

ADULT STUDIO CLASS DESCRIPTORS:

CycleTone | £4.30

Cycle Tone is a new exercise class combining 20 minutes of indoor cycling followed by 20 minutes of upper body and core strength exercises.

Metafit | £3.30

An exercise blast that keeps working for 24hrs. A simple yet very effective body weight training system that will work the whole body in high intensity intervals with minimal rest

Step Aerobics | £4.30

This class is a dynamic, modern workout! It's fun and fast with music that will keep your muscles moving and get your heart and lungs into shape!

AquaFit | £4.30

A water based resistance programme that aims to tone and strengthen your muscles in a relaxing environment. A fun alternative to getting fit!

Supple Strength | £4.30

This holistic workout combines strength, flexibility and body conditioning exercises through various Yoga and Pilates techniques whilst focusing on body alignment, core stability and posture!

Cardio Dance | £4.30 / £2.40

Come along and get that disco dancing feeling with our dance based workout! With easy to learn routines and music that will keep you dancing all night long!

Roadrunners | £2.75

Anyone can be a runner and we will prove it with a group running session for absolute beginners. This class is held outside so wear suitable clothing.

Spinning | 9 week course booking of £38.70

The original and most popular group cycling class. No complicated moves to learn and music that begs your legs to pedal! Getting into the best shape of your life has never been more fun.

Sliver Sneakers | £2.40 Over 60s only

This class is designed to increase flexibility, joint stability, balance, co-ordination and much more. A fun filled afternoon with exercise, laughter and a cup or tea or coffee to finish!

Senior Studio Gym | £3.30 Over 60s only

Aimed at beginners or non-users who want to gain confidence in using our gym equipment all with an instructor on hand to help you achieve your fitness goals and give you plenty of encouragement .

FitMums | £4.30

FitMums is a low impact fitness class that is structured specifically for post partum ladies and mums who would like to gently ease back into exercise. Babies are welcomed!

Tabata | £4.30

Using exercises that gets the whole body involved with a vast array of equipment! It will work cardio and strength and you will never do the same workout twice!

Group Personal Training | £4.30

Our GPT class encapsulate the motivation, camaraderie and fun that's involved in a group sessions.

Studio Timetable

Unst Leisure Centre

For all enquiries please call

01595 807701

Online Bookings available

www.srt.org.uk



Find us on Facebook:
Unst Leisure Centre



17 October - 22 December 2017



Unst Adult & Junior Classes

Timetable 2017

Unst Leisure Centre | Baltasound | Unst | Shetland | ZE2 9DY ~ Registered Charity: SC002179

MONDAY

1030 - 1100	ADULT & CHILD SWIM
1100 - 1200	SENIOR STUDIO GYM
1515 - 1545 CB	SWIMSKILLS LEVEL 1
1545 - 1615 CB	SWIMSKILLS LEVEL 2

1545 - 1645	SECONDARY FOOTBALL
1745 - 1845	POWERSWIM

1615 - 1745	PUBLIC SWIMMING
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TUESDAY

0745 - 0830 CB	SUNRISE SPINNING (Starts 24/10)
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1100 - 1130	FATBURN EXTREME
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1515 - 1600	NEW - GYMTOTS
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1515 - 1545 CB	SWIMSKILLS LEVEL 3
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1545 - 1615 CB	SWIMSKILLS LEVEL 4
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1800 - 1845	STEP AEROBICS
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1900 - 2000	AQUAFIT
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1900 - 2000	TABATA
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1615 - 1800	PUBLIC SWIMMING
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WEDNESDAY

1900 - 1945	CARDIO DANCE (ALL AGES)
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1900 - 1945	GYMFIT (P6 - S4)
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1630 - 1900	PUBLIC SWIMMING
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THURSDAY

0915 - 1015	GROUP PERSONAL TRAINING
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1100 - 1200	FITMUMS
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1515 - 1600 CB	JUNIOR SQUASH LV1
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1600 - 1700	FOOTBALL FEVER
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1700 - 1745 CB	JUNIOR SQUASH LV2
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1815 - 1845	METAFIT
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1400 - 1700	PUBLIC SWIMMING
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1900 - 1945 CB	SUNSET SPINNING (Starts 26/10)
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FRIDAY

1100 - 1145	CYCLETONE
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1400 - 1500	SILVER SNEAKERS
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1600 - 1700	LADIES FOOTBALL (P5+)
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1900 - 2000	SUPPLE STRENGTH
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1900 - 1945	GYMFIT (P6 - S4)
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1300 - 1600	PUBLIC SWIMMING
1700 - 1830	

SATURDAY

1100 - 1145	POWERBOX
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1500 - 1600	ROLLERWHEELS
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1200 - 1600	PUBLIC SWIMMING
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SUNDAY

1100 - 1145	ROADRUNNING
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1100 - 1600	PUBLIC SWIMMING
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17 October - 22 December 2017

***Junior after school classes start from 30th October**

CB = COURSE BLOCK BOOKING

Booking Policy:

You can book and pay for classes up to 14 days in advance at Reception, by telephone or Online at www.srt.org.uk.

Cancellations Policy:

Please note that all classes are non-refundable. Gold subscription holders must cancel classes more than 6 hours prior to the start of the class or a late cancellation charge of £2 will be applied. Customer's accounts will be automatically blocked resulting in no further bookings being allowed until this charge has been paid.



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is part funded by

