



# Class List



| Day       | Time   | Location  | Leader  | Type     |          |
|-----------|--|---|---|----------|----------|
| Mon       | 9.30   | Rosemount Community Centre (with crèche) ###  | Jackie L  | 👉👉👉      |          |
|           | 12.30  | Banchory Sports Centre, Banchory ##   | Christine   | 👉👉👉      |          |
|           | 12.45  | Westburn Physio Gym, Foresterhill, (Health Service Staff)                                       | Rota  | 👉👉       |          |
|           | 2.00   | Mannofield Church Hall  | Susanne   | 👉 Senior |          |
|           | 2.00   | Ruthrieston West Church, Aberdeen   | Gunilla   | 👉👉       |          |
|           | 6.00   | Inchgarth Community Centre, Aberdeen  | Aileen  | 👉 Back   |          |
|           | 7.00   | Oldmachar Academy, Bridge of Don, (Term Time) (Bridge of Don Community Centre -school holidays) | Joan T  | 👉 Senior |          |
|           | 7.00   | Oldmachar Academy, Bridge of Don  | JackieL/JackieR                                       | 👉👉       |          |
|           | 7.30   | International Baptist Church, Cults   | Rosey   | 👉👉👉      |          |
|           | 8.00   | Bourtree Community Hall, Portlethen   | Helen   | 👉👉👉      |          |
| Tues      | 10.00  | Bannatynes, Persley Den Bridge of Don (Members only)  | Gunilla/Jackie/Susanne                                | 👉 Senior |          |
|           | 6.00   | Shepherds Hall, Stonehaven  | Gunilla/Susanne                                       | 👉 Senior |          |
|           | 6.30   | Cairncry Community Centre, Aberdeen   | Karen   | 👉👉👉      |          |
|           | 7.00   | Ellon Academy, Ellon  | Fiona   | 👉 Senior |          |
|           | 7.30   | Airyhall Community Centre   | Helen   | 👉👉👉      |          |
|           | Wed  | 9.45  | Bannatynes, Persley Den, Bridge of Don (Members only) | Helen    | 👉👉👉      |
|           |  | 11.00   | Ruthrieston West Church, Aberdeen                     | Gunilla  | 👉 Senior |
| 2.00      |  | Stonehaven Leisure Centre, Stonehaven   | Gunilla   | 👉👉       |          |
| 5.45      |  | West Church Hall, Inverurie   | Kathleen  | 👉 Senior |          |
| 6.00      |  | Inchgarth Community Centre, Aberdeen  | Aileen  | 👉👉       |          |
| 6.00&7.00 |  | Hilton Community Centre, Hilton Road, Aberdeen  | Joan T  | 👉 Senior |          |
| 7.00      |  | Carronhill School, Stonehaven #   | Johanna   | 👉👉👉      |          |
| 7.00      |  | Airyhall Community Centre, Aberdeen   | Jackie L  | 👉👉       |          |
| 7.15      |  | Scout Hut, Waterton Road, Bucksburn   | Kathleen  | 👉👉       |          |
| 7.30      | International Baptist Church, Cults          | Bev   | 👉👉👉   |          |          |
| 8.00      | Aberdeen Squash Club (Men only ASRC Members) | Rosey   | 👉👉👉   |          |          |
| Thu       | 9.30   | International Baptist Church, Cults   | Bev   | 👉👉👉      |          |
|           | 9.45   | Sunnybank Community Centre (with Crèche)###   | Jackie L  | 👉 Back   |          |
|           | 11.45  | St Rufus Hall, Keith  | Mandy   | 👉 Senior |          |

| Day | Time  | Location   | Leader           | Type     |
|-----|-------|--|------------------|----------|
| Thu | 12.45 | Ross Crombie Hall (Health Service Staff)           | Rota             | 👉👉+      |
|     | 1.45  | Margaret Blackwood Housing Association, Aberdeen # | Johanna/Jackie R | 👉👉👉      |
|     | 3.00  | Summerhill Community Centre                        | Gunilla          | 👉👉       |
|     | 4.30  | St Rufus Hall, Keith                               | Mandy            | 👉 Senior |
|     | 5.45  | Ruthrieston Community Centre,                      | Jackie R         | 👉 Senior |
|     | 7.00  | Bucksburn Church Hall, Bucksburn                   | Kathleen         | 👉 Senior |
|     | 7.00  | St Clements Hall, Mastrick Drive                   | Gavin            | 👉👉👉      |
|     | 7.30  | Milltimber Community Centre, Milltimber, Aberdeen  | Aileen           | 👉👉       |
|     | 7.30  | International Baptist Church, Cults (CIRCUITS)     | Bev              | 👉👉👉      |
|     | 7.30  | Midstocket Church Hall, Harcourt Road, Aberdeen    | Rosey            | 👉👉       |
| Fri | 10.00 | Cairncry Community Centre, Aberdeen                | Gunilla          | 👉👉       |
| Sat | 11.00 | International Baptist Church, Cults                | Rota             | 👉👉+      |

# Please phone 01569 767288 before attending  
### Please phone 01224 712705 before attending

## Please phone 01224 861450 before attending

## Key to Sweat Drops



**Senior Basic** - specially adapted programme including sitting exercises.



**Senior** - for fit and healthy seniors. Music and exercise at a slower pace



**Back** - Specially adapted programme for those with problem backs.



**Poolmobility** - suitable for non swimmers. Workout using the resistance and buoyancy of water to achieve effective exercise



**Open Doors** - Exercises for disabled and able bodied people together. Specially adapted for wheelchair users



**Basic** - Suitable for people who want to start building up or to maintain fitness. Sweaty workout with jogging, bouncing and strength exercises



**Medium** - Suitable for fit people who are used to exercise. Even sweatiest includes running, jumping and harder moves



**Circuits** - For fit people looking for a challenge. Medium intensity incorporating a variety of stations, all done to music.

For details of our weekly VH sessions, please consult the separate VH Leaflet