

# Group Fitness Timetable

## 7 July - 12 October 2025

### KGS Sports Centre

#### Monday

Pound 18:45 - 19:30

#### Tuesday

Yoga 20:00 - 20:45

#### Wednesday

Pound 18:00 - 18:45

#### Friday

Indoor Cycling 17:45 - 18:30

#### 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

#### Wednesday

Fatburn Extreme 18:00 - 18:30



Bookings at KGS Sports Centre and the Dounby Centre can be made online at [www.orkney.gov.uk/booknow](http://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](mailto: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](mailto:dounby.centre@glow.orkneyschools.org.uk)

#### Stromness Community Centre -

☎ 01856 850712 during opening hours

✉ [leisure.culture@orkney.gov.uk](mailto:leisure.culture@orkney.gov.uk)

Scan to book online



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### 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.

