

ActiveLife & Wellness Open Day

Sunday, 29 January 2023

All activities listed below are FREE!

All classes should be booked in advance, visit our website to reserve your space.

Session	Time	Instructor	Location
Inflatables	0900-1400	N/A	Arena
Circuits	0900-0945	Craig	Quayside
Coach by Color	0900-0945	Katie/Kim	Studio 2
Family Cycle with Cycling UK	1000-1100	Magdalena	Track
BodyPump	1015-1100	Kim	Quayside
Mindful Yoga	1015-1100	Carolyn	Studio 2
FatBurn	1115-1145	Kim	Quayside
Relaxation	1115-1200	Carolyn	Studio 2
Zumba	1200-1245	Emma	Quayside
BOXFIT	1215-1300	Katie	Studio 2
Chat with William Sichel	1300-1500	William Sichel	Studio 2 Corridor
Aqua Aerobics	1300-1345	Tara	Pool
BodyBalance	1300-1345	Emma	Quayside
Escape Pain Drop-In	1315-1400	Holly	Studio 2
Chair Based Massages (15-minute blocks)	1100-1300	Gail	Pool Meeting Room
Chair Based Exercise & Info on Ageing Well Services	1400-1445	Emma/Gail	Quayside
Commando Inflatable Session	1415-1515	N/A	Pool
Pound	1415-1500	Tara	Studio 2
Foam Rolling	1515-1600	Holly	Studio 2
Deep Water Aerobics	1545-1630	Angie	Pool
A Look Behind the Scenes	1600-1700	Victoria	Phoenix Cinema
Climbing: Adult & Family Climb	1615-1715	Ian/Tim	Climbing Wall
Master Swimming	1630-1730	N/A	Pool (half pool)
Aqua Natal	1645-1730	Melissa	Pool (half pool)
Family Hooping	1700-1730	Fiona	Arena
Bouldering Inductions	1730-1800	Ian	Bouldering Cave
Walking Football	1800-1900	N/A	Arena

**One
month
free!**

Sign up for an *ActiveLife* membership on the day and get your first month free!

*You must pay for three months upfront, first month is free.
Terms and conditions apply.*

WELLBEING FAIR

A Wellbeing Fair will be available in the Pool Viewing Gallery where a range of NHS organisations and charities will be showcasing their services about health and wellbeing. This will be a great chance for you to ask questions and find out what support is available to you in Orkney.

PICKY CAFE

Grab a sandwich, cuppa or cake at the Picky Cafe in between sessions.

Open from 1000 - 1600



**THE PHOENIX
CINEMA**

What's On

1300 Phoenix Kids: Strange World
(cert PG)

1800 Empire of the Light (cert 15)
20% discount on evening screening!

A Look Behind the Scenes

The Phoenix Cinema | 1600-1700

Ever wondered what happens behind the scenes at the cinema? Pop along at any point in the hour to meet our projectionists and take a peek in the projection room. This is your chance to find out how the magic comes to life!

* Please note, images and videos will be taken throughout the day for promotional purposes.

www.pickaquoy.co.uk