

TIMETABLE

Monday 15th April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		OTAGO (Strength & Balance) 11:30 - 12:30 (NHS REFERRAL)		SPIN & TONE 09:30 - 10:30	
YIN YOGA 18:40 - 19:25	50+ SWIMMING 11:00 - 12:30	SPINNING 18:00 - 18:45		50+ SWIMMING 10:00 - 11:30	CLIMBING Induction 11:30 - 12:30
AQUA CIRCUITS 19:30 - 20:15		AQUA CIRCUITS 19:30 - 20:15	DUMBBELL CIRCUITS 18:00 - 18:50		CLIMBING Come & Try 12:45 - 13:45 14:00 - 15:00

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. Once you have downloaded our app you are required to login via our 'My Account' button using your SRT account login details to ensure the correct price level is allocated.

*All of our fitness classes are included in our MORE4life Membership except for our Climbing Wall Inductions.



Scan the QR Code to download our new booking app then login into your account using your SRT login details.

Tel: 01595 807713
 Email: wmlc@srt.org.uk

ACTIVITY DESCRIPTIONS

YIN YOGA - Awesome complement to life. For an active lifestyle and injury prevention. This slow practice provides deep tissue tension release with gentle, mat based lying or seated postures.

MORE4life
Shetland more active, more often

£6.55

OTAGO - This "Fall Prevention" exercise class includes a basic warm up + strength and balance exercises. Please email - shet.healthyshetland@nhs.scot or call - 01595 807494 for a referral request.

MORE4life
Shetland more active, more often

£3.30

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.

MORE4life
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£6.55

50+ SWIMMING - Ideal for socialising and improving fitness levels at your own pace. Exclusive use of the Swimming Pool & Health Suite and these 1.5hour sessions.

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£5.50/
£3.80

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

MORE4life
Shetland more active, more often

£6.55

CLIMBING INDUCTION/REFRESHER - Complete or re-fresh your climbing competency induction. Once complete this allows you access to public sessions and the ability to sign in up to 2 guests.

£10.10

CLIMBING COME & TRY - Come and have a go at climbing our wall as part of a fun family day out. No need for any induction/prior skills as this is an instructor led session.

MORE4life
Shetland more active, more often

£10.10/
£6.40

SPIN & TONE - Challenge yourselves with simple moves on our static exercise bikes, with motivational music and an instructor to guide you.

MORE4life
Shetland more active, more often

£6.55



Funded by
 Shetland
Charitable Trust

ADULT FITNESS TIMETABLE

West Mainland Leisure Centre

FROM MONDAY 15TH APRIL 2024

 Shetland Recreational Trust
Scottish Charity SC002179

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