

# ActiveLife & Wellness Open Day

## Sunday, 29 January 2023

**All activities listed below are FREE!**

**Bookable sessions will become available to book on Sunday, 22 January.**

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	Cinema Foyer
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](http://www.pickaquoy.co.uk)**