

Group Exercise Timetable

27 January - 20 April 2025

KGS Sports Centre

Monday

Pound 18:45 - 19:30

Tuesday

Yoga 20:00 - 20:45

Wednesday

Pound 17:30 - 18:15

Indoor Cycling 18:30 - 19:15

Mat Pilates 19:30 - 20:15

Thursday

STRONG Nation 17:45 - 18:30

Broga 18:45 - 19:30

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

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 on your smartphone. For more information or to book a class please contact:

KGS Sports Centre -

☎ Mon - Fri, 9am - 5pm on 01856 873535, or during evenings and weekends 01856 872364

✉ kirkwallsportscentre@glow.orkneyschools.org.uk

Dounby Centre -

☎ Mon - Fri, 9am - 5pm on 01856 873535 or during opening hours call 01856 771280

✉ dounby.centre@glow.orkneyschools.org.uk

Stromness Community Centre -

☎ 01856 850712 during opening hours

✉ leisure.culture@orkney.gov.uk



Scan to book online

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.

Mat Pilates

A 45 minute class using a Pilates Power Ring and Pilates Small Ball to work the core and lots more! Suitable for all levels of fitness and equipment provided.

Broga

Fitness Yoga tailored for beginners, gym-goers and sports people. Broga incorporates cardio fitness, strength building and yoga stretching.

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.

STRONG Nation

A high intensity, full body workout with cardio and muscle-conditioning moves synced to original music so that you can train to the beat.

Scan to book online

