

Exercise Classes

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| Fit Class Boxercise | Monday | 6.15pm – 6.45pm |
| Fit Class Circuits 2 weeks Fit Class Barbell 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>

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| 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

Friday 3rd January – Sunday 30th March 2025

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 – Friday 3rd January – Sunday 30th March 2025

| 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 – 2.00 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 changing room door Mon – Fri mornings only
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 – Friday 3rd January – Sunday 30th March 2025

| 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 – 12.20pm 1.10pm – 2.00pm 3.00pm – 6.00pm 6.45pm – 9.00pm | 7.15am – 10.30am 11.30am – 9.00pm | 8.30am – 2.00pm | 8.30am – 2.00pm |

Strength & Conditioning Room Timetable – Friday 3rd January – Sunday 30th March 2025

| 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 |