

Fit Life Classes

All classes bookable online

Monday

10 – 10.45am
6 – 7pm

Aqua fit^
Barbell Conditioning^

Tuesday

5.30 – 6pm
6.30 – 7.15pm
7.45 – 8.45pm
7.45 – 8.45pm

Gym inductions
Circuits
PAFH referral essential*
Learn 2 Lift^

Wednesday

5.15pm – 5.45pm
6 – 6.45pm
6 – 6.45pm
6.55 – 7.40pm
7.10 – 7.55pm

Indoor cycle^
Stretch, core & stability
Zumba
Kettlebells
Aqua Fit

Thursday

6 – 6.45pm
6.50 – 7.20pm
7.20 – 7.50pm

Functional Fit
Cardio & Core
Stretch & relax

Friday

6 – 6.30pm
6 – 6.45pm
6.45 – 7.30pm

Indoor cycle^
Zumba
Stretch, core & stability

Saturday

9 – 9.45am
12.15 – 1.45pm

Indoor cycle^
Badminton^

Sunday

10 – 1.30pm

Badminton^

Fit Class - Indoor Cycle class is a high-intensity exercise on a stationary bike. It combines cardio & endurance!

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.

Fit Class - Zumba class combines Latin & international dance moves to music. It's like a party!

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.

^booking essential.

*referral via GP or go to www.moray.gov.uk/physicalforhealth



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme

Friday 3rd January – Sunday 30th March

Telephone – 01343815299

E-mail – lossiemouth.cc@moray.gov.uk

www.moray.gov.uk

All Activities Bookable

Fitlife Members:

Online at www.moray.gov.uk/leisure

By telephone on 01343 815299

In person at reception

Pay-as-you-go Customers:

Online at www.moray.gov.uk/leisure

In person at reception -

payment to be made at time of booking

Swimming Pool Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 – 10.45 Aqua Fit (booking essential)</p> <p>10.45 – 11.30 Public quick dip</p>	<p>10 – 11 Parent & child lessons 10am: 0 – 1 years 10.30am: 2 - 4 years (booking essential)</p>	<p>6.30am – 8am Adult / teen session (4 lanes)</p> <p>10.30 – 11 Parent & child lessons 0 – 1 years only (booking essential)</p> <p>11 -12 Public swim</p>	<p>11 – 11.45 Aqua Fit (booking essential)</p>	<p>11.30 - 12.15 Public session quick dip</p>	<p>9 – 10.30 Swimming lessons</p> <p>10.30 – 11.30 Adult session</p> <p>11.30 – 2 Public session with fun session 11.30 – 12.30 (check FB/reception for early closure due to party hire)</p>
<p>12.20 – 1.15 Adult session</p> <p>2 - 3 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>1.15 – 2 Adult session (1 lane)</p> <p>2 - 3 Public session (1 lane)</p> <p>3.30 – 5.30 Swimming lessons</p>	<p>12.30 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session</p> <p>3.30 – 6 Swimming lessons</p>	<p>1.15 – 2 Adult session (1 lane)</p> <p>2 - 3 Public session (1 lane)</p> <p>3.30 – 5 Swimming lessons</p>	<p>Saturday: 1 – 2 Session available for hire/ pool party see reception for price and to book</p>
<p>7 – 9 Public session (2 lanes)</p>	<p>7 – 8 Triathlon club</p> <p>8 – 8.30 Adult quick dip (½ pool) Triathlon (½ pool)</p> <p>8.30 – 9 Adult lessons (booking essential)</p>	<p>7.10 – 7.55 Aqua Fit (booking essential)</p> <p>8 – 9 Public session</p>	<p>6 – 7.30 Public session with fun session 6.30 – 7.15</p> <p>7.30 – 9 Adult/teen session</p>	<p>6.45 – 7.45 Fun session</p> <p>8 - 9 Adult/teen session (4 lanes)</p>	<p style="text-align: center;">Sunday</p> <p>10.30 - 11.30 Adult session (4 lanes)</p> <p>11.30 – 2 Public session with fun session 11.30-12.30</p>

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12.20 – 2 3.40 – 8.45</p>	<p>9 – 9.30 1.10 – 2 3.40 – 7.45</p>	<p>6.30 – 8am 11.30 – 2 3.40 – 8.45* *6-7 cardio only</p>	<p>9 – 10.40 12.20 – 2.50 3.40 – 8.45</p>	<p>12.20 – 8.45</p>	<p>7.15 – 1.45*</p>	<p>9 – 1.45*</p>

| **Adult/Teen session** = adult cost applies or entry with FitLife membership

| **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 in detail.