

FITNESS CLASS DESCRIPTIONS

SPINNING

The original and best indoor group cycle workout. Low impact, set your own resistance with simple moves, motivational music and high energy levels. It builds muscle tone, burns calories and improves endurance. 1 hour spinning is for those who want to improve further on the bikes with a longer duration.

FATBURN EXTREME (FBX)

Fatburn Extreme (FBX) is a 20 minute fat burning workout. It is a maximal intensity, rest based work out which maximises results in minimum time. It uses only simple bodyweight exercises which boosts metabolism for 48 hours as well as improving speed, power and strength.

LADIES WEIGHTS

This fitness suite class is suitable for ladies of all abilities. Our expert fitness instructor will guide you through a structured workout comprising of cardiovascular machines, free and fixed weights. You'll be amazed at how quickly you notice a difference.

ABS BLAST

A 20 minute ab intensive class just working on the core of the body. The floor-based, low impact exercises make this class suitable for anyone wanting to strengthen up.

BOXFIT

A high energy circuit based class with an emphasis of boxing, including cardio and core exercises. It is an effective and fun workout for any ability. It improves endurance, power, strength, hand eye coordination as well as relieving stress.

AQUAEROBICS

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.

BARBELL CIRCUITS

A circuits class aimed at using barbells for different exercises giving an all round body tone and strength building. Done with 8 stations over 45 minutes this workout is great for beginners to improvers.

YOGA

Come relax and improve your posture, strength and flexibility with this 45 minute class, all abilities and ages welcome.

LOW IMPACT FITNESS CLASS

A low intensity class in the Fitness Suite gently building up on fitness levels.

Fitness Timetable

North Mainland Leisure Centre



For all enquiries please call

01595 807710

Online Bookings available at

www.srt.org.uk



07 JANUARY - 29 MARCH 2019

Shetland Recreational
Trust is part funded by



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Fitness Timetable 2019

North Mainland Leisure Centre | Brae | Shetland | ZE2 9QJ ~ Registered Charity: SC002179

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DRYSIDE	Barbell Circuits 1800-1845 £4.50 per session	Boxfit 1900-1945 £4.50 per session	Spinning 0900-0945 £4.50 per session	Low Impact Fitness Class 1400-1500 £4.50 per session	Spinning 1900-1945 £4.50 per session
	Spinning 1900-1945 £4.50 per session		Yoga 1830-1915 £4.50 per session	Ladies Weights 1800-1900 £4.50 per session	
			Boxfit 1830-1915 £4.50 per session	Abs Blast 1900-1930 £3.45 per session	
			Spinning 1930-2015 £4.50 per session	Fatburn Extreme (FBX) 1930-2000 £3.00 per session	
	Aquaerobics 1430-1530 £4.50 per session	Aquaerobics 1900-2000 £4.50 per session	Advanced adult swimming 2000-2100 £2.80 per session		
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WETSIDE					

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Booking Policy:

You can book and pay for classes up to 14 days in advance at Reception or Online at www.srt.org.uk. Please note that all classes are for over 16's unless otherwise stated.

Cancellations Policy:

Please note that all classes are non-refundable. 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.