

## ADULT CLASS DESCRIPTORS:

### 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.

### Fatburn Extreme & Metafit | £3.00 & £3.30

Simple yet very effective body weight training system that will work the whole body in high intensity intervals with minimal rest. Rapid results in getting rid of that body fat!

### Circuits | £4.50

An energising mixture of aerobic old school movements along with toning exercises to set you up for a great evening in or out!

### Aqua Circuits NEW CLASS | £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!

### Step Up & Dance NEW CLASS £4.50 or £2.50 for juniors

Cardio Dance and Step Aerobics merge together to create a fun and unique workout! Alternate between dancing and stepping tracks and move to the beat!

### Silver Sneakers | £2.50

This class is designed to increase flexibility, joint stability, balance, coordination and much more for our senior users. Includes tea/coffee and a sweat treat!

### Survival NEW CLASS | £4.50

Are you fit enough to survive survival? This class uses our favourite training techniques to take your fitness to another level!

### 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.

### Roadrunning | £2.75

Our popular outdoor exercise class. Each session is tailored to everyone's ability (with walk/run workouts) whilst enjoying the lovely scenery of Unst.

### Spinning Around The World | £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. These workouts are DVD led:- same DVD for the week.



shetland recreational trust  
Scottish Charity SC002179

# ULC SUMMER ACTIVITY PROGRAMME

30 June - 22 August 2018



Tel: 01595 807701  
[www.srt.org.uk](http://www.srt.org.uk)



Monday		
Metafit	11:00 - 11:30	£3.30
Rollerwheels Extreme	11:00 - 12:00	£2.50
Spinning Around the World	19:00 - 20:00	£4.50

Tuesday		
FBX*	09:30 - 10:00	£3.00
Silver Sneakers	11:00 - 12:00	£2.50
Pool Party	14:00 - 15:00	£2.95 Under 8's must be accompanied by an adult
Mini Olympics (P1-S2)	15:00 - 16:00	£2.50
Aqua Circuits <b>NEW CLASS</b>	18:00 - 18:45	£4.50
Survivor <b>NEW CLASS</b>	19:00 - 20:00	£4.50

Wednesday		
Kindergym	11:00 - 12:30	£3.75 Under 7's only
Spinning Around the World	11:00 - 12:00	£4.50
Step Up & Dance <b>NEW CLASS</b>	18:00 - 19:00	£4.50/£2.50
Adult Only Swimming	19:00 - 20:30	£2.80

Thursday		
Barbell Active* (starts 12/07)	09:30 - 10:30	£4.50
Supple Strength* (starts 12/07)	10:30 - 11:15	£4.50
Racket Sports	15:00 - 16:00	£2.50
Circuits	19:00 - 19:45	£4.50

Friday		
Bouncy Castle & Games	10:30 - 11:30	£2.50
Pool Party	14:00 - 15:00	£2.95 Under 8's must be accompanied by an adult
Silver Sneakers	14:00 - 15:00	£2.50
Roadrunning	18:00 - 18:45	£2.75
Barbell Active	19:00 - 20:00	£4.50

Saturday		
FBX*	11:00 - 11:30	£3.00
Toddlergym	11:00 - 12:00	£2.50 Under 5's only
Rollerwheels	15:00 - 16:00	£2.50

Sunday		
Family Fun (Bouncy castle, swimming, soft play, racket sports and more!)	14:00 - 16:00	£2.80 includes 1 adult and 1 child. Pay £1 extra per adult or child.

## Public Swimming Pool Times

Monday	15:30 - 17:45
Tuesday	15:00 - 18:00
Wednesday	16:30-18:00 & 19:00-20:30
Thursday	14:30 - 18:00
Friday	13:00-14:00 & 15:00-18:00
Saturday	11:30 - 16:00
Sunday	11:00 - 16:00

Pool times are subject to change due to private bookings, so please contact reception for any current changes.

For more information on any of the activities or opening hours please contact reception on 01595 807701.

**During UnstFest 14 July-22 July our activity timetable will change & a separate leaflet will be available during the festival.**

\*Child Friendly Class = During this workout you may bring your children to run around on the next court free of charge but under your supervision.