

TIMETABLE

from Monday 6th January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	50+ SWIMMING 11:00 - 12:00 12:00 - 13:00	OTAGO (Strength & Balance) 11:30 - 12:30 (NHS REFERRAL)		SPIN & TONE 09:30 - 10:30	CLIMBING INDUCTION 10:00 - 12:00
		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
YIN YOGA 18:30 - 19:15		SPINNING 18:05 - 18:55	FLOW YOGA (fortnightly-see overleaf) 19:00 - 19:45		
AQUA CIRCUITS 19:30 - 20:15	GYM CIRCUIT 20:00 - 20:45	AQUA CIRCUITS 19:30 - 20:15	YIN YOGA (fortnightly-see overleaf) 19:50 - 20:35		

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

FLOW YOGA - Strength stretch, flexibility for all levels.	
YIN YOGA - Slow, relaxing, reenergising and revitalising body, mind class. Suitable for all	£6.55
(Fortnightly on the following dates: 09/01, 23/01, 06/02, 20/02, 06/03, 20/03, 03/04)	
OTAGO - This "Fall Prevention" exercise class includes a basic warm up + strength and balance exercises. (Please email - shet.healthshetland@nhs.scot or call - 01595 807494 for a referral request)	£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.	£6.55
50+ SWIMMING - Ideal for socialising and improving fitness levels at your own pace. Exclusive use of the Swimming Pool & Health Suite.	£5.50/ £3.80
DUMBBELL CIRCUITS - A mix of cardio, dumbbell and barbell stations provides a great workout for the whole body.	£6.55
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.	£10.10
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.	£10.10/ £6.40
SPINNING & TONE - Challenge yourself with a workout on our static exercise bikes, with motivational music and an instructor to guide you.	£6.55
STRENGTH AND 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.	£5.00
GYM CIRCUIT - Improve your confidence & knowledge in the gym with new exercises each week which you can then use in your own workouts.	£6.55



Funded by
 Shetland Charitable Trust

ADULT FITNESS TIMETABLE

West Mainland Leisure Centre

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