

Group Exercise Timetable

4 January - 31 March 2024

KGS Sports Centre

Monday

Pound 19:30 - 20:15

Tuesday

Yoga 20:00 - 20:45

*Yoga start date tbc - watch our Facebook page

Wednesday

Indoor Cycling 18:00 - 18:45

Broga 19:00 - 19:45

Thursday

Fatburn Extreme 17:45 - 18:15

Salsa Dance Workout 18:30 - 19:00

*Salsa starts 18 January

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

Broga 18:45 - 19:30 SCC

Sunday

Aerobics 18:00 - 18:30 SCC

Dounby Centre

Monday

Indoor Cycling 18:00 - 18:30

Wednesday

FatBurn Extreme 18:00 - 18:30

*Starts 10 January

Friday

FatBurn Extreme 18:00 - 18:30

*Starts 12 January

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.

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.

Yoga

A low impact class focused on improving mobility and flexibility. 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.

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).

Aerobics

An 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

Aerobics & Toning

An 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