

TIMETABLE

from Monday 21st April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				MORNING TONE 09:30 - 10:00 (Starts Friday 9th May)	CLIMBING INDUCTION 10:00 - 12:00
	50+ SWIMMING 11:00 - 12:00 12:00 - 13:00	OTAGO (Strength & Balance) 11:30 - 12:30 (NHS REFERRAL)		50+ SWIMMING 10:30 - 11:30	CLIMBING COME & TRY 12:15 - 13:15 13:30 - 14:30
YIN YOGA 18:30 - 19:15		STRENGTH & TONE 17:00 - 17:30	DUMBBELL CIRCUITS 18:00 - 18:50		
AQUA CIRCUITS 19:30 - 20:15		AQUA CIRCUITS 19:30 - 20:15	FLOW YOGA (fortnightly-see overleaf) 19:00 - 19:45		

Our classes are **bookable up to 14 days in advance** via telephone, through our **online booking service at www.srt.org.uk** or via our **booking app** which is available to download on Apple and Google Play stores.

*All fitness classes are included in our MORE4life Membership except for Climbing Wall Inductions



Scan the QR Code to
download our booking app

Tel: 01595 807713
Email: wmlc@srt.org.uk

ACTIVITY DESCRIPTIONS

YIN YOGA - Slow, relaxing, reenergising and revitalising body, mind class. Suitable for all £6.90

FLOW YOGA - Strength stretch, flexibility for all levels.
(Fortnightly on the following dates: **01/05/2025, 15/05/2025, 29/05/2025, 05/06/2025, 26/06/2025**) £6.90

OTAGO - This "Fall Prevention" exercise class includes a basic warm up + strength and balance exercises.
(Please email - shet.healthyshetland@nhs.scot or call - 01595 807494 for a referral request) £3.50

AQUA CIRCUITS - A low-impact water-based workout that supports the joints and is ideal for all ages. Dimmed lighting adds to the relaxed atmosphere. £6.90

50+ SWIMMING - Ideal for socialising and improving fitness levels at your own pace. Exclusive use of the Swimming Pool & Health Suite. £5.85
£4.00

DUMBBELL CIRCUITS - A mix of cardio, dumbbell and barbell stations provides a great workout for the whole body. £6.90

CLIMBING INDUCTION/REFRESHER - Complete or refresh your climbing competency induction. Once complete this allows you access to public sessions and the ability to sign in 2 guests. £10.65

CLIMBING COME & TRY - Come and have a go at our climbing wall as part of a fun family day out. No need for any induction/prior skills as this is an instructor led session. £10.65
£6.65

STRENGTH & TONE / MORNING TONE - A class dedicated to working your fully body over a range of exercises. Low-medium impact exercises which are perfect for toning and strengthening. £5.25



Funded by
 Shetland
Charitable Trust

ADULT FITNESS TIMETABLE

West Mainland Leisure Centre

FROM MONDAY 21ST APRIL 2025