

# 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 – 10.15am  
Boxercise 2.00pm – 3.00pm

#### **Tuesday**

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

#### **Wednesday**

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

#### **Thursday**

Indoor Cycling 10.00am – 10.45am  
Indoor Cycling 6.00pm – 6.45pm  
Indoor Cycling 7.00pm – 7.45pm  
Stretch, Core & Stability 1.00pm – 1.45pm

#### **Friday**

Body Blitz 9.30am – 10.30am

#### **Saturday**

Indoor Cycling 9.00am – 9.45am

## Please see receptionist for description of all classes

### Forres Swimming Pool

#### **Monday**

Adult Gym Inductions (16+) 11.30am  
**Kettlebells** 5.45pm – 6.30pm  
Circuits 6.00pm – 6.45pm  
**Metafit** 6.45pm – 7.15pm  
Stretch, Core & Stability 7.00pm – 7.45pm  
**Abs** 7.15pm – 7.45pm

#### **Tuesday**

**Boxercise** 6.00pm – 7.00pm  
**Kettlebells** 7.00pm – 7.30pm

#### **Thursday**

Circuits 6.00pm – 7.00pm  
Adult Swimming Lesson 6.30pm – 7.00pm  
**Abs** 7.00pm – 7.30pm  
**Stretch/Core** 6.15pm – 7.00pm  
One More Rep 7.15pm – 8.00pm  
**Kettlebells** 7.30pm – 8.00pm

#### **Wednesday**

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

#### **Friday**

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

## ALL CLASSES IN RED WILL COMMENCE FROM THURSDAY 1<sup>ST</sup> MAY BOOKABLE ONLINE FROM 24<sup>TH</sup> APRIL

### Badminton Hall

Hour slots are bookable at the following times:

Friday 6pm-8pm

Saturday 11am – 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

# Timetable

**Monday 14<sup>th</sup> April – Sunday 29<sup>th</sup> June 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 14<sup>th</sup> April – Sunday 29<sup>th</sup> June 2025

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|---|--|---|---|---|---|
| <b>9.00am – 10.00am</b><br>Adults / Teenagers Only<br>(4 Lanes)             | <b>6.45am – 7.30am</b><br>Adults / Teenagers only<br>(4 Lanes) | <b>9.00am – 10.00am</b><br>Adults / Teenagers Only<br>(4 Lanes) | <b>9.00am – 10.00am</b><br>Adults / Teenagers Only (4 Lanes)                  | <b>6.45am – 7.30am</b><br>Adults / Teenagers Only<br>Shared with Club (2 Lanes) | <b>7.45am – 8.45am</b><br>Adults / Teenagers Only shared<br>with Club (2 Lanes) |
| School Use  | <b>7.30 – 8.15</b><br>Adults / Teenagers only<br>(4 Lanes)     | <b>10.15 – 10.45</b><br>Aqua Aerobics                           | School Use  | <b>7.30 – 8.15</b><br>Adults/Teenagers Only<br>Shared with Club (2 Lanes)       | <b>10.30 – 12.30</b><br>Public Swimming<br>With Fun Session                     |
| <b>10.30 – 11.30</b><br>Public Swimming (2 Lanes)                           | <b>10.30 – 11.30</b><br>Public Swimming (2 Lanes)              | <b>10.45 – 11.15</b><br>Adult Swimming Lesson                   | School Use  | <b>10.30 – 11.30</b><br>Public Swimming (2 Lanes)                               |   |
| <b>1.00 – 2.00</b><br>Adult/Teenagers Only<br>(4 Lanes)                     | <b>1.00 – 2.00</b><br>Adult/Teenagers Only<br>(4 Lanes)        | <b>1.00 – 2.00</b><br>Adult/Teenagers Only<br>(4 Lanes)         | <b>1.00 – 2.00</b><br>Adult/Teenagers Only (4 Lanes)                          | <b>1.00 – 2.00</b><br>Adult/Teenagers Only<br>(4 Lanes)                         | <b>Sunday</b>   |
| <b>2.00 – 3.00</b><br>Public Swimming (2 Lanes)                             | <b>2.00 – 3.00</b><br>Public Swimming (2 Lanes)                | <b>2.00 – 3.00</b><br>Public Swimming (2 Lanes)                 | <b>2.00 – 3.00</b><br>Public Swimming (2 Lanes)                               | <b>2.00 – 3.00</b><br>Public swimming (2 Lanes)                                 |   |
| <b>5.15 – 6.15</b><br>Adults / Teenagers only<br>Shared with Club (2 Lanes) | <b>6.15 – 7.00</b><br>Public Swimming<br>(2 Lanes)             | <b>6.15 – 7.00</b><br>Public Swimming (No Lanes)                | <b>6.30 – 7.00</b><br>Adult Swimming Lessons                                  | <b>6.15 – 7.15</b><br>Public Swimming with Fun<br>Session                       |   |
| <b>6.15 – 7.15</b><br>Public Swimming with Fun<br>Session                   | <b>7.00 – 8.00</b><br>Adult / Teenagers only<br>(4 Lanes)      | <b>7.00 – 7.30</b><br>Aqua Aerobics                             | <b>7.00 – 7.45</b><br>Public Swimming / Staff<br>Training Lane                | <b>7.45 – 8.45</b><br>Adults / Teenagers only<br>(2 Lanes)                      |   |
| <b>7.15 – 8.45</b><br>Adults / Teenagers Only<br>(4 Lanes)                  | <b>8.00 – 8.45</b><br>Adults / Teenagers only<br>(4 Lanes)     | <b>7.30 – 8.45</b><br>Adults / Teenagers Only<br>(4 Lanes)      | <b>7.45 – 8.45</b><br>Adults / Teenagers only -<br>Shared with Club (2 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 and 8-15 years need to be with a Adult**

## Fitness Room Timetable – Monday 14<sup>th</sup> April – Sunday 29<sup>th</sup> June 2025

| Monday               | Tuesday              | Wednesday            | Thursday             | Friday               | Saturday        | Sunday          |
|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------|-----------------|
| 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.