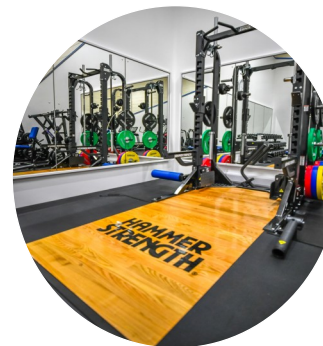


# Fitness Class Descriptions

## North Mainland Leisure Centre

### FITNESS TIMETABLE

7th April - 20th April



Find us on Facebook:  
**North Mainland Leisure Centre**



**Shetland** Recreational Trust

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#### Spinning

The original and best indoor group cycle workout. Low impact, set your own resistance with simple moves, motivational music and high energy levels. It builds muscle tone, burns calories and improves endurance.

#### Aquaerobics

These water based workouts are suitable for all, with a variety of aerobic and toning stations that work the entire body. The water supports the body whilst providing little impact on joints leading to a hard but gentle workout.

#### All Ability Circuits

A circuit class that caters for all ages and abilities and is suitable for beginners. Every exercise can be modified or adapted for suitability that works all areas of the body.

#### OTAGO

A Falls prevention strength and balance exercise class for older adults.  
\* This is a NHS referral class, please contact us for more info

#### Steps

Come join us for a step aerobics class which will get the heart rate pumping, using only a step and different exercises, this class will get muscles working out like never before.

#### Barbell

Exercises using barbells, giving an all round body tone and building strength. Done over 45 minutes this workout is great for beginners to improvers.

#### Senior Leisure

Starting off with a 20 minute exercise class then for the remainder of the time you can choose between swimming, using the steam room, going in the gym or enjoying a cuppa!

#### Senior Circuits

Circuit style class for 50 + who are looking to improve their range of movement and their general fitness.  
Exercises will vary between seated and standing depending on ability.

#### Strength & Balance

Strength and Balance is a suitable progression from the OTAGO program. This chair based strength and balance class aims to improve whole body strength, mobility and balance.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DRYSIDE	<b>Strength &amp; Balance</b> 1230 - 1330 £3.50 per session	<b>Spinning</b> 0830 - 0915 £6.90 per session	<b>Strength &amp; Balance</b> 1300 - 1400 £3.50 per session	<b>Spinning</b> 0830 - 0915 £6.90 per session	<b>OTAGO</b> 1130 - 1230 £3.50 per session	
	<b>Spinning</b> 1730 - 1815 £6.90 per session	<b>Senior Leisure</b> 1130 - 1330 £3.50 per session	<b>Spinning</b> 1730 - 1815 £6.90 per session	<b>Senior Circuits</b> 1100 - 1200 £3.50 per session		
	<b>Barbell</b> 1830 - 1915 £6.90 per session	<b>Steps</b> 1730 - 1800 £5.25 per session		<b>All Ability Circuits</b> 1815 - 1845 £5.25 per session		
WETSIDE	<b>Aquaerobics</b> 1330 - 1415 £6.90 per session			<b>Aquaerobics</b> 1200 - 1245 1900 - 1945 £6.90 per session		<b>Aquaerobics</b> 0900 - 0945 £6.90 per session

### Cancellation Policy:

Please note that all classes are non-refundable. Subscription holders must cancel classes more than 6 hours prior to the start of the class or a late cancellation charge of £2 will be applied. Customer's accounts will be automatically blocked resulting in no further bookings being allowed until this charge has been paid.

### Booking Policy:

You can book and pay for classes up to 14 days in advance at Reception or Online at [www.srt.org.uk](http://www.srt.org.uk). Please note that all classes are for over 16's unless otherwise stated.

[www.srt.org.uk](http://www.srt.org.uk)  
01595 807710

All of our Fitness Classes are included in our  
**MORE4life Membership** offering!  
 From just £31.99 per month! Ask us for more details.

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*Shetland more active, more often*

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