

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.
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.
All Ability Circuits	A circuit class that caters for all ages and abilities and is suitable for beginners. Every exercise can be modified or adapted for suitability that works all areas of the body.
Barbell	Exercises using barbells, giving an all round body tone and building strength. Done over 45 minutes this workout is great for beginners to improvers.
OTAGO	A Falls prevention strength and balance exercise class for older adults. * This is a NHS referral class, please contact us for more info
Steps	Come join us for a step aerobics class which will get the heart rate pumping, using only a step and different exercises, this class will get muscles working out like never before.
Body Blast	A complete body work out containing a variety of exercises to help build strength and endurance, while improving your core stability and co-ordination. This class uses a wide range of equipment, from barbells to steps, to help you get the most out of your workout.
Full Body Fitness	A total body workout, comprising of simple but effective exercises to tone and strengthen the body.
Senior Leisure	Starting off with a 20 minute exercise class then for the remainder of the time you can either swim, use the gym or enjoy a cuppa!
Senior Circuits	Circuit style class for older adults who are looking to improve their range of movement and their general fitness. Exercises will vary between seated and standing depending on ability.
Strength & Balance	Strength and Balance is a suitable progression from the OTAGO program. This chair based strength and balance class aims to improve whole body strength, mobility and balance.
FBX (Fatburn Extreme)	A maximal intensity 20 minute, rest based, fat burning workout. It maximises results in minimum time using bodyweight exercises which boosts the metabolism for 48 hours and improves speed, power and strength.
Fitness Class Randomiser	This class is not fixed to one activity, it will change up every week between boxfit, circuits, step aerobics, bums & tums, and HIIT etc, giving the variety to keep the interest going.
Yoga	Learn and develop zen techniques to bring more peace, insight, health, happiness, strength and energy into your life, and to let go of frustration and worry. No prior experience of, or ability in anything required.

North Mainland Leisure Centre

FITNESS TIMETABLE

15th April - 28th June





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DRYSIDE	Full Body Fitness 0700 - 0730 £5.00 per session	Spinning 0845 - 0930 £6.55 per session	Body Blast 0700 - 0730 £5.55	Spinning 0845 - 0930 £6.55 per session	All Ability Circuits 0700 - 0730 £5.00 per session	Fitness Class Randomiser 0830 - 0900 £5.00 per session
	Healthy Walk 1230 - 1315 Free	Senior Leisure 1300 - 1500 £3.30 per session	Strength and Balance 1130 - 1230 £3.30 per session	Senior Circuits 1145 - 1245 £3.30 per session	OTAGO 1130 - 1230 £3.30 per session	
	Strength and Balance 1315 - 1415 £3.30 per session	Steps 1730 - 1800 £5.00 per session	Yoga 1930 - 2015 £6.55 per session	FBX 1715 - 1745 £5.00 per session		
	Spinning 1800 - 1845 £6.55 per session	All Ability Circuits 1815 - 1845 £6.55 per session		Fitness Class Randomiser 1800 - 1845 £6.55 per session		
	Barbell 1915 - 2000 £6.55 per session					
WETSIDE			Aquaerobics 1245 - 1330 £6.55 per session	Aquaerobics 1245 - 1330 1900 - 1945 £6.55 per session	Aquaerobics 1715 - 1800 £6.55 per session	Aquaerobics 0900 - 0945 £6.55 per session

Cancellation 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.

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.

www.srt.org.uk
01595 807710

All of our Fitness Classes are included in our
MORE4life Membership offering!
From just £29.50 per month! Ask us for more details.

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Shetland more active, more often

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 Shetland Charitable Trust