

Group Exercise Timetable

16 October - 22 December 2023

KGS Sports Centre

Monday

Pound 19:30 - 20:15

*Pound starts 30 October

Wednesday

Indoor Cycling 18:00 - 18:45

*Indoor Cycling starts 1 November

Broga 19:00 - 19:45

*Broga starts 1 November

Thursday

Fatburn Extreme 17:45 - 18:15

Salsa Dance Workout 18:30 - 19:00

*Salsa starts 30 November

Hope HLC

Wednesday

Pound 19:00 - 19:45

*Pound starts 25 October

Fit'N'Flexible 19:45 - 20:15

*Fit 'N' Flexible starts 1 November

Aqua Cardio Mind & Body

Stromness

Tuesday

Dance Fit 11:15 - 11:45 SCC

*Dance Fit starts 31 October

Fit'N'Flexible 12:00 - 12:30 SCC

*Fit N Flexible starts 31 October

FatBurn Extreme 17:30 - 18:00 SCC

Wednesday

Aqua Aerobics 11:00 - 11:45 SP

*Aqua Aerobics starts 1 November

Thursday

FatBurn Extreme 18:00 - 18:30 SCC

Broga 18:45 - 19:30 SCC

*Broga starts 26 October

Sunday

Aerobics 18:00 - 18:30 SCC

SP - Stromness Pool

SCC - Stromness Community Centre

Dounby Centre

Monday

Indoor Cycling 18:00 - 18:30

*Indoor Cycling starts 6 November

Wednesday

FatBurn Extreme 18:00 - 18:30

Friday

FatBurn Extreme 18:00 - 18:30

Bookings can be made online at www.orkney.gov.uk/slbookings or using the iScuba App.

For more information or to book a class please contact:

KGS Sports Centre - Mon - Fri, 9am - 5pm on 01856 873535, during evenings and weekends 01856 872364, or email kirkwallsportscentre@glow.orkneyschools.org.uk

Dounby Centre - email dounby.centre@glow.orkneyschools.org.uk or call 01856 771280 in the evenings during opening hours

Stromness Community Centre - call 01856 850712 or email leisure.culture@orkney.gov.uk

Stromness Swimming Pool and Fitness Centre - call 01856 850552 during opening hours or email stromness.pool@glow.orkneyschools.org.uk

Fatburn Extreme

Maximise results in minimum time. Boosts metabolism, improves speed, power and strength. A 20 minute, maximal intensity workout with participants choosing when to rest according to their own fitness levels.

Indoor Cycling

A high-intensity, rhythm-based, low-impact cycle class full of flats, sprints and hill climbs. Be ready to break a sweat! Suitable for beginners or experienced cyclists.

Fit N Flexible

A low impact class focused on improving mobility and flexibility with a fun mix of music. Relaxation is encouraged throughout.

Salsa Dance Workout

Starting with the foundations and developing footwork. No Partner required! Wear comfortable non-grippy shoes for ease of turning.

Aerobics

A mix of cardio and body conditioning exercise to music incorporating small hand weights that will leave you feeling energised. Suitable for a wide range of fitness levels

Pound

An exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks, POUND transforms drumming into an incredibly effective workout.

Broga

A 45-minute strength-orientated yoga class geared especially to the male population, but women can do it too! It incorporates cardio fitness, strength building and yoga simultaneously in one truly awesome workout for body (and your mind).

Dance Fit

A fun, fast paced, aerobic dance workout that lasts only 30 minutes. With a playlist filled with pop songs from through the decades, and easy-to-master choreography in abundance, let's grab our trainers and get ready to dance! Low impact options given throughout; all fitness levels welcome.

Aqua Aerobics

Aqua aerobics is a dance-based fitness class, making use of the resistance of the water. The class includes a warmup, aerobic section, muscle strengthening, and some flexibility. Suitable for weak and strong swimmers, just make the instructor aware of your abilities if you have concerns. A fun social class, with a wide variety of music, ideal for all ages, fitness levels and abilities.

