

1ST OCT - 24TH DEC 2018

FITNESS CLASS

TIMETABLE



DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	9.30AM - 10.30AM	AQUAFIT *	POOL	£4.80
	11.00AM - 11.45AM	ABSOLUTE CORE	MOAT CENTRE	£4.80
	6.00PM - 6.30PM	FBX	SCHOOL	£4.80
	6.00PM - 6.30PM	TORQUE FITNESS	SCHOOL	£4.80
	6.30PM - 7.30PM	YOGAFLOW	SCHOOL	£4.80
TUESDAY	6.45AM - 7.30AM	TORQUE	SCHOOL	£4.80
	10.00AM - 11.00AM	YOGAFLOW	MOAT CENTRE	£4.80
	11.00AM - 11.45AM	FLEX N FITNESS	MOAT CENTRE	£4.80
	6.00PM - 7.00PM	KETTLEBELLS	SCHOOL	£4.80
WEDNESDAY	6.45AM - 7.30AM	TOTAL BODY CONDITIONING	POOL GYM	£4.80
	12.45PM - 1.45PM	SUPER 60'S	MOAT CENTRE	£3.30
	6.00PM - 7.00PM	AQUAFIT *	POOL	£4.80
	6.00PM - 7.00PM	CIRCUITS	SCHOOL	£4.80
THURSDAY	6.45AM - 7.30AM	TORQUE	SCHOOL	£4.80
	12.00PM - 1.00PM	AQUAFIT *	POOL	£4.80
	6.00PM - 6.30PM	FBX	SCHOOL	£4.80
	6.00PM - 6.30PM	TORQUE EXPRESS	SCHOOL	£4.80
	6.30PM - 7.15PM	CORE STABILITY	SCHOOL	£4.80
FRIDAY	9.30AM - 10.30AM	AQUAFIT *	POOL	£4.80
	5.30PM - 6.30PM	HATTON BOXING	SCHOOL	£4.80
	6.00PM - 6.30PM	TORQUE EXPRESS	SCHOOL	£4.80
SATURDAY	9.15AM-10.00AM	TOTAL BODY CONDITIONING	POOL GYM	£4.80

Timetable subject to change











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: SEE OUR [WEBSITE](#) FOR OPENING HOURS



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
	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



 DIRECT Debit

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