

ADULT STUDIO CLASS DESCRIPTORS:

Circuits | £4.50

This workout helps build and maintain cardiovascular fitness along with muscle strength. Using old school exercises that wont fail to help you become fitter and stronger.

Metafit | £3.45

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 | £4.50

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 | £4.50

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 | £4.50

During this workout you will enjoy an inspiring soundtrack whilst you bend and stretch through yoga moves and elements of Tai Chi and Pilates. You'll strengthen your entire body and leave feeling calm, happy and refreshed.

Cardio Dance | £4.50 / £2.50

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 | £2.90

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 | £4.50

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.

Silver Sneakers | £2.50 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!

Fast 5s | £4.50/£2.50 Over 14s only

It's netball but better! This new and exciting team sport allows men and women to play together in a faster version of netball. With power plays, 3 point shots and rolling subs this sport will make you sweat and enjoy every moment of it!

Barbell Active | £4.50

Barbell Active is a full body barbell workout to music that will work every muscle, increase strength and leave you wanting more. Get lean & fit and be motivated with Barbell Active.

Tabata | £4.50

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!.

Fatburn Extreme | £3.00 - A simple, safe & effective interval class ! Less time...Rapid Results!

Powerswim | £4.50- A fitness class that will make you a stronger and faster flowing swimmer.

For more information on any of our classes please contact reception on 01595 807701 or visit our Facebook page



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



25th August - 7th October 2018

Unst Adult & Junior Classes Timetable 2018

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

MONDAY

1000 - 1030	METAFIT
1045 - 1115	ADULT & CHILD SWIM
1545 - 1615 CB	SWIMSKILLS LEVEL 1
1615 - 1645 CB	SWIMSKILLS LEVEL 2
1745 - 1845	POWERSWIM
1645- 1745	PUBLIC SWIMMING

TUESDAY

1100 - 1145	SILVER SNEAKERS
1500- 1545	GYMTOTS
1545 - 1630 CB	GYMTASTICS (P1-7)
1800 - 1845	STEP AEROBICS
1900 - 2000	AQUAFIT
1900 - 2000	TABATA
1400 - 1600	PUBLIC SWIMMING

CB = COURSE BLOCK BOOKING

WEDNESDAY

1630 - 1715	SPINNING
1900 - 2000	CARDIO DANCE (ALL AGES)
1900 - 1945	GYMFIT (P6 -S4)
1715 - 1900	PUBLIC SWIMMING

THURSDAY

0915 - 1015 CB	BARBELL ACTIVE
1545 - 1615 CB	JUNIOR SQUASH LV1
1615 - 1645 CB	JUNIOR SQUASH LV2
1900 - 1945	CIRCUITS
1430 - 1800	PUBLIC SWIMMING

FRIDAY

1100 - 1130	FATBURN EXTREME
1400 - 1500	SILVER SNEAKERS
1415- 1445 CB	SWIMSKILLS LEVEL 3
1445- 1515 CB	SWIMSKILLS LEVEL 4
1800 - 1845	GYMFIT
1800 - 1900 CB	BARBELL ACTIVE
1900 - 2000	SUPPLE STRENGTH
1300 - 1400 1515 - 1800	PUBLIC SWIMMING

SATURDAY

1100 - 1145	RUN JUMP THROW
1500 - 1600	ROLLERWHEELS
1145 - 1600	PUBLIC SWIMMING

SUNDAY

1100 - 1145	ROADRUNNING
1400 - 1500	FAST 5S (Starts 02/09)
1100 - 1600	PUBLIC SWIMMING

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.

Shetland Recreational Trust
is part funded by

