

## 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  
7.05 – 7.45 Aqua circuits

### 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-Circuits** 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!

\*referral via GP or go to [www.moray.gov.uk/physicalforhealth](http://www.moray.gov.uk/physicalforhealth)



# Lossiemouth Sports & Community Centre

## Public Swimming & Fitness Programme

Monday 27<sup>th</sup> October – Tuesday 23<sup>rd</sup> December

Telephone – 01343815299

E-mail – [lossiemouth.cc@moray.gov.uk](mailto:lossiemouth.cc@moray.gov.uk)

[www.moray.gov.uk](http://www.moray.gov.uk)

### All Activities Bookable

#### Fit life Members:

Online at [www.moray.gov.uk/leisure](http://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](http://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                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9.15 - 11</b><br>Public session                                                                                          | <b>10 – 11.30</b><br>Parent & child lessons<br><b>10am:</b> 0 – 1 years<br>Booking essential<br><b>10.30am:</b> 2 - 4 years<br>Booking essential<br><b>11am:</b> 0 - 4 yrs - no instructor (no booking needed) | <b>6.30am – 8am</b><br>Adult / teen session<br>(4 lanes)<br><br><b>11 - 12</b><br>Public session                                  | <br><br><br><br><br><b>11 - 12</b><br>Public session                                                            | <b>9.15 - 10</b><br>Public session<br><br><b>10 – 11</b><br>Parent & child session<br>0 – 4 years no instructor (no booking needed) | <b>9 – 10.30</b><br>Swimming lessons<br><br><b>10.30 – 11.30</b><br>Adult session (with <b>adult lessons 10.30 -11</b> 1 lane)<br><br><b>11.30 – 2 (1 if hire)</b><br>Public session with fun session 11.30 – 12.30<br>(check FB/reception for early closure due to party hire) |
| <b>12 – 1</b><br>Adult session<br>(1 lane)<br><br><b>2 - 3</b><br>Public session<br><br><b>3.30 – 5</b><br>Swimming lessons | <b>12 – 1</b><br>Adult session<br><br><b>1 – 2</b><br>Public session<br><br><b>3.30 – 5.30</b><br>Swimming lessons                                                                                             | <b>12 – 1.30</b><br>Adult session<br>(1 lane)<br><br><b>1.30 - 3</b><br>Public session<br><br><b>3.30 – 5</b><br>Swimming lessons | <b>12 – 1.30</b><br>Adult session<br><br><b>1.45 – 3</b><br>Surfable<br><br><b>3.30 – 6</b><br>Swimming lessons | <b>12 – 1.30</b><br>Adult session<br>(1 lane)<br><br><b>1.30 - 3</b><br>Public session<br><br><b>3.30 – 5</b><br>Swimming lessons   | Saturday:<br><b>1 – 2</b><br>Session available for hire/ pool party see reception for price and to book                                                                                                                                                                         |
| <b>7 – 8</b><br>Adult session<br>(4 lanes)<br><br><b>8 – 9</b><br>Public session<br>(1 lane private hire)                   | <b>7 – 8</b><br>Triathlon club<br><br><b>8 – 9</b><br>Adult session (4 lanes) including<br><b>8 – 8.30</b> Triathlon (½ pool)                                                                                  | <b>7.05 – 7.50</b><br>Aqua circuits<br><br><b>8 – 9</b><br>Public session                                                         | <b>6 – 7.30</b><br>Public with<br>fun session 6.30 – 7.15<br><br><b>7.30 – 9</b><br>Adult session<br>(1 lane)   | <b>6.45 – 7.45</b><br>Fun session<br><br><b>8 - 9</b><br>Adult/teen session<br>(4 lanes)                                            | <b>Sunday</b><br><br><b>10.30 - 11.30</b><br>Adult session<br>(4 lanes)<br><br><b>11.30 – 2</b><br>Public session with<br>fun session 11.30 - 12.30                                                                                                                             |

## Fitness Room Timetable

| Monday                                 | Tuesday                                                        | Wednesday                                                   | Thursday            | Friday                                 | Saturday           | Sunday          |
|----------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|---------------------|----------------------------------------|--------------------|-----------------|
| <b>9 – 10.40</b><br><b>3.40 – 8.45</b> | <b>9 – 10.40</b><br><b>11.30 – 12.20</b><br><b>3.40 – 8.45</b> | <b>6.30 – 8am</b><br><b>9 - 10.40</b><br><b>1.10 – 8.45</b> | <b>12.20 – 8.45</b> | <b>9 – 10.40</b><br><b>1.10 – 8.45</b> | <b>7.15 – 1.45</b> | <b>9 – 1.45</b> |