

## Fit Life Classes

All classes bookable online

### Monday

6 – 7pm Barbell Conditioning^

### Wednesday

5.15pm – 5.45pm Indoor cycle^  
6 – 6.45pm Stretch, core & stability  
6 – 6.45pm Zumba  
6.55 – 7.40pm Kettlebells

### Friday

6 – 6.30pm Indoor cycle^  
6 – 6.45pm Zumba  
6.45 – 7.30pm Stretch, core & stability

### Sunday

10 – 1.30pm Badminton^

### Tuesday

5.30 – 6pm Gym inductions  
6.30 – 7.15pm Circuits  
7.45 – 8.45pm PAFH referral essential\*  
7.45 – 8.45pm Learn 2 Lift^

### Thursday

6 – 6.45pm Functional Fit  
6.50 – 7.20pm Cardio & Core  
7.20 – 7.50pm Stretch & relax

### Saturday

9 – 9.45am Indoor cycle^  
12.15 – 1.45pm Badminton^



# Lossiemouth Sports & Community Centre

## Public Swimming & Fitness Programme

Easter Holidays

Monday 31<sup>st</sup> March – Sunday 13<sup>th</sup> April

Telephone – 01343815299

E-mail – [lossiemouth.cc@moray.gov.uk](mailto:lossiemouth.cc@moray.gov.uk)

[www.moray.gov.uk](http://www.moray.gov.uk)

**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 - 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](http://www.moray.gov.uk/physicalforhealth)

### All Activities Bookable

#### Fit life Members:

Online at [www.moray.gov.uk/leisure](http://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](http://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
		<b>6.30am – 8am</b> Adult / teen session (4 lanes)			<b>9 – 10.30</b> Public session  <b>10.30 – 11.30</b> Adult session  <b>11.30 – 2 (1 if hire)</b> Public session with fun session 11.30 – 12.30 (check FB/reception for early closure due to party hire)
<b>11 - 12</b> Public with fun session	<b>11 – 12</b> Public with fun session	<b>11 – 12</b> Public with fun session	<b>11 -12</b> Public with fun session	<b>11 - 12</b> Public with fun session	
<b>12 – 1.30</b> Adult session (1 lane)  <b>1.30 - 3</b> Public with fun session 2 - 3  <b>3.30 – 5</b> Swimming lessons	<b>12 – 1.30</b> Adult session (1 lane)  <b>1.30 - 3</b> Public with fun session 2 - 3  <b>3.30 – 5</b> Swimming lessons	<b>12 – 1.30</b> Adult session (1 lane)  <b>1.30 - 3</b> Public with fun session 2 - 3  <b>3.30 – 5</b> Swimming lessons	<b>12 – 1.30</b> Adult session (1 lane)  <b>1.30 – 3</b> Public with fun session 2 - 3  <b>3.30 – 5</b> Swimming lessons	<b>12 – 1.30</b> Adult session (1 lane)  <b>1.30 - 3</b> Public with fun session 2 - 3  <b>3.30 – 5</b> Swimming lessons	Saturday: <b>1 – 2</b> Session available for hire/ pool party see reception for price and to book
<b>7 – 9</b> Public session (2 lanes)	<b>7 – 8</b> Triathlon club  <b>8 – 9</b> Adult session including <b>8 – 8.30</b> Triathlon (½ pool)	<b>7 - 8</b> Public session  <b>8 – 9</b> Adult session	<b>5 – 7.30</b> Public session with fun session 6.30 – 7.15  <b>7.30 – 9</b> Adult/teen session	<b>6.45 – 7.45</b> Fun session  <b>8 - 9</b> Adult/teen session (4 lanes)	<b>Sunday</b>  <b>10.30 - 11.30</b> Adult session (4 lanes)  <b>11.30 – 2</b> Public session with fun session 11.30-12.30

## Fitness Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 8.45	9 – 7.45*	6.30 – 8am 9 – 8.45* *6-7 cardio only	9 – 8.45	9 – 8.45	7.15 – 1.45	9 – 1.45