

MON	8.00 10.00 Public Swimming			10.00 11.00 School Lessons		11.00 12.00 Public Swimming		12.00 1.00 50+ Swimming		1.00 3.30 Public Swimming			3.30 5.30 Swimming Lessons		5.30 6.30 Public Swimming		6.30 8.00 Swimming Club		8.00 9.00 Adult Swimming		
																	Synchro Club				
TUE	8.00 10.00 Public Swimming			10.00 11.00 School Lessons		11.00 Public Swimming				1.30 1.30 2.30 Aqua Aerobics		2.30 3.30 Public Swimming		3.30 5.30 Swimming Lessons		5.30 7.00 Public Swimming		7.00 8.00 Public Swimming (Happy Hour)		8.00 9.00 Adult Swimming	
WED	8.00 10.00 Public Swimming			10.00 12.00 School Lessons			12.00 1.00 Staff Training		1.00 3.30 Public Swimming			3.30 5.30 Swimming Lessons		5.30 6.30 Public Swimming		6.30 7.55 Swimming Club			8.00 9.00 Ladies Only		
																Public Swimming					
THU	8.00 10.30 Public Swimming				10.30 12.30 School Lessons			12.30 3.30 Public Swimming				3.30 5.30 Swimming Lessons		5.35 7.25 Highland Swim Team		7.30 9.00 Kayak Club					
														Public Swimming							
FRI	8.00 10.00 Public Swimming				10.00 11.00 School Lessons		11.00 12.00 Public Swimming (Happy hour)		12.00 1.00 50+ Swimming		1.00 4.00 Public Swimming			4.00 7.55 Swimming Club				8.00 9.00 Public Swimming			
SAT		9.00 Swim lessons	9.30 11.00 Public Swimming		11.00 12.00 Public Swimming (Happy hour)		12.00 1.00 Family Swimming		1.10 1.55 Fun Hour (Commando Run 1 <sup>st</sup> Sat of the month*)		2.00 3.00 Public Swimming		3.00 5.30 Synchro Club		<div>Join our fantastic value <i>High Life Scheme</i></div> <div>Pay one low monthly fee and get unlimited use of all Leisure Centre run activities.</div> <div>Excellent value at only £19.00 for individual membership or £27.00 for a family membership</div>						
SUN		9.00 10.00 Swimming Club		10.00 11.00 Synchro Club		11.00 12.00 Synchro Club Family Swimming		12.00 1.00 Family Swimming		1.00 2.00 Fun Hour		2.00 4.00 Public Swimming									

## Programme Guidance Notes

**Lane Swimming** – Where possible, a lane will be provided during our public swimming times.

**Happy Hour** - Activity 50p per person during the times stated.

**Family Swims** – Designed for families, mats / toys will be out for the kids (part of the deep end will be roped off).

**AquaAerobics**– Team rhythmic dance and exercise steps to enhance cardiovascular fitness and muscular endurance.

**Swimming lessons** – Friday 20<sup>th</sup> Feb to Thursday 2<sup>nd</sup> April 2015

**Commando Run** - Big Inflatable for deep end swimmers only/The Shallow end will be closed in 1<sup>st</sup> Saturday of the month

**Fun Hour** – Floats Mats Rubber Rings & Toys for All Ages

**Please note that on Thursdays the Male Changing Rooms will be unavailable to the Public from 11-11.20am and 12-12.30pm**

For the Latest Updates find us on [facebook.com/NairnLeisureCentre](https://www.facebook.com/NairnLeisureCentre)

Day	Time	Activity	Class Information
MONDAY	5.45pm - 6.15pm	Spinning (Beginners)	Group cycling – the ultimate cardiovascular workout for beginners
	6.30pm - 7.15pm	Spinning	Group cycling - an advanced, higher intensity cardiovascular workout
	7.30pm - 8.00pm	Metafit	Bodyweight training - Boost your metabolism and join the fitness revolution
TUESDAY	5.45pm - 6.30pm	Spinning	Group cycling – an advanced, higher intensity cardiovascular workout
	6.45pm – 7.30pm	Circuits	Train and Tone- sculpt and define the new you.
	7.40pm - 8.10pm	AB-Solute Blast	30 minutes of the most effective, functional and challenging ab exercises
WEDNESDAY	5.45pm - 6.30pm	Spinning	Group cycling - an advanced, higher intensity cardiovascular workout
	6.45pm – 7.30pm	Zumba	Cardio Dance Class - fast and fun!
	6.00pm - 6.45pm	Gym Circuits At Nairn Leisure Gym!	Cardiovascular and Resistance Training making full use of our excellent facilities!! <b>Over 16's only</b>
THURSDAY	5.45pm - 6.15pm	Spinning (Beginners)	Group cycling – the ultimate cardiovascular workout for beginners
	6.30pm - 7.15pm	Spinning	Group cycling - an advanced, higher intensity cardiovascular workout
	7.30pm - 8.00pm	Insanity	Bodyweight training – High Intensity Interval Training
FRIDAY	No Classes Until	Further Notice	
	No Classes Until	Further Notice	

## Fitness Suite Opening Hours

Monday - Friday	8.00am - 8.45pm
Sat	9.00am - 5.15pm
Sun	9.00am - 3.45pm

## All advertised classes are included in *High Life*

Due to limited spaces please ensure you book the above sessions

**All Classes will take place at Nairn Academy**(Except Gym Circuits at Nairn Leisure Wednesdays)  
For more information or to book your place please contact reception