

Fit Life Classes

All classes bookable online

Monday

10 – 10.45am Aqua fit
6 – 6.45 pm Circuits
7 – 7.45pm Stretch & relax

Tuesday

6.15 – 7.15pm Barbell conditioning^
7.45 – 8.30pm Learn 2 Lift^

Wednesday

5.15 – 5.45pm Indoor cycle^
6 – 6.45pm Stretch, core & stability
6 – 6.45pm Zumba
7.05 – 7.50 Aqua circuits^

Friday

10 – 10.45am Aqua Fit
6 – 6.30pm Indoor cycle^
6 – 6.45pm Zumba
6.45 – 7.30pm Stretch, core & stability

Saturday

11.30am – 2pm Halls available

Sunday

10am – 2pm Halls available

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 – Stretch and Relax is a gentle session that eases away tension through slow deep breathing exercises and guided meditation. Perfect for all levels.

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



Lossiemouth Sports & Community Centre

Public Swimming & Fitness Programme

Week's 2, 3 & 4:
Monday 13th July – Sunday 2nd August

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
9.15 – 9.45 Public session 10 – 11 Aqua fit 11 – 12 Public with fun session	9 – 10 Private hire 11 – 12 Public with fun session – no session 14 th July due to private hire	9.45 – 10.45 Quiet session ASN friendly quieter environment with reduced capacity -booking advisable 11 – 12 Public with fun session	9 – 10 Private hire 11– 12 Public with fun session	10 - 11 Aqua Fit 11 – 12 Public with fun session	9 – 10.15 Quiet session ASN friendly quieter environment with reduced capacity - booking advisable 10.30 – 11.30 Adult session 11.30 – 2 (1 if hire) Public session with fun session 11.30 – 12.30 with 1 swim lane 1-2
12 – 1.30 Adult session 1.30 - 3 Quiet session ASN friendly quieter environment with reduced capacity - booking advisable 3 – 5 Junior lessons	12 – 1.30 Adult session 1.30 – 3 Public with fun session 1.45 – 2.45 3 – 5 Junior lessons	12 – 1.30 Adult session 1.30 – 3 Public with fun session 1.45 – 2.45 3 – 5 Junior lessons	12 – 1.30 Adult session 1.30 - 3 Quiet session ASN friendly quieter environment with reduced capacity - booking advisable 3 – 5 Junior lessons	12 – 1.30 Adult session 1.30 – 3 Public with fun session 1.45 – 2.45 3 – 5 Junior lessons	Saturday: 1 – 2 Session available for hire/ pool party see reception for price and to book
5.30 – 7 Public session 7 – 9 Public session (2 lanes)	5.30 – 7 Public session 7 – 8 Moray Firth Triathlon club 8 – 9 Adult session (4 lanes) including 8 – 8.30 Triathlon (½ pool)	5.30 – 7 Public session 7.05 – 7.50 Aqua circuits 8 – 9 Adult session	5.30 – 7.30 Public with fun session 6.30 – 7.15 7.30 – 9 Adult/teen session (1 lane)	5.30 – 7.45 Public with fun session 6.30 – 7.30 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
9.15 – 8.45	9.15 – 8.45*	9.15 – 8.45	9.15 – 8.45	9.15 – 8.45	7.15 – 1.45	9 – 1.45

- Some areas not available to public due to Learn 2 Lift class