

# 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

### **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  
Bikes n Bells 6.30pm – 7.15pm

### **Thursday**

Indoor Cycling 9.15am – 10.00am  
Indoor Cycling 10.15am – 11.00am  
Indoor Cycling 6.00pm – 6.45pm  
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**

Circuits 6.00pm – 6.45pm  
Stretch, Core & Stability 7.00pm – 7.45pm

### **Tuesday**

Adult Swim Lesson 11.30am – 12.00pm

### **Wednesday**

Aqua Fit 11.15am – 12.00pm  
Aqua Fit 7.00pm – 7.45pm

### **Thursday**

Stretch/Core 6.00pm – 6.45pm  
One More Rep 7.00pm – 7.45pm

### **Friday**

Adult Swimming Lessons 6.45pm – 7.15pm

## Badminton / Pickleball Bookings

Hour slots are bookable at the following times:

Friday 6pm-8pm

Saturday 9am – 2pm

Sunday 9am - 3pm

To avoid double bookings, you must book the 2 players into the same hourly slot.



# FORRES SWIMMING POOL & FITNESS CENTRE

## Public Swimming & Activities Programme

# Timetable

**Monday 6<sup>th</sup> July – Tuesday 18<sup>th</sup> August 2026**

Telephone - 01309 672984  
[forres.pool@moray.gov.uk](mailto: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 6<sup>th</sup> July – Tuesday 18<sup>th</sup> August 2026

| Monday                                                                      | Tuesday                                                               | Wednesday                                                      | Thursday                                                                         | Friday                                                                          | Saturday                                                                             |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>9.00am – 10.00am</b><br>Adults / Teenagers Only<br>(4 Lanes)             | <b>7.00am – 8.30am</b><br>Adults / Teenagers Only<br>(4 Lanes)        | <b>9.00am – 10.00am</b><br>Adult / Teenagers Only<br>(4 Lanes) | <b>9.00am – 10.00am</b><br>Adult / Teenagers Only<br>(4 Lanes)                   | <b>6.45am – 8.15am</b><br>Adults / Teenagers Only<br>Shared with Club (2 Lanes) | <b>7.45am – 9.15am</b><br>Adults / Teenagers Only<br>Shared with Club (2 Lanes)      |
| <b>10.00 – 12.00</b><br>Public Swimming<br>(2 Lanes)                        | <b>9.00 – 11.15</b><br>Public Swimming<br>(2 Lanes)                   | <b>10.00 – 11.00</b><br>Public Swimming<br>(2 Lanes)           | <b>10.00 – 12.00</b><br>Public Swimming<br>(2 Lanes)                             | <b>09.00 – 10.00</b><br>Adults / Teenagers Only<br>(4 Lanes)                    |                                                                                      |
|                                                                             | <b>11.30 – 12.00</b><br>Adult Swimming Lessons<br>(Booking Essential) | <b>11.15 – 12.00</b><br>Aqua Aerobics                          |                                                                                  | <b>10.00 – 12.00</b><br>Public Swimming<br>(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<br>(4 Lanes)                          | <b>1.00 – 2.00</b><br>Adult/Teenagers Only<br>(4 Lanes)                         | <b>Sunday</b><br><br><b>9.00am – 10.30am</b><br>Adults / Teenagers Only<br>(4 Lanes) |
| <b>2.00 – 3.00</b><br>Public Swimming with<br>Fun Session                   | <b>2.00 – 3.00</b><br>Public Swimming with Fun<br>Session             | <b>2.00 – 3.00</b><br>Public Swimming with Fun<br>Session      | <b>2.00 – 3.00</b><br>Public Swimming with Fun<br>Session                        | <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>5.15 – 7.15</b><br>Public Swimming<br>(2 Lanes)                    | <b>6.15 – 7.00</b><br>Public Swimming (No Lanes)               | <b>6.30 – 7.45</b><br>Public Swimming (2 Lanes)                                  | <b>5.30 – 6.30</b><br>Public Swimming with Fun<br>Session                       |                                                                                      |
| <b>6.15 – 7.15</b><br>Public Swimming (2 Lanes)                             | <b>7.15 – 8.45</b><br>Adult / Teenagers Only<br>(4 Lanes)             | <b>7.00 – 7.45</b><br>Aqua Aerobics                            | <b>7.45 – 8.45</b><br>Adults / Teenagers only -<br>Shared with Club<br>(2 Lanes) | <b>6.45 – 7.15</b><br>Adult Swimming Lessons<br>(Booking essential)             |                                                                                      |
| <b>7.15 – 8.45</b><br>Adults / Teenagers Only<br>(4 Lanes)                  |                                                                       | <b>7.45 – 8.45</b><br>Adults / Teenagers Only<br>(4 Lanes)     |                                                                                  | <b>7.30 – 8.45</b><br>Adults / Teenagers Only<br>(4 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/Fun/Adult/Teenager Sessions. No Under 8's allowed and 8-15 years need to be with an Adult at all times.

### Fitness Room Timetable – Monday 6<sup>th</sup> July – Tuesday 18<sup>th</sup> August 2026

| Monday                         | Tuesday                        | Wednesday                      | Thursday                       | Friday                         | Saturday                       | Sunday                         |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| <b>Open</b><br>7.00am – 9.00pm | <b>Open</b><br>7.00am – 9.00pm | <b>Open</b><br>9.00am – 9.00pm | <b>Open</b><br>7.00am – 9.00pm | <b>Open</b><br>7.00am – 9.00pm | <b>Open</b><br>8.00am – 3.00pm | <b>Open</b><br>9.00am – 3.00pm |

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.