

# Fitness Class Descriptions

Healthy Walk	Walking as part of a group and at an individual's pace, it is a sociable, instructor-led session. The walks will last roughly 30 - 40 minutes and sometimes they may also have an element of Strength and Balance.
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.
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.
Aqua Walking	A low impact exercise class in water, making it feel easier on the joints, this session is not staff-led but there will be some exercises laid out for you to use if you wish to, otherwise you are free to use the time to do your own exercises and all at an individual's own pace.
Barbell	Using barbells for different exercises, giving an all-round body tone and strength building. Done over 45 minutes this workout is great for beginners to improvers.
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.
Senior Leisure	Starting off with a 20-minute exercise class then for the remainder of the time you can either swim, go in the steam room, use the gym or enjoy a cuppa! There will be a member of staff on hand throughout this session to help where needed.
Steps	A HIIT class which will get the heart rate pumping, using only a step and many different exercises this class will get muscles working out like never before.
Senior Circuits	Class for older adults who are looking to improve their range of movement and their general fitness. Exercises can vary between seated and standing depending on ability.
Fitness Bootcamp	This class is designed to build strength and fitness through a variety of types of exercise.
OTAGO	Strength and balance exercise class for older adults for falls prevention.
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 variety to keep the interest going.

# North Mainland Leisure Centre

## FITNESS TIMETABLE

1st July - 11th August 2024





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DRYSIDE	<b>Healthy Walk</b> 1230 - 1315 <b>FREE</b>	<b>Spinning</b> 0900 - 0945 <b>£6.55</b>	<b>Strength &amp; Balance</b> 1130 - 1230 <b>£3.30</b>	<b>Spinning</b> 0900 - 0945 <b>£6.55</b>	<b>OTAGO</b> 1130 - 1230 <b>£3.30</b>	<b>Fitness Class Randomiser</b> 1100 - 1130 <b>£5.00</b>
	<b>Strength &amp; Balance</b> 1315 - 1415 <b>£3.30</b>	<b>Senior Leisure</b> 1300 - 1500 <b>£3.30</b>	<b>Spinning</b> 1800 - 1845 <b>£6.55</b>	<b>Senior Circuits</b> 1215 - 1315 <b>£3.30</b>		
	<b>Spinning</b> 1800 - 1845 <b>£6.55</b>	<b>Steps</b> 1730 - 1800 <b>£5.00</b>		<b>Fitness Bootcamp</b> 1800 - 1845 <b>£6.55</b>		
	<b>Barbell</b> 1915 - 2000 <b>£6.55</b>					
WETSIDE	<b>Aquaerobics</b> 1415 - 1500 <b>£6.55</b>		<b>Aqua Walking</b> 1245 - 1330 <b>£6.55</b>	<b>Aquaerobics</b> 1315 - 1400 1900 - 1945 <b>£6.55</b>	<b>Aquaerobics</b> 1715 - 1800 <b>£6.55</b>	<b>Aquaerobics</b> 1000 - 1045 <b>£6.55</b>

### Booking Policy:

You can book and pay for classes up to 14 days in advance at Reception or Online at [www.srt.org.uk](http://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.

[www.srt.org.uk](http://www.srt.org.uk)  
01595 807710

All of our Fitness Classes are included in our **MORE4life Membership** offering! Ask us for more details.

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 Shetland Charitable Trust