

TIMETABLE

Monday 13th April — Saturday 23rd May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	50+ SWIMMING 10:30 - 11:30 11:30 - 12:30	OTAGO (Strength & Balance) 11:30 - 12:30 (NHS REFERRAL)		AQUA CIRCUITS 09:30 - 10:15	CLIMBING INDUCTION 10:00 - 12:00
YIN YOGA 18:30 - 19:15		STRENGTH & TONE 17:00 - 17:30	DUMBBELL CIRCUITS 18:00 - 18:50	50+ SWIMMING 10:30 - 11:30	CLIMBING COME & TRY 12:15 - 13:15 13:30 - 14:30
AQUA CIRCUITS 19:30 - 20:15		AQUA CIRCUITS 19:30 - 20:15	FLOW YOGA (see overleaf for dates) 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 for body & mind. Suitable for all levels. £7.25

FLOW YOGA - Strength, stretch & flexibility for all levels. £7.25
On Thur 23 April, Thur 7 May, Thur 21 May

OTAGO - This “Fall Prevention” exercise class includes a basic warm up + strength and balance exercises. £3.70
 (Please email - shet.healthshetland@nhs.scot or call - 01595 807494 for a referral request)

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. £7.25

50+ SWIMMING - Ideal for socialising and improving fitness levels at your own pace. Exclusive use of the Swimming Pool & Health Suite. £6.10
£4.20

DUMBBELL CIRCUITS - A mix of cardio, dumbbell and barbell stations provides a great workout for the whole body. £7.25

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. £11.20

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. £11.20
£7.00

STRENGTH & 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. £5.55



Funded by
 Shetland Charitable Trust

ADULT FITNESS TIMETABLE

West Mainland Leisure Centre

Monday 13th April—Saturday 23rd May 2026

 Shetland Recreational Trust
 Scottish Charity SC002179

MORE4life
 Shetland more active, more often