>                            |
| <b>Tuesday</b>   | <b>4.00pm - 9.00pm Open Session</b><br><b>5.30pm - 6.00pm Metafit</b><br><b>6.15pm - 7.00pm Pilates</b> |
| <b>Wednesday</b> | <b>4.00pm - 9.00pm Open Session</b><br><b>6.00pm - 6.45pm Indoor Cycling</b>                            |
| <b>Thursday</b>  | <b>4.00pm - 9.00pm Open Session</b>   |
| <b>Friday</b>    | <b>5.00pm - 9.00pm Open Session</b><br><b>5.00pm - 5.30pm Kettle Bells</b>                              |
| <b>Saturday</b>  | <b>930am - 1.00pm Open session</b>  |

**All classes and sessions are free with a FitLife card.**

**Note 1:** “Open Sessions” - Users must have completed an induction or self-induction.

**Note 2:** This timetable may be subject to change at short notice.

**Please see over for additional information**



# Exercise Classes

**Indoor Cycling Class** - Using a stationary bike, indoor cycling classes can increase energy, cardio-vascular fitness and lower body strength, as well as burning between 400-500 kcal in 45 minutes. Booking is essential as spaces are limited to 5 per class.

**Please Note:** Teenagers aged 13 – 15 are welcome to attend these classes for health, fitness and wellbeing. Adult cost applies or entry with Fit-Life membership.

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**Inductions:** Please contact the facility to arrange an induction or self-induction for use of the Fitness Suite. User induction courses are free for FitLife members.

**Bookings** for classes and use of the fitness suite can be made:

- On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)
- By telephone to Reception 01343 821434
- In person at Reception

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Details and further information on any of the facilities and activities from:

**Steven Hamilton**

Sport & Leisure Supervisor

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