

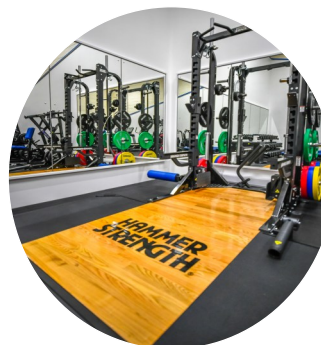
Fitness Class Descriptions

ICG	An indoor cycle workout it is low impact, you 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.
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.
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.
Senior Leisure	Starting off with a 20 minute exercise class then for the remainder of the time you can choose between swimming, using the steam room, going in the gym or enjoying a cuppa!
Senior Circuits	Circuit style class for 50 + 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.
Trampettes	A high energetic workout on a trampette that works on core, balance and cardio.

North Mainland Leisure Centre

FITNESS TIMETABLE

30th June - 19th August



Find us on Facebook:
North Mainland Leisure Centre



North Mainland Leisure Centre

FITNESS TIMETABLE

30th June - 19th August

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DRYSIDE	Senior Leisure 1200 - 1400 £3.50 per session	ICG 0830 - 0915 £6.90 per session	Strength & Balance 1200 - 1300 £3.50 per session	ICG 0830 - 0915 £6.90 per session	OTAGO 1130 - 1230 £3.50 per session	
	ICG 1730 - 1815 £6.90 per session	Strength & Balance 1200 - 1300 £3.50 per session	ICG 1730 - 1815 £6.90 per session	Senior Circuits 1100 - 1200 £3.50 per session		
	Barbell 1830 - 1915 £6.90 per session	Steps 1730 - 1800 £5.25 per session	Trampettes 1830 - 1900 £5.25 per session	All Ability Circuits 1815 - 1845 £5.25 per session		
WETSIDE	Aquaerobics 1330 - 1415 £6.90 per session	Aquaerobics 1900 - 1945 £6.90 per session		Aquaerobics 1200 - 1245 1900 - 1945 £6.90 per session		Aquaerobics 0900 - 0945 £6.90 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 £31.99 per month! Ask us for more details.

MORE4life
Shetland more active, more often

Funded by
 Shetland
 Charitable Trust