



ULC EASTER ACTIVITIES

7th April - 21st April

Monday

Walkfit @ 9am
Senior Circuits @ 11am
Pool Party @ 2.30pm*
Tabata @ 6pm
Swimming pool 3.30 - 5.30pm

Wednesday

Kindergym @ 11am *
Zumba @ 6.30pm
Swimming pool 4.30-8pm

Friday

Spin & Trim @ 9am
Bouncy Castle & Games @ 11am*
Little Movers @ 2pm
Silver Sneakers @ 2pm
AquaFit @ 7pm
Swimming pool 1 - 5pm

Tuesday

Silver Sneakers @ 11am
Racket Zone @ 2pm
Step Aerobics @ 6pm
Spinning @ 7pm
Aqua Circuits @ 7pm
Swimming pool 2-5pm

Thursday

Barbell Active @ 9am
Senior Circuits @ 11am
Racket Zone @ 11am
Pool Party @ 2pm
Circuits @ 6.30pm
Swimming pool 3 - 5pm

Saturday

POP Pilates @ 11am
Rollerfit @ 11am
Splash & Mats 11am - 1pm
Swimming pool 1 - 2pm

Sunday

Rollerfit @ 11am
Splash & Mats 11am-1pm
Swimming pool 1-2pm

Aquathon 20th April @ 2pm
Aqua Dance 21st April @ 7pm

*This activity is **NOT**
included in the More4Life
membership

**BOOK YOUR SPACES VIA THE
SRT WEBSITE OR TELEPHONE
RECEPTION ON 01595 807701**

Funded by



Shetland
Charitable Trust