

# Fit Life Fitness & Activity Classes

## Classes bookable online

### Forres Community Centre (01309 672838)

#### **Monday**

Indoor Cycling 9.15am – 10.00am  
Indoor Cycling 6.00pm – 6.45pm  
Stretch, Core & Stability 9.30am – 10.30am  
Boxercise 2.00pm – 3.00pm

#### **Wednesday**

Fit Step 9.30am – 10.30am  
Indoor Cycling 5.30pm – 6.15pm

#### **Friday**

Body Blitz 9.30am – 10.30am

#### **Tuesday**

Indoor Cycling 9.15am – 10.00am  
Indoor Cycling 6.00pm – 6.45pm  
Indoor Cycling 7.00pm – 7.45pm

#### **Thursday**

Indoor Cycling 10.00am – 10.45am  
Indoor Cycling 6.00pm – 6.45pm  
Indoor Cycling 7.00pm – 7.45pm  
Stretch, Core & Stability 1.00pm – 2.00pm

#### **Saturday**

Indoor Cycling 9.00am – 9.45am

### Forres Swimming Pool

## Description of all classes available when booking online or ask at reception

### CLASSES ARE SUBJECT TO CHANGE DUE TO STAFF HOLIDAYS

#### **Monday**

Adult Gym Inductions (16+) 11.30am  
Circuits 6.00pm – 6.45pm  
Stretch, Core & Stability 7.00pm – 7.45pm

#### **Wednesday**

Aqua Fit 10.15am – 10.45am  
Adult Swimming Lesson 10.45am – 11.15am  
Aqua Fit 7.00pm – 7.30pm

#### **Friday**

Junior Gym Induction (Age 12 - 15) 1:15pm

#### **Tuesday**

Circuits 6.00pm – 6.45pm

#### **Thursday**

Circuits 6.00pm – 7.00pm  
Adult Swim Lesson 6.30pm – 7.00pm  
One More Rep 7.15pm – 8.00pm  
Stretch/Core 8.15pm – 9.00pm

## Badminton Hall

Hour slots are bookable at the following times:

Friday 6pm-8pm

Saturday 9am – 2pm

Sunday 9am - 2pm

To avoid double bookings of Badminton please book the 2 players in to the same hourly slot.



# FORRES SWIMMING POOL & FITNESS CENTRE

## Public Swimming & Activities Programme

# Easter Holiday Timetable

Monday 31<sup>st</sup> March – Sunday 13<sup>th</sup> April 2025

Telephone - 01309 672984  
forres.pool@moray.gov.uk  
[www.moray.gov.uk](http://www.moray.gov.uk)

All activities bookable -

Fit Life Members:

On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)  
By telephone to Reception 01309 672984  
In person at Reception

Pay-as-you-go customers:

On-line 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 31<sup>st</sup> March – Sunday 13<sup>th</sup> April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9.00am – 10.00am</b> Adults / Teenagers Only (4 Lanes)	<b>6.45am – 8.15am</b> Adults / Teenagers only (4 Lanes)	<b>9.00am – 10.00am</b> Adults / Teenagers Only (4 Lanes)	<b>9.00am – 10.00am</b> Adults / Teenagers Only (4 Lanes)	<b>6.45am – 8.15am</b> Adults / Teenagers Only Shared with Club (2 Lanes)	<b>7.45am – 8.30am</b> Adults / Teenagers only shared with Club (2 Lanes)
<b>10.30 – 11.30</b> Public Swimming (2 Lanes)	<b>10.30 – 11.30</b> Public Swimming (2 Lanes)	<b>10.15 – 10.45</b> Aqua Aerobics	<b>10.30 – 11.30</b> Public Swimming (2 Lanes)	<b>10.30 – 11.30</b> Public Swimming (2 Lanes)	<b>8.30am – 9.15am</b> Adults / Teenagers only shared with Club (2 Lanes)
		<b>10.45 – 11.15</b> Adult Lessons			
<b>11.30 – 12.30</b> Public Swimming / Fun Session	<b>11.30 – 12.30</b> Public Swimming / Fun Session	<b>11.30 – 12.30</b> Public Swimming / Fun Session	<b>11.30 – 12.30</b> Public Swimming / Fun Session	<b>11.30 – 12.30</b> Public Swimming / Fun Session	<b>10.30 – 12.30</b> Public Swimming With Fun Session
<b>1.00 – 2.00</b> Adult/Teenagers Only (4 Lanes)	<b>1.00 – 2.00</b> Adult/Teenagers Only (4 Lanes)	<b>1.00 – 2.00</b> Adult/Teenagers Only (3 Lanes)	<b>1.00 – 2.00</b> Adult/Teenagers Only (4 Lanes)	<b>1.00 – 2.00</b> Adult/Teenagers Only (4 Lanes)	<b>Sunday</b>
<b>2.00 – 3.30</b> Public Swimming / Fun Session	<b>2.00 – 3.30</b> Public Swimming / Fun Session	<b>2.00 – 3.30</b> Public Swimming / Fun Session	<b>2.00 – 3.30</b> Public Swimming / Fun Session	<b>2.00 – 3.30</b> Public Swimming / Fun Session	<b>9.00am – 9.45am</b> Adults / Teenagers Only (4 Lanes)
<b>5.15 – 6.15</b> Adults / Teenagers only Shared with Club (2 Lanes)	<b>6.15 – 7.00</b> Public Swimming (2 Lanes)	<b>6.15 – 7.00</b> Public Swimming (No Lanes)	<b>6.30 – 7.00</b> Adult Swimming Lessons	<b>6.15 – 7.15</b> Public Swimming with Fun Session	<b>9.45 – 10.30</b> Adults / Teenagers Only (4 Lanes)
<b>6.15 – 7.15</b> Public Swimming with Fun Session	<b>7.00 – 8.00</b> Adult / Teenagers only (4 Lanes)	<b>7.00 – 7.30</b> Aqua Aerobics	<b>7.00 – 7.45</b> Public Swimming / Staff Training Lane	<b>7.45 – 8.45</b> Adults / Teenagers only (2 Lanes)	<b>10.30 – 12.30</b> Public Swimming with Fun Session
<b>7.15 – 8.45</b> Adults / Teenagers Only (4 Lanes)	<b>8.00 – 8.45</b> Adults / Teenagers only (4 Lanes)	<b>7.30 – 8.45</b> Adults / Teenagers Only (4 Lanes)	<b>7.45 – 8.45</b> Adults / Teenagers only - Shared with Club (2 Lanes)		<b>12.30 – 1.30</b> Adults / Teenagers Only (4 Lanes)

**Adults/Teenagers only sessions** – Adult cost applies or entry with Fit Life.

**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 this in detail.

**Steam Room/Sauna open during all Public/Adult/Teenager Sessions. No Under 8's allowed in Sauna/Steam Room and 8-15 years need to be with a Adult**

### Fitness Room Timetable – Monday 31<sup>st</sup> March – Sunday 13<sup>th</sup> April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Available all day	Available all day	Available all day	Available all day	Available all day		
Open 7.00am – 9.00pm	Open 7.00am – 9.00pm	Open 9.00am – 9.00pm	Open 7.00am – 9.00pm	Open 7.00am – 9.00pm	8.00am – 3.00pm	9.00am – 4.00pm

Functional Room available all day during opening hours every half an hour for 3 people at a time only.

Please go to <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a space.

Music Playing – please note that suitable and appropriate music is played at all of the Public/Adult/Fun Sessions.

Expires – 13.04.2025