

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**	1945-2030

TUESDAY

Circuits***	0700-0745
Fit 'n' 50*	1000-1100
Walking Netball**	1145-1230
Yoga Align**	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
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
Xercise Lite*	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
Skills & Drills*	1730-1800
BodyCombat**	1730-1815
Centred Yoga*	1730-1830
Zumba Fitness**	1830-1915
AquaFit*	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.

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

www.pickaquoy.co.uk
01856 879900

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.

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
Clubbercise** 1900-2000
Floor Barre 2015-2100

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 SP
FatBurn Extreme*** 1800-1830 SCC

SATURDAY

Floor-Barre* 1000-1045 SCC

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: 0830-1330 & 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
Sat - Sun: Closed

*Additional opening hours may be 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

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



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