

## MONDAY

Cycle Express***	0715-0745
BodyPump**	0930-1015
BodyBalance*	1030-1130
Aqua Zumba Lt*	1130-1215
Power Swim***	1245-1315
Walking Football**	1230-1400
Boxing Circuits**	1310-1340
BodyCombat**	1730-1815
Zumba Fitness**	1830-1915
Strength Circuits**	1930-2015

## TUESDAY

Circuits***	0700-0745
Fit 'n' 50*	1000-1100
Walking Netball**	1145-1230
Yoga for Strength*	1200-1255
BodyPump***	1310-1345
STRONG**	1745-1815
BodyPump***	1830-1915
BodyBalance*	1930-2015

## WEDNESDAY

Power Swim***	0715-0745
Cycle Express***	0715-0745
Floor-Barre**	0930-1015
Centered Yoga*	1000-1100
Zumba Gold*	1030-1115
BodyBalance*	1200-1245
Skills & Drills*	1245-1315
Strength Circuits**	1310-1340
STRONG***	1730-1820
Zumba Fitness**	1830-1915
Aqua Zumba**	1845-1930

## THURSDAY

Circuits***	0700-0745
Fit 'n' 50*	0945-1030
CoreBalance**	1045-1115
Yoga for Strength**	1200-1255
Walking Football**	1230-1400
BodyPump***	1310-1345
Chair Yoga*	1315-1400
Aqua-Natal*	1715-1800
BOX FIT**	1730-1815
BarreConcept**	1730-1815
Pilates*	1830-1915
Fitness Yoga*	1930-2015

## FRIDAY

Cycle Express***	0715-0745
Zumba Light*	0945-1030
BodyBalance*	1045-1130
AquaFit*	1045-1130
HIIT Strength***	1310-1340
Circuit Pilates	1345-1430
Skills & Drills*	1730-1800
BodyCombat**	1730-1815
Centred Yoga*	1730-1830
Zumba Fitness**	1830-1915

## SATURDAY

Fitness Yoga*	1000-1100
BarreConcept**	1130-1215
Aqua Zumba**	1500-1545
BodyPump***	1600-1700

## SUNDAY

STRONG**	1030-1105
BodyPump	1115-1200
Masters***	1700-1800

## AQUA

Have some fun in the water! Working out in water enables you to perform movements with reduced impact on joints.

## CARDIO

Cardio is any movement that gets your heart rate up and increases blood circulation. It's great for burning calories and weight loss.

## STRENGTH

Strength training makes you stronger and fitter. It helps keep the weight off, boosts energy levels and improves your mood.

## MIND & BODY

Improves your flexibility, awareness and mindfulness, with particular attention to body breathing and alignment.

## ActiveLife Booking & Cancellation Policy

ActiveLife members can book classes up to 14 days in advance, registered users can book up to 7 days in advance. We operate a 6-hour cancellation policy. If you do not notify us of a cancellation at least 6 hours in advance, then you will be charged the full Pay "n" Play fee at your next visit.

\*LOW INTENSITY  
\*\*MEDIUM INTENSITY  
\*\*\*HIGH INTENSITY

[www.pickaquoy.co.uk](http://www.pickaquoy.co.uk)  
01856 879900

## KGS SPORTS CENTRE

## MONDAY

FatBurn Extreme\*\*\* 1730-1800  
 Pilates\* 1845-1930  
 Yoga\* 1945-2030

## TUESDAY

Studio Cycle\*\*\* 1745-1815  
 Pound\*\* 1845-1930

## WEDNESDAY

Fatburn Extreme\*\*\* 0700-0730  
 Studio Cycle\*\*\* 1745-1815  
 GameFit\*\*\* 2000-2030

## THURSDAY

FatBurn Extreme\*\*\* 1730-1800  
 Zumba Gold\* 1800-1845  
 Clubbercise\*\* 1900-2000

## FRIDAY

GameFit\*\*\* 0700-0730  
 Studio Cycle\*\*\* 1745-1815

## SATURDAY

FatBurn Extreme\*\*\* 0930-1000

## STROMNESS

## MONDAY

Exercise in Water\*\* 0915-1000 SP

## TUESDAY

FatBurn Extreme\*\*\* 1730-1800 SCC

## THURSDAY

Zumba Gold\* 1000-1045 SCC  
 Aqua Zumba 1600-1645 SSP  
 FatBurn Extreme\*\*\* 1800-1830 SCC

## FRIDAY

Aqua Zumba\*\* 1830-1915 SP

SP - Stromness Swimming Pool  
 SCC - Stromness Community Centre

HOPE HEALTHY  
LIVING CENTRE

## MONDAY

Pound\*\* 1945-2030

## THURSDAY

FatBurn Extreme\*\*\* 1745-1815

The FatBurn Extreme class is held in  
 the Hope Community School.

## DOUNBY CENTRE

## MONDAY

FatBurn Extreme\*\*\* 1800-1830  
 Zumba\*\* 1845-1930  
 Floor-Barre\* 2000-2045

## TUESDAY

Clubbercise\*\* 1900-2000

## WEDNESDAY

GameFit\*\*\* 1800-1830

## FRIDAY

FatBurn Extreme\*\*\* 1800-1830

\* LOW INTENSITY  
 \*\* MEDIUM INTENSITY  
 \*\*\* HIGH INTENSITY

## OPENING TIMES

## KGS Sports Centre

Mon – Fri: 1730-2130\*  
 Sat: 0930-1300\*  
 Sun: 1000-1300\*

## Stromness Fitness Suite

Mon: 0830-1130 & 1600-1930  
 Tue: 0830-1030 & 1600-1930  
 Wed: 0830-1030, 1200-1400 & 1600-2030  
 Thur: 1600-1930  
 Fri: 0830-1030, 1200-1400 & 1600-2030  
 Sat: 0900-1300  
 Sun: 1000-1200 & 1400-1530

## Dounby Centre

Mon – Fri: Buddy: 0900-1545  
 Supervised: 1730 - 2030  
 Sat – Sun: Closed\*

## Hope Healthy Living Centre

Mon - Fri: Buddy 0930-1530  
 Tues: 1830 - 2030  
 Thur: 1830 - 2030  
 Sun: 0930 - 1100

\*Additional opening hours may  
 available – ask staff for details or  
 check the Facebook page of the  
 individual centre.

For more information or to book a class:

**KGS:** Mon - Fri, 9am - 5pm on 01856 873535 ext 2430  
 or after 5pm and at weekends on 01856 872364,  
 or email [kirkwallsportscentre@glow.orkneyschools.org.uk](mailto:kirkwallsportscentre@glow.orkneyschools.org.uk)

**DOUNBY:** Please contact us by email  
[dounby.centre@glow.orkneyschools.org.uk](mailto:dounby.centre@glow.orkneyschools.org.uk)  
 or call us on 01856 771280 in the evenings when open.

