



Registered Charity: SC002179

Fitness Class Timetable

Effective From Monday 15th April

www.srt.org.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPINNING 0900-0945 21st May Last week		GYMFIT 0900-1000	FRIDAY FIT 0900-0945 24TH May Last week		MEN'S ONLY SWIMMING 1030-1130
AQUA 1130-1230			OTAGO 1030-1130			
			AQUA CIRCUITS 1030-1120	POWER AQUA 1530-1615		
HIITMIX 1830-1915 20TH May Last week	SPIN N TONE 1800-1845		STRENGTH & BALANCE 1130-1230			
	POWER AQUA 1900-1945		LADIES ONLY SWIMMING 1930-2030			

Funded by



01595 807707

Whalsay Leisure Centre

Symbister, Whalsay, Shetland, ZE2 9AA



CLASS	DESCRIPTION	PRICES
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	£6.55
GYMFIT	60 minute class in the gym using all equipment including weights and cv machines.	£6.55
SPINNING	40 minute spinning session. This session is great for improving your cardio.	£6.55
SPIN N TONE	30 minute spinning session then a 15 minute, total ab workout. A great cardio workout with core strengthening for more advanced.	£6.55
POWER AQUA	45 minutes water based workout consisting of a mixture of Hiit and different toning / strength exercises.	£6.55
OTAGO	These "Fall prevention" exercise sessions include a basic warm up, strength and balance exercise. GP referral or self referall is required for this class.	£3.30
STRENGTH & BALANCE	Strength and balance session suitable for all abilities. Includes chair based exercises.	£3.30
AQUA CIRCUITS	A class full of various different circuits that will change each week. Aimed for all abilities	£6.55
LADIES ONLY SWIMMING	This session is exclusive for women only. Ideal for socialising, come and enjoy a relaxing swimming with the lights out.	£5.50/£3.80
FRIDAY FIT	A new class in the studio targeting a full body workout, with a mixture of body weight, dumbbell and barbell exercises.	£6.55
MEN'S ONLY SWIMMING	This session is exclusive for men only. Ideal for socialising, come and enjoy a relaxing swim at your own pace.	£5.50/£3.80