



Fit-Class - Circuits (Hall)	Monday	5.45pm – 6.30pm
Fit-Class - Barbells (Hall)	Tuesday	5.30pm – 6.15pm
Fit-Class - Circuits (Gym)	Thursday	6.00pm – 6.45pm
Fit-Class - Indoor Cycling (Hall)	Friday	6.30pm – 7.10pm
Fit-Class - Aqua Fit Deep	Monday	7.00pm – 7.45pm
Fit-Class - Aqua Fit Shallow	Tuesday	7.00pm – 7.45pm
Fit-Class - Aqua Fit Gentle	Wednesday	2.15pm – 2.45pm
Fit-Class - Aqua Fit Shallow	Thursday	7.00pm – 7.45pm

Booking essential for circuits, indoor cycling & aqua fit at reception or book online

Crash Courses	Monday – Friday	3.30pm – 5.00pm
Adult & Teenager Lessons (Booking required)	Friday	8.00pm – 8.45pm

Keith Sports and Community Centre Pool – Fitness – Classes Timetable

**Summer Holidays
Monday 6th July - Tues 18th August 2026**

We also have:

- Fitness-room with a range of training equipment
- Strength and Conditioning Room with a range of training equipment – Max 6 users
- Sauna / Steam-room
- Sports Hall available for Badminton, Football, Basketball etc

Telephone 01542 882222

E-mail – keith.cc@moray.gov.uk

www.moray.gov.uk

www.facebook.com/KeithSportsCC

Swimming Pool Timetable – Monday 6th July – Tuesday 18th August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 – 8.30 Adults/Teenagers		7.15 – 8.30 Adults/Teenagers		7.15 – 8.30 Adults/Teenagers	8.30 – 10.00 Adults / Teenagers	8.30 – 10.00 Adults / Teenagers
9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming	9.30 – 3.00 Public Swimming	10.00 – 2.00 Public Swimming 11.00 – 12.30 Family Fun Session with Stepping Stones	10.00 – 2.00 Public Swimming 11.00 – 12.30 Family Fun Session
2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	2.15 – 2.45 (Gentle Aqua Fit)	2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session		
5.00 – 7.00 Public Swimming Shared use	5.00 – 7.00 Public Swimming	5.00 – 7.45 Public Swimming	5.00 – 7.00 Public Swimming	5.00 – 6.30 Public Swimming		
7.00 – 7.45 (Deep Aqua Fit)	7.00 – 7.45 (Shallow Aqua Fit)		7.00 – 7.45 (Shallow Aqua Fit)	6.30 – 7.45 Fun Session		
7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	7.45 – 8.45 Adults / Teenagers Swim	8.00 – 8.45 Adults / Teenagers Lessons		

Adult Teenager sessions are charged at adult price or FITLIFE

Health Suite (sauna/steam room) open during public/adult & teenage swimming. Children 8 - 15 need to be accompanied by an adult and only during public swimming.

No children in Health Suite during a Friday Fun Session. Swimwear must be worn at all times.

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

Fitness Room Timetable – Monday 6th July - Tuesday 18th August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am – 9.00pm	9.00am – 9.00pm	7.15am – 11.00am ((11.00 – 12.00 GP Referral) 12.00pm – 9.00pm	9.00am – 5.45pm 6.45pm – 9.00pm	7.15am – 9.00pm	8.30am – 2.00pm	8.30am – 2.00pm

Strength and Conditioning Room Timetable – Monday 6th July - Tuesday 18th August 2026

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 – 19-8-26