

Mon	Location	Type
10.00	Cairncry Community Centre	Oh
2.00	Holburn West Church	Water
2.00	Ruthrieston West Church	Oh
5.15	Suttie Centre, Foresterhill #	Water
6.00	Inchgarth Community Centre	Water
6.00	North Church Hall, Buckie <i>New Venue</i>	Water
7.00	Oldmachar Academy <i>Term Time</i>	Water
7.30	Hillview Community Church, Cults	Water
Tues	Location	Type
9.30	Dyce Community Centre	Water
10.00	The Institute, Fochabers	Water
1.45	Axis Centre, Newmachar	Water Dans
6.30	Cairncry Community Centre	Water
6.30	The Hall Church, Cullen	Water
7.00	Braehead Primary <i>Term Time</i>	Water
7.00	Ellon Academy	Water
7.30	Airyhall Community Centre	Water

Wed	Location	Type
9.30	Longmore Hall, Keith	Water
11.00	Ruthrieston West Church	Water
6.00	Inchgarth Community Centre	Water
6.30	Hilton Community Centre	Water
7.00	Airyhall Comm. Centre <i>Term Time</i>	Water Soft
7.00	Fetternear Hall, Inverurie	Water
7.20	Aberdeen Squash & Racketball Club	Water
Thur	Location	Type
9.30	Hillview Community Church, Cults	Water
10.00	Longmore Hall, Keith	Water
5.45	Ruthrieston Community Centre	Water
6.15	The Hall Church, Cullen	Water
7.15	St Clements Church Hall	Water
Fri	Location	Type
11.00	Peterculter Sports Centre	Water Dans
Sat	Location	Type
11.00	Cults Sports Complex	Water

## Key to Sweat Drops

Oh **Jympa Special** - Specially adapted programme including seated exercises.

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

Water **Dans** - Disco, Salsa, Rock, Jive - there's no age limit for dancing! No complicated choreography, just simple moves. Let loose and have fun with lots of feeling and attitude.

Water **Soft** - All the benefits of Jympa but at a lower intensity suitable for the older active adult, beginners or those with special needs.

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

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

# - For NHS and University of Aberdeen Staff