

## CLASS DESCRIPTIONS

**Fit Class- Box Fit** – This class will boost your metabolism & burn up calories, tone your body, making you leaner, stronger, fitter. High-energy workout packed into a 30-minute class

**Fit Class -Indoor Cycling** – Is a group exercise for all abilities, which mimics road cycling to great music with an instructor behind you motivating you all the way. This is another great class to burn away those calories, releasing your endorphins.

**HIITNRIDE** – (High Intensity Interval Training) - HIIT workouts are recognised as a way to burn a lot of calories in a very short space of time. Ideal for those looking to squeeze the most out of their indoor training.....but be prepared to work very hard! HIIT need not be limited to weight based activities and gym sessions, time-crunched cyclists can feel the benefits too!

**Fit Class- Boxercise-** Is a worldwide exercise based on fitness training methods used by boxers. Sessions involve hitting focus pads, skipping, shuttle runs, sit-ups, shadow boxing, etc. It is a safe, fun, stress busting challenging workout, accessible to all fitness levels!

**Fit Class -Aqua Fit** – This class is fun and full of energy. A water workout that builds strength as you move through the water to up- beat music, using your own body resistance and the various equipment provided. It is a great cardio workout and tones your body from top to toe! You will not overheat and you will leave the water feeling energised & fabulous!

**Fit Class -Barbell Blitz** - A full on workout that strengthens your entire body while challenging all your major muscle groups. Using the best weight room exercises like squats, presses, lifts and curls to help you get the results you want fast!

**Self-Spin-** Our spin bikes are also available for anyone to use on your own or with your friends. They can be used anytime out with instructor led advertised classes, during our opening hours.

**Gym Induction-** Adults and children 12yrs+ require a gym induction before using our equipment unless 16yrs+ with prior gym equipment knowledge, then you can sign up for a Self-Induction. A Fit life membership entitles you to a free Gym Induction bookable at reception.

**Jabs ' N' Abs-** Non-contact arm punches/jabs in various directions/speeds. Large leg actions, kicks, squats, lunges. Plenty Ab work, planks, crunches of various difficulties, all combined in a full on cardio workout.

**Pure Stretch** – This class involves stretch routines and exercises that incorporate relaxation techniques with aspects of both Yoga and Pilates – with a bit of fun thrown in too.

**Yoga Flow** – Join us for an intelligently sequenced Vinyasa flow that will open up your heart, body and mind through breath work, Yoga asanas (poses) and meditation. From hip and shoulder mobility, flexibility, strength training to yoga for better sleep, stress and anxiety relief, yoga is suitable for everyBODY.

**Yoga Kidz** – A fun filled class tailored for age 5-12yrs but with all yoga aspects included.



## **Buckie Swimming Pool & Fitness Centre Fitness Room & Classes Programme**

**Starts from Monday 17<sup>th</sup> February 2025**

### **We also have:**

- Fitness-room with a range of training equipment
- Spin Cycle Studio
- Sports Hall for Football, Badminton and other activities
- Astro Pitch

Telephone 01542 832841  
E-mail – [buckie.cc@moray.gov.uk](mailto:buckie.cc@moray.gov.uk)  
[www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)

### Fitness Room Timetable from Monday 17<sup>th</sup> February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 – 20.30	9.00am – 13.00	7.30 -20.30	9.00-20.30	7.30-20.30	8.30-13.30	8.30-13.30
	&					
	14.00-20.30					

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times.

### Fitness Class Timetable from Monday 6<sup>th</sup> January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15-10.00am <b>Fit Class-Indoor Cycling</b>				9.30-10.15 <b>Fit Class -Aqua Fit</b>	9.15-9.45am <b>Fit Class- Barbell Blitz</b>	9.00-10.00 <b>Gym Induction</b>
10.00-10.45am <b>Fit Class -Aqua Fit</b> (n/a school hols)	10.00-10.45 <b>Fit Class -Aqua Fit</b>				9.50-10.20am <b>Fit Class - Box Fit</b>	9.15-10.00 <b>Fit Class -Indoor Cycling</b>
	13.00-14.00 <b>Exercise Referrals</b>			13.30-14.30 <b>Gym Induction</b>		
			<b>Yoga Kidz</b> 16.15-17.00		Monday-Sunday our spin cycles are	
18.00-18.45 <b>FitClass – Jabs N Abs</b>	18.45-19.30 <b>Fit Class – “HIITNRIDE”</b> (certain Tuesdays)	18.00-18.45 <b>Fit Class– Jabs ‘n’ Abs</b>	19.00-19.45 <b>Fit Class- “HIITNRIDE”</b> (certain Thursdays)	18.45-19.30 <b>Fit Class -Indoor Cycling</b>	available anytime out with any instructor led class times	
19.00-19.45 <b>Fit Class-Indoor Cycling</b>	7.45-8.30 <b>Adult Lessons</b> (Beginners)	19.00-19.45 <b>Fit Class –Indoor Cycling</b>	<b>Pure Stretch</b> 18.00-19.00	19.30-20.15 <b>Fit Class -Indoor Cycling</b>		
		19.00-19.45 <b>Fit Class -Aqua Fit</b>	19.15-20.15 <b>Yoga Flow</b>			

Please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a place for fitness classes.