

Group Exercise Timetable

20 August - 22 December 2024

KGS Sports Centre

Monday

Pound 19:30 - 20:15

Tuesday

Yoga 20:00 - 20:45

Saturday

Fatburn Extreme 09:30 - 10:00

Stromness Community Centre

Tuesday

Aerobics & Toning 10:00 - 10:45 SCC

FatBurn Extreme 17:30 - 18:00 SCC

Thursday

FatBurn Extreme 18:00 - 18:30 SCC

Sunday

Aerobics 18:00 - 18:30 SCC

Dounby Centre

Tuesday

Indoor Cycling* 18:15 - 18:45

*Class starts 15/10/24

Wednesday

FatBurn Extreme 18:00 - 18:30

Friday

FatBurn Extreme 18:00 - 18:30

Bookings can be made online at www.orkney.gov.uk/booknow 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

Kirkwall & St Ola Town Hall - Drop-in, no need to book. For more information please contact leisure.culture@orkney.gov.uk or call 01856 873535.



Cardio



Mind & Body

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.

Aerobics & Toning

A 45 minute all-round 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.

Yoga

A low impact class focused on improving strength, balance, mobility and flexibility. Relaxation is encouraged throughout.

Aerobics

A 30 minute all-round 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.



Cardio



Mind & Body