

Whalsay Leisure Centre

Fitness Classes

For more information or if you have any other questions please contact:

Whalsay Leisure Centre

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shetland recreational trust
Registered Charity SC002179



2017

Fitness Class Timetable

effective from Monday 9th January 2017

Monday	1030-1130	Aqua
	1830-1900	FBX - Fat Burn Extreme
Tuesday	1415-1500	Fitness Vive
	1800-1900	Spin & Abs
	1930-2030	Aqua
Wednesday	1430-1515	Spin n Tone
	1900-2000	Ladies Fitness Suite Hour
	1930-2130	Adult Football
Thursday	0900-0930	FBX - Fat Burn Extreme
	1030-1130	Aqua
	1715-1800	FBX - Fat Burn Extreme
	1800-1915	Beginners/Improvers swimming *
	1915-2000	Ladies Swimming Hour
	2000-2100	Lane Swimming *
Saturday	1115-1200	Saturday Circuits 14+
Sunday	1030-1130	Men's Swimming Hour

Class Descriptions & Prices

Spinning

The original and most popular group cycling class - an unmatched way to make your fitness goals a reality. With no complicated moves to learn, qualified instructors and music that begs your legs to pedal. This fun class will get you sweating so bring fluid and a towel.

£4.20

Spin & Abs

30 minute spinning session then a 30 minute total ab workout. Great cardio workout with core strengthening.

£4.20

Saturday Circuits

A total body workout, comprising simple but effective exercises to tone and strengthen the body. We work in a group setting to help motivate and push you to your full potential. Anyone over 14 welcome.

£4.20

Spin n Tone

30 minute spinning class followed by 15 minutes of toning exercises for the whole body. Excellent all round class for all.

£4.20

Ladies Fitness Suite Hour

An hour where the fitness suite is only open for women. There will be workout plans available for you to follow.

**Adult £4.65
Concession
£3.50**

Aqua

These water based workouts are suitable for all, with a variety of aerobic and toning stations that work the entire body. The water supports the body whilst providing little impact on joints leading to a hard but gentle workout.

£4.20

FBX - Fat Burn Extreme

FBX is different, it is a maximal intensity workout with no set rest periods which means participants will work until failure and rest only for recovery.

£3.00

Fitness Vive - 60+

No jumping or jogging allowed. This class combines effective toning exercises which provides a well balanced workout to help improve stamina, maintain mobility and gentle toning. This class is fitness for the healthy aging.

£2.35

Indoor Football

Kick about session for those aged 15+.

£4.60

*Please see separate Adult Swimming flyer for more details