

CLASS DESCRIPTIONS

Fit Class - Indoor cycle class is a high-intensity exercise on a stationary bike. It combines cardio & endurance in a 30/45 minute calorie-crunching session. Not only great for giving you all the cardiovascular gains but it's great for toning muscle as well.

Fit Class - Circuits training class is a workout that involves 6 or more exercises that are rotated. Targeting different muscle groups in a short amount of time. These include cardiovascular, resistance & weight training, this is to ensure you get a balanced workout.

Fit Class - Zumba class combines Latin & international dance moves to music. These dance routines will incorporate interval training, alternating fast & slow rhythms to help improve your cardiovascular fitness. It's like a party! & everyone is invited.

Fit Class - Learn to lift is an introduction to exercises & practices with bar weights, to help improve strength & endurance, reducing the severity of sports injuries. This class is designed to develop muscular endurance.

Fit Class - Barbell conditioning class involves bar weights which will help burn fat, define, tone & shape your body in all areas & will also improve your posture & burn calories.

Fit Class - Stretch, core & stability class involving elements of yoga, Pilates & Tai chi. this class will help you improve your flexibility, build strength & leave you feeling relaxed & calm.

Fit Class - Aqua-fit is a type of resistance training done in the water and a total body workout that is easy on the joints. Great workout for anyone suffering with joint pain. Fun & engaging workout to fantastic music.

Fit Class - Cardio & core is a complete workout combining aerobic & strength training which will help in reducing body-fat & increase your strength & endurance.

Fit Class - Stretch & flex will work on your flexibility & core strength. The class stretches out your entire body leaving you refreshed & relaxed just the thing you need after a hard day!

Fit Class - Kettlebells is a high-intensity-ballistic workout with weights with handles, it combines various compound exercises including "the swing", "the clean" & will work on multiple muscle groups.

Fit Class - Functional Fit class goal is to train your groups of muscles to work together by simulating everyday movement. Some of the class exercises involved are squatting, reaching, lifting & pulling



Lossiemouth Sports & Community Centre

Fitness Room & Class Programme

Monday 21st October – Monday 23rd December

We also have:

- Fitness-room with a range of training equipment*
- Sports Hall available for hire
- Astro Pitch available for hire

Telephone 01343 815299

E-mail – lossiemouth.cc@moray.gov.uk

www.moray.gov.uk/moray_standard/page_137038.html

Fitness Room Timetable

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times. *some machines/equipment will be out of use during classes/inductions, check signs/see class instructor.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|--------------|--|--------------|--------------|-------------|----------|
| | 9 – 9.30 | 6.30am – 8am | 9 – 10.40 | | 7.15 – 1.45 | 9 – 1.45 |
| 12.20 – 2 | 1.10 – 2 | 11.30 - 2 3.40 – 6 | 12.20 – 2.50 | 12.20 - 8.45 | | |
| 3.40 - 8.45 | 3.40 - 8.45* | 6 -7* cardio equipment only due to private hire 7 – 8.45 | 3.40 - 8.45 | | | |

Fitness Class timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|---|---|
| 10 – 10.45 Fit Class Aqua Fit (booking essential) | 10.30 – 11.30 Physical activity for health programme (referral essential) | | 11 – 11.45 Fit Class Aqua Fit (booking essential) | | 9 – 9.45 Fit Class Indoor Cycle (booking essential) | 10 – 1.30 Badminton (booking essential) |
| | | 5.15 - 5.45 Fit Class Indoor Cycle (booking essential) | | | 12.15 – 1.45 Badminton (booking essential) | |
| 6 – 7 Fit Class Barbell Conditioning (booking essential) | 5.30 – 6 Gym inductions 11 (booking essential) | 6 – 6.45 Fit Class Stretch, core & stability | 6 – 6.45 Fit class Functional Fit | 6 – 6.30 Fit Class Indoor Cycle (booking essential) | | |
| | 6.30 – 7.15 Fit Class Circuits | 6 – 6.45 Fit Class Zumba | 6.50 – 7.20 Fit Class Cardio & Core | 6 – 6.45 Fit Class Zumba | | |
| | 7.30 – 8.30 Fit Class Learn 2 lift | 6.55 – 7.40 Fit class Kettlebells | 7.20 – 7.50 Fit class Stretch & Flex | 6.45 – 7.30 Fit Class Stretch, core & stability | | |
| | | 7.10 – 7.55 Fit Class Aqua Fit (booking essential) | | | | |

Some classes must be booked as spaces are limited - please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book. # for more info about this programme go to www.moray.gov.uk/physicalactivityforhealth