

SENIOR GROUP FITNESS TIMETABLE

CLICKIMIN LEISURE COMPLEX (SEPTEMBER-DECEMBER 2026)

Monday	Class	Location	Start Date	End Date	Exception Dates	Instructor
0900 - 1000	Senior Strength	Aspire	07/09	21/12	-	Jae
1000 - 1100	Senior Strength	Aspire	07/09	21/12	-	Jae
1300 - 1400	Senior Strength & Balance	Multi Use	07/09	21/12	02/11	Jae

Tuesday	Class	Location	Start Date	End Date	Exception Dates	Instructor
1000 - 1200	Social Table Tennis	Squash Courts	01/09	22/12	03/11	Brian

Wednesday	Class	Location	Start Date	End Date	Exception Dates	Instructor
0900 - 1000	Senior Strength	Aspire	02/09	16/12	-	Jae
1000 - 1100	Senior Strength	Aspire	02/09	16/12	-	Jae
1730 - 1815	Move It or Lose It	Waterside Suite	02/09	16/12	-	Ruth

Thursday	Class	Location	Start Date	End Date	Exception Dates	Instructor
0915 - 1015	Senior Circuits	Multi Use	03/09	17/12	05/11	Jae
1015 - 1115	Senior Circuits	Multi Use	03/09	17/12	05/11	Jae
1200 - 1300	OTAGO*	Multi Use	03/09	17/12	05/11	Jae
1330 - 1430	OTAGO*	Multi Use	03/09	17/12	05/11	Jae
1445 - 1545	OTAGO*	Multi Use	03/09	17/12	05/11	Jae



*To enrol on to an OTAGO (falls prevention) class please visit:

- <https://www.healthyshetland.com/otago-programme>
- email: shet.fallsprevention@nhs.scot
- 01595 807494



Friday	Class	Location	Start Date	End Date	Exception Dates	Instructor
1000 - 1045	Senior ICG Virtual	Apex	04/09	18/12	-	-
1430 - 1630	Social Badminton	Main Hall	04/09	18/12	25/09, 06/11	Brian

Saturday	Class	Location	Start Date	End Date	Exception Dates	Instructor
1400 - 1445	Chairobics	Waterside Suite	05/09	19/12	-	Ruth

OTAGO

Supporting Active, Confident & Independent Living | A partnership between NHS Shetland & Shetland Recreational Trust

This partnership aims to help people in Shetland maintain their health, wellbeing, and independence through physical activity, prevention, and community-based support. By combining healthcare expertise with accessible sport and leisure opportunities, the collaboration encourages individuals to become more active, build confidence, reduce the risk of falls, and live independently for longer. The partnership reflects a wider commitment across Shetland to improve population health through early intervention, healthy lifestyle programmes, and increased access to recreational facilities and activities.

CLASS PROGRESSION:

STEP 1

OTAGO PROGRAMME

An introduction to strength and balance exercises combined with educational talks.

Benefits include:

- Reducing the risk of falls
- Keeping active and independent
- Improving confidence
- Enhancing social connections

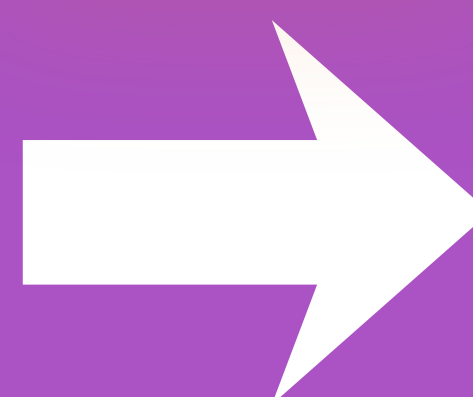
You must register your interest with Healthy Shetland:

Visit: healthyshetland.com/otago-programme/

T: 01595 743 330 or **email:** shet.healthyshetland@nhs.scot



PROGRESS TO:



STEP 2

SENIOR STRENGTH & BALANCE

A progression from the Otago Programme.

What to expect:

- Mostly chair-based resistance exercises
- Walking and balance exercises
- Activities designed to improve mobility

Suitable for anyone looking to improve:

- Strength
- Balance
- Mobility
- Confidence in everyday movement

There is no additional enrolment required – once you've completed the Otago Programme, you can book this class directly with SRT.



CUSTOMER INFO

This timetable may be subject to change from time-to-time due to staff holidays or unforeseen circumstances. Amendments will be displayed on our website at: www.srt.org.uk/centres/activities/group-fitness-classes

CLASS WAITING LISTS

Ask to be added to our waiting list and we'll notify you if a space becomes available.

Class Descriptions
& Exception Dates:



ACCESS2LEISURE
Shetland more active, more often

Note: All classes are non-refundable.



Funded by
**Shetland
Charitable Trust**