



**Welcome To Your**  
**Forres House Community Centre**  
**Programme**

**April – June 2025**

Email: [forres.house@moray.gov.uk](mailto:forres.house@moray.gov.uk)

Tel: 01309 672838

**Normal opening times\*:**  
**Monday – Friday: 9:00am – 10:00pm**  
**Saturday: 9:00am – 3:00pm**

\*Please note that class times may vary due to School and Public Holidays

Active Schools' information - [www.sportsinmoray.co.uk](http://www.sportsinmoray.co.uk)

Online bookings – <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx>

For information on 'FitLife' Membership –  
[http://www.moray.gov.uk/moray\\_standard/page\\_96652.html](http://www.moray.gov.uk/moray_standard/page_96652.html).

# Forres House Community Centre

## Opening times:

**Monday – Friday 9am to 10pm, Saturday 9am to 3pm**

**Public toilet** – available during opening hours

**Public showers** – available during opening hours (**free** to 'FitLife' members charge for non-members)

## Staff

Supervisor: Steven Hamilton

Receptionist/administration staff are available at the following times:

Monday and Tuesday: 9am – 4.15pm

Wednesday and Thursday: 9am – 4.30pm

Friday: 9am – 12.45pm

Leisure Assistant (Caretaker) staff are available during opening hours (week day and weekends)

Please contact the Centre for details about rooms available for hire and associated prices.

Are you having a meeting or a child's birthday party? Check out our Upper Games Hall and Garden Room- We may be able to accommodate you.

**\*\*We are closed Good Friday 18<sup>th</sup> April and Monday 8<sup>th</sup> May Day \*\***

## Opening times:

### **Forres Library**

Monday	10am - 5pm
Tuesday	10am - 8pm
Wednesday	10am - 5pm
Thursday	10am - 8pm
Friday	Closed
Saturday	10am - 12 noon

### **Forres Coffee House**

9am - 5pm
9am - 5pm
9am - 5pm
9am - 5pm
9am - 5pm
9.30am - 2.30pm



## Timetable – Mondays

09.00	-	22.00	Public Badminton & Basketball*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.15	-	10.00	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
09.30	-	10.30	Stretch, Core & Stability* -with Laura	Online booking or pay on booking at reception
09.30	-	11.00	Over 60's Badminton	Angela Bell 07825 581738
10.45	-	12.15	Alcoholics Anonymous	Please see poster for information
12.15	-	13.15	PEEPS – Toddler Group	Silvia 07788150670 - Please see post for more info
14.00	-	15.00	Boxercise* - with Laura	Online booking or pay on booking at reception
15.30	-	16.30	Children's Craft Club	Please see poster for information
15.15	-	20.30	Highland Youth Theatre	Gillian Murdoch 07729 858445
15.30	-	21.00	Forres Girls Football Club	Graeme Sutherland 07809 551983
18.00	-	18.45	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
19.00	-	20.00	Chan Quan Shu Tai Chi / Kung Fu	Archie 07799 064964
19.00	-	22.00	Forres Archery	<a href="mailto:forresarchersbooking@outlook.co.uk">forresarchersbooking@outlook.co.uk</a> <a href="#">m/Facebook</a>

## Timetable – Tuesdays

09.00	-	22.00	Public Badminton & Basketball*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.00	-	12pm	Little Yogi Bears	Lauren – 07948 483387
09.15	-	10.00	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
10.00	-	11.00	Flexercise	Jenny Bichan – 07768274683
10.30	-	12pm	Let's Get Pickled - Over 50's Public Pickleball*	Current Entry Fee / Fit Life Card 26.02, 26.03
11.00	-	13.00	Quilters	Maureen 01309 675962
12.30	-	17.30	Mascot Madness	8 <sup>th</sup> April Children's inflatable event See poster for booking details
14.00	-	15.00	Swinging Seniors Exercise Class	Pam Watson 01309 672971

## Timetable – Tuesday's cont.

18.00	-	18.45	Indoor Cycling Class* – with Robert	Online booking or pay on booking at reception
18.30	-	20.00	Hatha Yoga Moray	Teresa Berg Hathayogamoray@yahoo.com
18.30	-	21.00	Moray Flying Circus	Free circus workshop for teens and young adults –20 <sup>th</sup> ,27 <sup>th</sup> May 3 <sup>rd</sup> 10 <sup>th</sup> 17 <sup>th</sup> June
19.00	-	19.45	Indoor Cycle Class* – with Mandy	Online booking or pay on booking at reception
19.00	-	21.00	Forwards Writing Group	Contact Library for details

## Timetable – Wednesdays

09.00	-	22.00	Public Badminton & Basketball*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.00	-	11.30	Little Fish	Contact Rachel 07833053395
09.30	-	10.15	Fitsteps* with Zara	Online Booking or pay on booking at reception
10.30	-	12pm	Let's Get Pickled Over 50's Public Pickleball*	Current Entry Fee / Fit Life Card
10.30	-	12.30	Culbin Model Club	See Poster and FB for more information
13.00	-	15.00	Antenatal Peep	Sharon – Forres Health Centre Starts 7 <sup>th</sup> May
14.30	-	15.30	Margaret Morris Movement	Jane – 01309 696338
15.00	-	17.00	Friends of Falconer Museum	2nd and 4th Wednesday of every month. Please see poster for more information
16.30	-	19.30	Sansum Martial Arts	Contact Theo 0777 5918079
17.00	-	19.00	Badminton Moray	Angela Bell 07825 581738
17.00	-	21.00	The Gaff	Young persons group, booking details found on FB page
17.30	-	18.15	Indoor Cycling Class* – with Debbie	Online booking or pay on booking at reception
19.30	-	21.00	DKMA Tang Soo Do	Dominique Sutherland 07783418215
18.30	-	19.30	Forres Girls Football Club	Graeme Sutherland 07809 551983

## Timetable – Thursdays

09.00	-	22.00	Public Badminton & Basketball*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.15	-	10.00	Indoor Cycling Class* - with Robert	Online booking or pay on booking at reception
10.15	-	11.00	Indoor Cycling Class* - with Robert	Online booking or pay on booking at reception
09.30	-	11.00	Sassy Seniors	Helen Teasdale 07969 563830
10.00	-	11.00	Baby Massage	Please see poster for information
10.00	-	12pm	Indoor Bowling Seniors social activity group	Anne McIntosh 07934415961
10.00	-	11.00	Golden Girls Badminton*	Current Entry Fee / Fit Life Card
11.00	-	12pm	Centrepiece Dance	3rd Thursday of every month
13.00	-	14.00	Stretch, Core & Stability* - with Laura	Online booking or pay on booking at reception
13.00	-	15.00	Golden Girls Badminton*	Current Entry Fee / Fit Life Card
15.30	-	18.00	Moray Dance	Rosalyn Wie 07917 533516
18.00	-	18.45	Indoor Cycling Class* – with Phillipa	Online booking or pay on booking at reception
19.00	-	19.45	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
19.00	-	20.00	Ladies Netball	Contact reception or group on the night
19.00	-	20.30	Crafters Club	Please see reception or poster for more information.
20.00	-	22.00	Kinloss Badminton Club	Contact reception or group on the night

## Timetable – Fridays

09.00	-	22.00	Public Badminton & Basketball*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.30	-	11.30	Little Yogi Bears	Lauren – 07948 483387
09.30	-	10.30	Body Blitz* with Zara	Current Entry Fee / Fit Life Card
09.30	-	11.30	Hotshots Badminton Group*	Current Entry Fee / Fit Life Card
11.30	-	13.00	Pickleball	Angela Bell 07825 581738
14.15	-	15.15	Over 50's Walking Football*	Call 01343 563374

## Timetable – Friday's cont.

15.15	-	16.15	Roots Gymnastics Academy	Rosie Strachan 07444099801
16.30	-	20.00	Badminton Moray	Angela Bell 07825 581738
18.15	-	21.00	DKMA Tang Soo Do	Dominique Sutherland 07783418215

## Timetable – Saturdays

09.00	-	15.00	Public Badminton & Basketball*	<b>Booking essential:</b> 01309 672838 Free to FitLife members
09.00	-	09.45	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception
09.30	-	10.30	Forres Pre-Kickers	Kim McGowan 07988 464121 Term time only

## Timetable – Sundays

09.00	-	14.00	Badminton Moray	Not every week – contact Angela Bell 07825 581738
-------	---	-------	-----------------	---

### **\*included in Fit Life Membership**

#### Fit-Life Members:

- On-line at <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx>
- By telephone to Reception
- In person at Reception

#### Pay-as-you-go customers:

- On-line at <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx>
- In person at Reception in advance of booking– payment to be made at time of booking

You can use your FitLife membership in the following participating areas:  
Angus, Argyll & Bute, the Borders, Highland, Moray, Orkney, Shetland and the Western Isles.



# Class Descriptions

<b>Body blitz</b>	Time exercise concentrating on every area of the body. All abilities welcome
<b>Boxercise</b>	A system of sustained exercises combining boxing movements with aerobic activities.
<b>Indoor Cycling</b>	Cycle to the beat of the music with standing and seated exercise
<b>Fitsteps</b>	Low impact aerobics style class with dance style movement
<b>Stretch, Core &amp; Stability</b>	A calming class with moves from Yoga, Tai Chi and Pilates to build whole-body strength, centre your chi and relieve stress. All abilities welcome



## **Blood Donor Sessions**

The next blood donor session at Forres House Community Centre are:  
**1<sup>st</sup> April & 10<sup>th</sup> June**

Blood donation across Scotland is **by appointment only.**

Appointments are bookable from six weeks prior to the session date by calling 0345 90 90 999, or through your online donor account.

<https://www.scotblood.co.uk/news/booking-your-appointment-to-give-blood/>



Open Mon-Fri 9-5 Sat 9.30-2.30

## **Coffees & Hot Drinks**

Locally roasted coffee from the Inverness Coffee Roasting Company

## **Breakfast Bagels**

Served daily 9.30-12

## **Home-made Bagels**

Served till 3pm (Vegan and Veggie options available)

## **Home-made Burgers**

Served 12-2 (Vegan and Veggie options available)

## **Soup**

Please ask about today's homemade soup  
Served with homemade bread roll or Cheese Scone

## **Ice Cream**

Please ask us about today's flavours

Contact 07727 207090 or [forrescoffeehouse@gmail.com](mailto:forrescoffeehouse@gmail.com)

Check out our Facebook page for more information