



## Technique

Classes focusing on correct form



## Strength

Driven towards increasing strength



## Relaxation

Lower intensity classes



## Calorie Burning

Higher intensity classes



## Beginners

Fundamental exercise



## Prime

60+ classes

### MONDAY

♥	MSC Cycle	06.35 - 07.05	Studio 3	MSC Instructor
♂	MET	07.15 - 07.45	Studio 2	MSC Instructor
♂	TRX Drop In	07.30 - 08.00	Functional Zone	MSC Instructor
♀	Full Body Stretch	08.00 - 08.30	Studio 1	MSC Instructor
♥	Circuits	08.45 - 09.15	Studio 2	Kara
♂	Body Pump	09.30 - 10.30	Studio 2	Chloe
♀	Pilates	10.30 - 11.15	Studio 1	Chloe
⌚	Prime MSC Dance	10.30 - 11.15	Studio 2	Emma M
♥	AB Blast	12.15 - 12.45	Studio 1	Kirsteen
♥	Ladies Kick & Box	12.45 - 13.15	Studio 2	Louise
♥	Step	13.15 - 13.45	Studio 1	Kirsteen
♥	Circuits	14.00 - 14.30	Studio 2	Kirsteen
😊	Beginners Weightlifting	16.00 - 16.30	Training Room	Sam M
♥	MSC Cycle	17.30 - 18.00	Studio 3	Sam M
♂	Ab Blast	18.00 - 18.30	Studio 2	Chantall
♂	LBT	18.30 - 19.15	Studio 2	Chantall
♥	Zumba	19.30 - 20.30	Studio 2	Katie
♥	MSC Cycle	20.00 - 20.30	Studio 3	MSC Instructor
♀	PiYo	20.00 - 21.00	Studio 1	Sam M

### TUESDAY

♂	MET	06.45 - 07.15	Studio 2	MSC Instructor
♀	Bring Your Baby To LBT	09.30 - 10.15	Studio 1	Kirsteen
⌚	Prime Step	10.15 - 11.00	Studio 1	Kirsteen
♂	LBT	11.15 - 12.00	Studio 1	Kirsteen
♂	Lunchtime Drop In	12.15 - 14.00	Functional Zone	MSC Instructor
♥	Step	12.30 - 13.00	Studio 2	Kirsteen
♥	MSC Cycle	13.15 - 13.45	Studio 3	Kirsteen
😊	Beginners LBT	15.00 - 15.45	Studio 2	Sam M
😊	Beginners PiYo	16.00 - 17.00	Studio 2	Sam M
♥	Circuits	17.30 - 18.00	Studio 2	Chantall
♥	MSC Cycle	18.00 - 18.45	Studio 3	Sam M
♂	MSC Barbells	18.15 - 19.00	Studio 2	Chantall
♥	Fat Burner	19.00 - 19.45	Studio 2	Chantall
♥	MSC Adult Street Dance	19.30 - 20.15	Studio 1	Emma M
😊	Beginners MSC Cycle	19.30 - 20.00	Studio 3	Sam M
♥	Zumba	20.00 - 20.45	Studio 2	Katie

### WEDNESDAY

♥	MSC Cycle	06.45 - 07.15	Studio 3	MSC Instructor
♀	Full Body Stretch	07.15 - 07.45	Studio 1	MSC Instructor
♂	Ab Blast	08.00 - 08.30	Studio 1	MSC Instructor
♥	Kick & Box	09.30 - 10.15	Studio 1	Louise
⌚	Prime LBT	10.00 - 10.45	Studio 2	Chantall
♂	Ladies Circuits	11.30 - 12.00	Studio 2	Mollie
♂	LBT	12.15 - 12.45	Studio 2	Mollie
♥	Fat Burner	13.00 - 13.30	Studio 2	Chantall
♀	Full Body Stretch	13.30 - 14.00	Studio 1	Chantall
⌚	Prime Circuits	14.00 - 14.30	Studio 2	Mollie
😊	Beginners Weightlifting	14.30 - 15.00	Training Room	MSC Instructor
😊	Beginners PiYo	15.00 - 15.45	Training Room	Sam M
😊	Beginners MSC Cycle	16.00 - 16.30	Studio 3	Sam M
♂	LBT	17.30 - 18.00	Studio 2	Mollie
♥	MSC Cycle	18.00 - 18.45	Studio 3	Sam M
♥	Pound	18.15 - 19.00	Studio 2	Mollie
♂	Body Pump	19.00 - 20.00	Studio 2	Emma S
♂	Ladies Circuits	19.15 - 19.45	Training Room	Sam M
♥	MSC Cycle	19.30 - 20.00	Studio 3	MSC Instructor
♀	PiYo	20.00 - 20.45	Studio 2	Sam M

### THURSDAY

♂	MET	06.35 - 07.05	Studio 2	MSC Instructor
♀	Full Body Stretch	07.15 - 07.45	Studio 1	MSC Instructor
♥	HIIT	08.15 - 08.45	Studio 2	MSC Instructor
♂	Ab Blast	10.00 - 10.30	Studio 2	Diane
⌚	Prime Cardio Dance	11.00 - 12.00	Studio 1	Diane
♥	Interval Dance	12.15 - 12.45	Studio 1	Diane
♂	Kettlebells	12.30 - 13.00	Studio 2	MSC Instructor
♥	MSC Cycle	13.15 - 13.45	Studio 3	MSC Instructor
♥	Circuits	17.30 - 18.00	Studio 2	Chantall
♥	Ladies Kick & Box	18.00 - 18.45	Studio 1	Louise
♀	Cancer Rehab Class	18.00 - 19.00	Training Room	Kelly
♂	UB 2020	18.15 - 18.45	Studio 2	Chantall
♂	LB 2020	18.45 - 19.15	Studio 2	Chantall
♀	Physical Yoga	19.00 - 20.00	Studio 1	Laura
♥	Fat Burner	19.30 - 20.15	Studio 2	Chantall
♥	Total Body Blast	20.30 - 21.00	Functional Zone	MSC Instructor

### FRIDAY

♂	Total Body Blast	06.35 - 07.05	Functional Zone	MSC Instructor
♀	Full Body Stretch	07.15 - 07.45	Studio 1	MSC Instructor
♀	PiYo	09.15 - 10.00	Studio 1	Sam M
♥	Step	10.15 - 10.45	Studio 2	Kirsteen
♀	Bring Your Baby To PiYo	10.30 - 11.15	Studio 1	Sam M
♂	LBT	11.00 - 11.30	Studio 2	Kirsteen
♥	MSC Cycle	12.15 - 12.45	Studio 3	Kirsteen
♂	Lunchtime Drop In	12.15 - 14.00	Functional Zone	Sam M
♀	Full Body Stretch	14.15 - 14.45	Studio 1	Sam M
♀	Pilates	17.30 - 18.15	Studio 2	Chloe
♥	Zumba	17.45 - 18.30	Studio 1	Katie
♥	MSC Cycle	18.15 - 19.00	Studio 3	MSC Instructor
♂	Body Pump	18.30 - 19.30	Studio 2	Chloe

### SATURDAY

♀	Full Body Stretch	09.00 - 09.30	Studio 1	Kirsteen
♥	MSC Cycle	09.45 - 10.15	Studio 3	Kirsteen
♥	Interval Dance	10.15 - 11.00	Studio 2	Diane
⌚	Prime Weightlifting	11.00 - 12.00	Training Room	Kirsteen
♥	Cardio Dance	11.15 - 12.00	Studio 2	Diane
♂	Barbell Club	12.00 - 13.00	Free Weights	Rob
♥	Circuits	12.45 - 13.15	Studio 2	Kirsteen
♂	LBT	13.30 - 14.00	Studio 2	MSC Instructor
😊	Beginners Step	14.15 - 15.00	Studio 2	Kirsteen
♥	Total Body Blast	17.30 - 18.00	Training Room	MSC Instructor

### SUNDAY

♥	MSC Cycle	08.00 - 08.45	Studio 3	MSC Instructor
♀	Full Body Stretch	09.00 - 09.30	Studio 1	MSC Instructor
♥	MSC Cycle	10.00 - 10.45	Studio 3	MSC Instructor
♀	Bring Your Baby To LBT	11.00 - 11.45	Studio 1	Chantall
♂	Kettlebells	11.30 - 12.15	Studio 2	MSC Instructor
♥	Circuits	12.30 - 13.00	Studio 2	MSC Instructor
♂	LBT	13.15 - 14.00	Studio 2	MSC Instructor
♂	TRX	14.15 - 14.45	Training Room	MSC Instructor
😊	Beginners Weightlifting	17.30 - 18.15	Free Weights	MSC Instructor
♂	Body Pump	17.00 - 18.00	Studio 2	Emma S

While we endeavour to provide the timetable as stated above, small changes such as an alternative instructor or class may be deemed necessary. On rare occasions and if no feasible option is apparent the class may be cancelled with as much notice to any attendees as possible.

It is advised to always book onto classes so we can contact you regarding any changes if need be.

Please remember to cancel your class if you are unable to attend -

Repeat no shows may mean you will be put on a class suspension if you do not contact to let us know you will not be attending.



# CLASS DESCRIPTIONS

**Ab Blast**  
A focused class for better balance and core strength that everyone will benefit from.

**Barbell Club**  
A place for like-minded lifting individuals to gather and progress their power and strength training. This session is tailored using powerlifting techniques and approaches.

**Beginners**  
A lower intensity variation with a focus on learning the fundamental movements of the class.

**Beginners Weightlifting**  
Fundamental skills of lifting techniques.

**BODYPUMP™**  
A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, to give you a total body workout.

**Bring Your Baby To**  
Bring your baby along to an exercise class, while easing yourself back into fitness.

**Cancer Rehab Class**  
Group based exercise sessions aimed at individuals that are, or have been, affected by Cancer. The classes are for all ages and abilities and cater for clients pre, during and post treatment.

**Circuits**  
A full-body workout with varying exercise types and intensities

**Drop In**  
Instructors will lead sessions which are flexible around your time.

**Fat Burner**  
A blood-pumping full-body cardio workout aimed at smashing through calories and improving endurance. Set to fast-paced energising music to keep you motivated and moving.

**Full Body Stretch**  
Low impact mobility class designed to relieve sore muscles and increase the range of motion through your joints.

**HIIT**  
High-Intensity Interval Training focused on burning the maximum number of calories in the minimum possible time.

**Kettlebells**  
Build strength, stamina and endurance as you swing, squat, lunge, push and pull your way to a stronger and more toned body.

**Kick & Box**  
A full-body workout adapted from kick-boxing. Consisting of pad striking and various fitness drills to help improve your speed, strength, co-ordination and balance.

**LB 2020**  
A lower-body focused workout to music. Good music, a great workout and pairs perfectly with UB 2020.

**LBT**  
A class focused on shaping and toning your glutes, hamstrings, quads and core

**MET**  
Short for Muscular Endurance Training. This class is resistance based but for longer intervals. Creating a muscle building workout while burning more calories.

**The ideal class for toning up!**

**MSC Adult Street Dance**  
Buzzing tunes, the coolest moves – no previous experience necessary.

**MSC Barbells**  
A weight-based class set to music focusing on compound movements to burn the muscles and the calories.

**MSC Cycle**  
Cardio based workout on a static bike with a focus on the lower body.

**Physical Yoga**  
This class encourages increased flexibility and balance through a series of disciplined physical postures and techniques.

**Pilates**  
This aims to strengthen the body in an even way, with emphasis on core strength to improve general fitness and wellbeing.

**PiYo**  
Low impact with high intensity. Carve a defined physique without weights, jumps or straining your joints.

**Pound™**  
This full-body workout mixes cardio, conditioning and strength training with Yoga and Pilates inspired movements. Using lightly weighted drumsticks, Pound transforms drumming into a great work out.

**Prime**  
Over 60's specific classes.

**Step**  
You step up, around, and down from the platform in different patterns to boost your heart rate and breathing as well as strengthening your muscles.

**Total Body Blast**  
A high-intensity workout strengthening everyday movements and increasing your calorie burn using the functional rig and kit.

**TRX**  
Total resistance exercise is suspension training that uses bodyweight exercises to develop strength, balance, flexibility and core stability.

**UB 2020**  
An upper-body focused workout to music. Good music, a great workout and pairs perfectly with LB 2020.

**Zumba™**  
A mix of low and high intensity moves for an interval style, calorie burning dance fitness party.

## STUDIO CLASS TIMETABLE

February 2020  
Correct at time of printing

Moray  
Sports  
Centre

Open:  
6.30am - 9pm  
Monday to Friday  
7am - 8pm  
Saturday  
& Sunday

Pay as you Play:  
Studio Classes  
45min - 1 hour  
£6.75  
30 mins  
£5.40

## PROGRAMMES

Did you know you can get a custom training programme as part of your membership? This will include training to get you on the right track to achieve your fitness goals and provide you with a clear structured workout. See one of our experts in the gym to make use of this amazing feature.

## PT SESSIONS

At Moray Sports Centre we offer tailored sessions for all MSC members on a one-to-one basis with one of our highly skilled Personal Trainers. Our Personal Trainers are here to help you achieve your very best results in a fun and safe environment. Whatever your goal may be, Personal Training at MSC will help you go that extra mile in your sessions allowing you to optimise your results, feel great and smash your targets.

Contact reception and ask about our Personal Training options: 01343 610 670 or email: [hello@moraysportscentre.co.uk](mailto:hello@moraysportscentre.co.uk)

