

Exercise Classes

<i>Fit Class Boxercise NEW</i>	Monday	6.15pm – 6.45pm
Fit Class Barbell 2 weeks Fit Class Circuits 2 weeks	Tuesday (Hall)	5.30pm – 6.15pm
Fit Class Circuit (Fitness Room)	Thursday	6.00pm – 6.45pm
Fit Class Indoor Cycling (Sports Hall)	Wednesday Friday Saturday	6.00pm – 6.40pm 6.30pm – 7.10pm 9.30am – 10.30am
Fit Class Aqua Fit	Monday – Deep Tuesday – Shallow Wednesday – Gentle Thursday – Shallow	7.00pm – 7.45pm 7.00pm – 7.45pm 2.15pm – 2.45pm 7.00pm – 7.45pm
Fitness Room Familiarisation/Induction	Thursday	11.00am – 12.00noon
Exercise Referral	Wednesday	11.00am – 12.00noon

Booking essential for Circuits, Indoor Cycling, Aqua Fit and Fitness Room Familiarisation/Induction at reception or book online and all included with your FITLIFE card

<https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx>

Parent & Child Class	Thursday	1.30pm – 2.00pm
JUNIOR Swimming Lessons	Monday – Friday Saturday	3.30pm – 5.00pm 10.00am – 11.30am
ADULT/TEENAGER Lessons (8 week Block Booking)	Friday	8.00pm – 8.45pm



Keith Sports and Community Centre Pool – Fitness – Classes Timetable

Monday 21st October – Monday 23rd December 2024

We also have:

- Fitness-room with a range of training equipment
- Strength & Conditioning Room with a range of training equipment No Booking Required - Max 6 users
- Sauna / Steam-room
- Sports Hall for Badminton & Football

Telephone 01542 882222

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk
www.facebook.com/KeithSportsCC

Swimming Timetable – Monday 21st October – Monday 23rd December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 – 8.30 Adults/Teenagers Swimming		7.15 – 8.30 Adults/Teenagers Swimming	9.00 – 10.00 Adults/Teenagers Swimming	7.15 – 8.30 Adults/Teenagers Swimming	8.30 – 10.00 Adults / Teenagers Swimming	8.30 – 10.00 Adults / Teenagers Swimming
1.10 – 3.00 Public Swimming	12.15 – 3.00 Public Swimming	12.00 – 3.00 Public Swimming Shared Use 2.15 – 2.45 Fit Class Gentle Aqua Fit	12.00 – 3.00 Public Swimming Including Parent & Child Class 1.30 - 2.00 (Shallow end roped off)	12.00 – 3.00 Public Swimming	11.30 – 2.00 Public Swimming 11.30 – 12.30 Family Fun Session with Stepping Stones	10.00 – 2.00 Public Swimming 11.30 – 12.30 Family Fun Session
5.00 – 7.00 Public Swimming 7.00 – 7.45 Fit Class Aqua Fit Shared use Public -2 Lanes	5.00 – 7.00 Public Swimming 7.00 – 7.45 Fit Class Aqua Fit	5.00 – 7.45 Public Swimming Shared Use 1 lane Staff Training 7-8	5.00 – 7.00 Public Swimming 7.00 – 7.45 Fit Class Aqua Fit	5.00 – 6.30 Public Swimming 6.30 – 7.45 Fun Session		
7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	8.00 – 8.45 Adults / Teenagers Lessons Booking required		

Adult Teenager sessions are charged at Adult price or FITLIFE

Access to Health Suite during public/adult & teenage swimming or via back door Mon – Fri mornings. 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 21st October – Monday 23rd December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am - 9.00pm	9.00am – 9.00pm	7.15am – 11.00am Exercise Referral 11.00am – 12.00 noon 12.00 noon – 9.00pm	9.00am – 5.45pm including Familiarisation/Induction 11.00am – 12.00noon booking req'd 6.45pm – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

Strength & Conditioning Room Timetable – Monday 21st October – Monday 23rd December 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 – 23-12-24