

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 – 7pm Functional Barbell Fit
7 – 7.40pm Abs & Stretch

Saturday

12.15 – 1.45pm Badminton^



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme

Monday 14th April – Sunday 29th June

Telephone – 01343815299

E-mail – lossiemouth.cc@moray.gov.uk

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 - Aqua-Fit is a type of resistance training done in the water and a total body workout that is easy on the joints. Great workout for anyone suffering with joint pain. Fun & engaging workout to fantastic music.

Fit Class – Abs & stretch is a complete workout combining aerobic & strength training which will help in reducing body-fat & increase your strength & endurance.

Fit Class – Functional Barbell 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.

*referral via GP or go to www.moray.gov.uk/physicalforhealth

All Activities Bookable

Fitlife Members:

Online at 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

In person at reception -
payment to be made at time of booking

Swimming Pool Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CLOSED 5TH May for MAYDAY</p> <p>11 - 12 Public session</p>	<p>10 – 11 Parent & child lessons 10am: 0 – 1 years 10.30am: 2 - 4 years Booking essential</p>	<p>6.30am – 8am Adult / teen session (4 lanes)</p> <p>10.30 – 11 Parent & child lessons 0 – 1 years Booking essential</p> <p>11 - 12 Public session</p>	<p>11 - 12 Public session</p>	<p>CLOSED 18th April for GOOD FRIDAY</p> <p>11 - 12 Public session</p>	<p>9 – 10.30 Swimming lessons</p> <p>10.30 – 11.30 Adult session (including adult lessons 10.30 – 11 - 1 lane)</p> <p>11.30 – 2 (1 if hire) Public session with fun session 11.30 – 12.30 (check FB/reception for early closure due to party hire)</p>
<p>12 – 1 Adult session</p> <p>2 - 3 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public session</p> <p>3.30 – 5.30 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session</p> <p>3.30 – 6 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>Saturday: 1 – 2 Session available for hire/ pool party see reception for price and to book</p>
<p>7 – 9 Public session (2 lanes)</p>	<p>7 – 8 Triathlon club</p> <p>8 – 9 Adult session including 8 – 8.30 Triathlon (½ pool)</p>	<p>7 – 8 Public session</p> <p>8 – 9 Adult session</p>	<p>6 – 7.30 Public session with fun session 6.30 – 7.15</p> <p>7.30 – 9 Adult/teen session</p>	<p>6.45 – 7.45 Fun session</p> <p>8 - 9 Adult/teen session (4 lanes)</p>	<p style="text-align: center;">Sunday</p> <p>10.30 - 11.30 Adult session (4 lanes)</p> <p>11.30 – 2 Public session with fun session 11.30 - 12.30</p>

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12.20 – 2 3.40 – 8.45</p>	<p>9 – 9.30 1.10 – 2 3.40 – 7.45</p>	<p>6.30 – 8am 11.30 – 2 3.40 – 8.45* *6-7 cardio only</p>	<p>9 – 10.40 12.20 – 2.50 3.40 – 8.45</p>	<p>12.20 – 8.45</p>	<p>7.15 – 1.45</p>	<p>9 – 1.45</p>