

Fit Life Classes

All classes bookable online

Monday

6 – 7pm Barbell Conditioning^

Tuesday

6.30 – 7.15pm Circuits
7.45 – 8.45pm Learn 2 Lift^

Wednesday

5.15pm – 5.45pm Indoor cycle^
6 – 6.45pm Stretch, core & stability
6 – 6.45pm Zumba
7.05pm – 7.35pm Aqua Fit circuit^

Thursday

6 – 7pm Functional Barbell Fit
7 – 7.40pm Abs & Stretch

Friday

6 – 6.30pm Indoor cycle^
6 – 6.45pm Zumba
6.45 – 7.30pm Stretch, core & stability

Saturday

12.15 – 1.45pm Badminton^

Sunday

10 – 1.30pm Badminton^

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 circuit 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

^booking essential



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme

Monday 22nd September – Sunday 12th October

Telephone – 01343815299

E-mail – lossiemouth.cc@moray.gov.uk

www.moray.gov.uk

All Activities Bookable

Fit life 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
11 - 12 Public session	9 – 10 Public session (temp until Oct) 10 – 11 Parent & child lessons 10am: 0 – 1 years 10.30am: 2 - 4 years Booking essential	6.30am – 8am Adult / teen session (4 lanes) 11 - 12 Public session	9 – 10 Public session (temp until Oct) 11 - 12 Public session	10 – 11 Parent & child lessons 10am: 0 – 1 years 10.30am: 2 - 4 years Booking essential 11 - 12 Public session	9 – 10.30 Swimming lessons 10.30 – 11.30 Adult session (with adult lesson 10.30 - 11 1 lane) 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)
12 – 1 Adult session (1 lane) 2 - 3 Public session 3.30 – 5 Swimming lessons	12 – 1.30 Adult session 1.30 - 3 Public session 3.30 – 5.30 Swimming lessons	12 – 1.30 Adult session (1 lane) 1.30 - 3 Public session 3.30 – 5 Swimming lessons	12 – 1.30 Adult session 3.30 – 6 Swimming lessons	12 – 1.30 Adult session (1 lane) 1.30 - 3 Public session 3.30 – 5 Swimming lessons	Saturday: 1 – 2 Session available for hire/ pool party see reception for price and to book
7 – 9 Public session (2 lanes)	7 – 8 Triathlon club 8 – 9 Adult session including 8 – 8.30 Triathlon (½ pool)	7.05 – 7.35 Aqua fit circuit 7.45 – 9 Public session	6 – 7.30 Public with fun session 6.30 – 7.15 7.30 – 9 Adult session	6.45 – 7.45 Fun session 8 - 9 Adult/teen session (4 lanes)	Sunday 10.30 - 11.30 Adult session (4 lanes) 11.30 – 2 Public session with fun session 11.30 - 12.30

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 10.40 3.40 – 8.45	9 – 10.40 11.30 – 12.20 3.40 – 8.45	6.30 – 8am 9 - 10.40 1.10 – 8.45* *6 - 7 cardio only	12.20 – 8.45	9 – 10.40 1.10 – 8.45	7.15 – 1.45	9 – 1.45