

All classes are £4.50 or £2.35 for members and concessions.
Slàinte Mhath Members – Free.
See restriction about the 'Healthy Weighs' class below.



THE FITNESS SUITE

The Fitness Suite at Ionad Spòrs Leòdhais is equipped with state of the art TechnoGym cardio-vascular and resistance machines. Many pieces of equipment have built in screens with satellite TV to help to keep you motivated! Personal Training programmes are also available. Please ask at Reception for more information.

Slàinte Mhath!

Comhairle nan Eilean Siar have introduced a reduced price access scheme for all Comhairle operated sports facilities, at these fantastic rates. This includes unlimited access to all facilities and also classes that are delivered by CnES Sport and Health section are free! See over for details.

□

Family membership - £20 per month
Individual membership - £15 per month
(Concession rates also available)

HEALTHY WEIGHS

This class is delivered by NHS Western Isles. Cost is £4.50/£2.25 Concessions and Slàinte Mhath members - £2.35

CATERING FACILITIES

Strùpag Steòrnabhaigh
MONDAY - SATURDAY
10.00am - 400pm

01851 822733



OPENING HOURS
MONDAY - FRIDAY
8.00am - 10.00pm

SATURDAY
9.00am - 8.00pm

For further information please contact:
Ionad Spòrs Leòdhais
Springfi eld Road
Stornoway
Isle of Lewis
HS1 2PZ

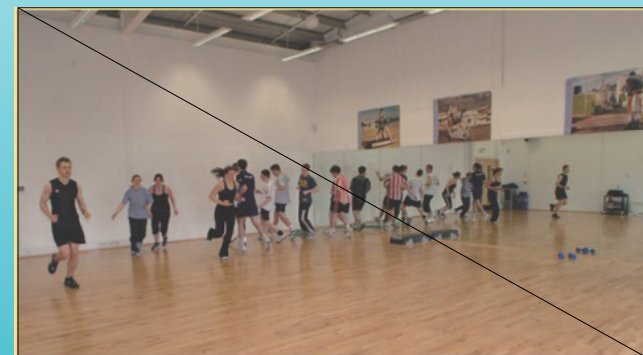
Telephone: 01851 822800

We welcome feedback from our customers - please ask to speak to myself or a Duty Officer at any time; or if you would like to complete a Comment Card, there are drop off points located around the Building.

Many thanks
Tony Wade
Sports Facility Manager



ADULT CLASSES



Body Conditioning

Toning exercises for your upper and lower body, abdominals and back; using dumbbells and resistance bands to intensify the workout. No aerobic co-ordination required!

All welcome – suitable for all levels of fitness

TUESDAY
5.00pm - 5.45pm
WEDNESDAY
6.00pm - 7.00pm

Aquafit

A fun filled water based aerobic class combining muscular strength and endurance exercises. Great for anyone with joint or muscular problems. Suitable for all ages and levels of fitness.

MONDAY
11.30am - 12.15pm
WEDNESDAY
11.30am - 12.30pm
7.45pm - 8.30pm
THURSDAY
11.30am - 12.15pm (Deep Water)
FRIDAY
11.30am - 12.15pm
6.15pm - 7.00pm (Deep Water)

Healthy Weighs

Healthy Weighs is a new weight reducing course developed by the Department of Nutrition and Dietetics taking place at the Lewis Sports Centre.

If you would like to lose some weight and take part in some gentle exercise; why not join us every Wednesday from 5.00pm at the Sports Centre. You will also have the opportunity to swim, play badminton or go to the gym etc (if you have completed an induction - if not we can organise that for you!) and get advice from Karen France, Nutrition and Dietetic Manager, NHS Western Isles and from a qualified Sports Centre Fitness Instructor.

WEDNESDAY
5.00pm - 6.00pm

Circuit Training

An interval based class using a range of exercises designed to tone, sculpt and build stamina. This class will develop all ranges of fitness from beginner to advanced.

THURSDAY
12.00pm - 12.45pm

Sports Conditioning

Are you interested in improving your sports performance or would just like to develop your personal fitness levels?

Sessions will include:-

- Core stability work
- Speed, agility quickness elements
- Conditioning to improve sports performance

45 minutes of high quality, high intensity activity!

THURSDAY
6.10pm - 7.00pm
FRIDAY
5.15pm - 5.55pm

Lunchtime Body Blitz

The class for the fearless – just arrive ready to go and prepare to be surprised!

WEDNESDAY
1.00pm - 1.30pm

jogscotland pm

Established in 2002 by Scottish Athletics, the governing body of athletics in Scotland, jogscotland uses simple, gentle walk/jog/run programmes to encourage everyone to get out and be active! Everyone is welcome – no matter how fit or unfit you are! The group will be led by a trained jogscotland Leader who will organise the session to suit all abilities.

THURSDAY
5.45pm - 6.30pm

jogscotland @ Lunchtime

Established in 2002 by Scottish Athletics, the governing body of athletics in Scotland, jogscotland uses simple, gentle walk/jog/run programmes to encourage everyone to get out and be active! Everyone is welcome – no matter how fit or unfit you are! The group will be led by Kirsty Wade, former Olympic and trained jogscotland Leader who will organise the session to suit all abilities. Don't worry – she won't ask you to train like she used to!

FRIDAY
12.45pm - 1.30pm

Group Cycle

Using the latest Technogym group cycles, this class is aimed at anyone looking for a great cardio-vascular workout. Resistance levels can be adjusted to suit your own fitness level. Don't forget to bring a towel and plenty of water!

Please make sure you have attended one of the induction sessions before booking a class.

TUESDAY
12.15pm - 12.45pm
1.00pm - 1.30pm
6.00pm - 6.45pm
WEDNESDAY
12.15pm - 12.45pm
THURSDAY
1.00pm - 1.30pm
FRIDAY
12.15pm - 12.45pm
7.15pm - 8.00pm

Group Cycle Extra

A great cardio-vascular workout, with the added bonus of a whole body conditioning element too.

THURSDAY
5.00pm - 5.45pm