

## Exercise Classes

Fit Class Boxercise <i>*NEW TIME*</i>	Monday	5.45pm – 6.15pm
Fit Class Barbells 2 weeks	Tuesday	5.30pm – 6.15pm
Fit Class Circuits 2 weeks (Hall)		
Fit Class Circuit (Fitness Room)	Thursday	6.00pm – 6.45pm
Fit Class Indoor Cycling (Sports Hall)	Wednesday	6.00pm – 6.40pm
	Friday	6.30pm – 7.10pm
	Saturday	9.30am – 10.30am
Fit Class Aqua Fit	Monday - Deep	7.00pm – 7.45pm
	Tuesday - Shallow	7.00pm – 7.45pm
	Wednesday - Gentle	2.15pm – 2.45pm
	Thursday - Shallow	7.00pm – 7.45pm
Fitness Room Familiarisation/Induction	Thursday	11.00am – 12.00noon
Exercise Referral	Wednesday	11.00am – 12.00noon

Booking essential for Circuits, Indoor Cycling, Aqua Fit and Fitness Room Familiarisation/Induction at reception or book online and all included with your FITLIFE card

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

Parent & Child Class	Thursday	1.30pm – 2.00pm
JUNIOR Swimming Lessons	Monday – Friday	3.30pm – 5.00pm
	Saturday	10.00am – 11.30am
ADULT/TEENAGER Lessons (8-week Block Booking)	Friday	8.00pm – 8.45pm



## Keith Sports and Community Centre Pool – Fitness – Classes Timetable

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

We also have:

- Fitness-room with a range of training equipment
- Strength & Conditioning Room with a range of training equipment No Booking Required - Max 6 users
- Sauna / Steam-room
- Sports Hall for Badminton & Football

Telephone 01542 882222

E-mail – [keith.cc@moray.gov.uk](mailto:keith.cc@moray.gov.uk)  
[www.moray.gov.uk](http://www.moray.gov.uk)

Follow our FACEBOOK page for updates etc using the link below  
[www.facebook.com/KeithSportsCC](https://www.facebook.com/KeithSportsCC)

### Swimming Timetable – Monday 14<sup>th</sup> April – 29<sup>th</sup> June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 – 8.30 Adults/Teenagers Swimming		7.15 – 8.30 Adults/Teenagers Swimming	9.00 – 10.00 Adults/Teenagers Swimming	7.15 – 8.30 Adults/Teenagers Swimming	8.30 – 10.00 Adults / Teenagers Swimming	8.30 – 10.00 Adults / Teenagers Swimming
12.00 – 3.00 Public Swimming	12.00 – 3.00 Public Swimming	12.00 – 3.00 Public Swimming Shared Use 2.15 – 2.45 Fit Class Gentle Aqua Fit (Shallow end roped off)	12.00 – 3.00 Public Swimming  Including Parent & Child Class 1.30 - 2.00 (Shallow end roped off)	12.00 – 3.00 Public Swimming	11.30 – 2.00 Public Swimming  11.30 – 12.30 Family Fun Session with Stepping Stones	10.00 – 2.00 Public Swimming  11.30 – 12.30 Family Fun Session
5.00 – 7.00 Public Swimming  7.00 – 7.45 Fit Class Aqua Fit Shared use Public -2 Lanes	5.00 – 7.00 Public Swimming  7.00 – 7.45 Fit Class Aqua Fit	5.00 – 7.45 Public Swimming  Shared Use 1 lane Staff Training 7-8	5.00 – 7.00 Public Swimming  7.00 – 7.45 Fit Class Aqua Fit	5.00 – 6.30 Public Swimming  6.30 – 7.45 Fun Session		
7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	7.45 – 8.45 Adults / Teenagers Swimming	8.00 – 8.45 Adults / Teenagers Lessons Booking required		

Adult Teenager sessions are charged at adult price or FITLIFE

Access to Health Suite during public/adult & teenage swimming or via changing room door Mon – Fri mornings only. Children 8 - 15 need to be accompanied by an adult and only during public swimming sessions.

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am - 9.00pm	9.00am – 9.00pm	7.15am – 11.00am  Exercise Referral 11.00am – 12.00 noon  12.00 noon – 9.00pm	9.00am – 5.45pm  6.45pm – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

### Strength & Conditioning Room Timetable – Monday 14<sup>th</sup> April – 29<sup>th</sup> June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

**Music Playing** – Please note that suitable and appropriate music is played at all the Public Swimming Sessions.

Expires – 29-6-25