

1ST APR - 30TH JUN 2018



FITNESS CLASS TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	9:30 AM - 10:30 AM	AQUAFIT*	POOL	£4.80
	11:00 AM - 11:45 AM	ABSOLUTE CORE <small>NEW</small>	MOAT CENTRE	£4.80
	6:00 PM - 6:30 PM	FBX	SCHOOL	£4.80
	6:00 PM - 6:30 PM	TORQUE EXPRESS	SCHOOL	£4.80
	6:30 PM - 7:30 PM	YOGAFLOW	SCHOOL	£4.80
TUESDAY	6:45 AM - 7:30 AM	TORQUE	SCHOOL	£4.80
	10:00 AM - 11:00 AM	YOGAFLOW	MOAT CENTRE	£4.80
	11:00 AM - 11:45 AM	FLEX N FITNESS <small>NEW</small>	MOAT CENTRE	£4.80
	6:00 PM - 7:00 PM	KETTLEBELLS	SCHOOL	£4.80
WEDNESDAY	6:45 AM - 7:30 AM	TOTAL BODY CONDITIONING	POOL	£4.80
	12:45 PM - 1:45 PM	SUPER 60'S	MOAT CENTRE	£3.30
	6:00 PM - 7:00 PM	AQUAFIT*	POOL	£4.80
	6:00 PM - 7:00 PM	CIRCUITS	SCHOOL	£4.80
THURSDAY	6:45 AM - 7:30 AM	TORQUE	SCHOOL	£4.80
	12:00 PM - 1:00 PM	AQUAFIT*	POOL	£4.80
	6:00 PM - 6:30 PM	FBX	SCHOOL	£4.80
	6:00 PM - 6:30 PM	TORQUE EXPRESS	SCHOOL	£4.80
	6:30 PM - 7:15 PM	CORE STABILITY	SCHOOL	£4.80
FRIDAY	9:30 AM - 10:30 AM	AQUAFIT*	POOL	£4.80
	6:00 PM - 6:30 PM	TORQUE EXPRESS	SCHOOL	£4.80
	5:30 PM - 6:30 PM	HATTON BOXING	SCHOOL	£4.80
SATURDAY	9:15 AM - 10:00 AM	TOTAL BODY CONDITIONING	POOL	£4.80










BOOKING INFORMATION Please contact reception on **01700 504300** to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class. *Due to safety there is a maximum number of 30 allowed in the pool. No admittance will be given if the maximum has been achieved.

FITNESS SUITE HOURS **MON** 7:30AM - 8PM **TUE** 7:30AM - 8PM **WED** 7:30AM - 8PM **THU** 7:30AM - 8PM **FRI** 7:30AM - 8PM **SAT** 10AM - 5PM **SUN** 10AM - 3PM



Scottish Incorporated Charitable Organisation No. SC047545

01700 504 300
Rothesay Leisure Centre
visit liveArgyll.co.uk

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES [†]
	An indoor cycling providing an intense cardio workout while still catering to participants of most fitness levels.	45 MINS	HIGH	450 AVERAGE
	Hatton boxing is for anyone 16+ and of any fitness level. Get fighting fit.	60 MINS	HIGH	500 AVERAGE
KETTLE BELLS	Amazing cardiovascular and strength training workout.	60 MINS	MODERATE	550 AVERAGE
	Combines the benefits of Pilates with the strength and flexibility advantages of yoga.	60 MINS	LOW	350 AVERAGE
	30 minute, maximal intensity workout with no dictated rest periods.	30 MINS	HIGH	350 AVERAGE
	Combines the natural resistance of water with many different exercises.	60 MINS	ANY	300 AVERAGE
CIRCUITS	Combines traditional and non traditional bodyweight exercises with resistance training.	60 MINS	HIGH	500 AVERAGE
	An indoor cycling providing an intense cardio workout while still catering to participants of most fitness levels.	30 MINS	HIGH	350 AVERAGE
	Gym based circuit class using a combination of machines, free weights, bodyweight exercises and Power Plate. For a total body conditioning workout.	45 MINS	HIGH	400 AVERAGE
CORE STABILITY	Working The Main Core Stability Muscles: Transverse, abdominals, erector spinae, multifidus, obliques & pelvic floor muscles.	45 MINS	ANY	315 AVERAGE
super60s	Low impact exercise to music class with a great social aspect.	60 MINS	LOW	315 AVERAGE
	Build strength in your abdominal, oblique and lower back muscles as well as looking to improve balance and stability.	45 MINS	MODERATE	315 AVERAGE
	This class focuses on stretching the muscles to help alleviate the joints making the body more in balance.	45 MINS	LOW	350 AVERAGE

[†] The calorific burn rate of each class above is based on average results. Individual results may vary.

GET YOUR ALL FACILITY MEMBERSHIP **NOW!**

FROM ONLY **£40.65** PER MONTH

INCLUDES **FREE** FITNESS CLASSES



Based on a single, adult membership paid monthly by direct debit. Other membership types are available. Please ask at reception.