



Milne's Library & Fitness Suite

Fitness Suite Timetable from 15th April 2024

Monday	4.00pm - 9.00pm	Open Session
	6.00pm - 6.45pm	Indoor Cycling Class
	7.00pm - 7.45pm	Boxercise
Tuesday	4.00pm - 9.00pm	Open Session
	5.30pm - 6.00pm	Circuit Class
	6.15pm - 7.00pm	Pilates
Wednesday	4.00pm - 9.00pm	Open Session
Thursday	4.00pm - 9.00pm	Open Session
	5.30pm - 6.00pm	Kettlebells
Friday	4.00pm - 9.00pm	Open Session
Saturday	10.00am - 1.00pm	Open Session

All classes and sessions are free with a FitLife card

Note 1: "Open Sessions" - Users must have completed an induction or self-induction

Note 2: This timetable may be subject to change at short notice.

Please see over for additional information 

Exercise Classes

Pilates - Pilates is a form of exercise which concentrates on strengthening the body, with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, **Pilates** concentrates on posture, balance and flexibility. Booking is essential as numbers are restricted.

Circuit Class – Continuous aerobic / anaerobic / cardiovascular conditioning class. All levels welcome as our instructor can provide exercise adaptations to enable everyone to achieve their goal.

Indoor Cycling Class - Using a stationary bike, indoor cycling classes can increase energy, cardio-vascular fitness and lower body strength, as well as burning between 400-500 kcal in 45 minutes. Booking is essential as spaces are limited to 7 per class.

Kettlebells – A total body workout using one piece of equipment called a kettlebell. Different exercises are performed to help strengthen and improve core stability, fat burn and tone.

Boxercise – Boxercise is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busing, accessible to all ages and fitness levels.

Please Note: Teenagers aged 13 – 15 are welcome to attend these classes for health, fitness and wellbeing. Adult cost applies or entry with Fit-Life membership.

Inductions: Please contact the facility to arrange an induction or self-induction for use of the Fitness Suite. User induction courses are free for FitLife members.

Bookings for classes and use of the fitness suite can be made:

- On-line at www.moray.gov.uk/leisure
- By telephone to Reception 01343 821434
- In person at Reception

Details and further information on any of the facilities and activities from:

Nicky Gerrard

Sport & Leisure Supervisor

Telephone: 01343 543736

E-Mail: nicky.gerrard@moray.gov.uk