

Mon	Location	Type
10.00	Cairncry Community Centre	👉
2.00	Holburn West Church	💧
2.00	Ruthrieston West Church	👉
5.15	Suttie Centre, Foresterhill #	💧💧
6.00	Inchgarth Community Centre	💧💧
6.00	Baptist Church Hall, Buckie	💧💧
7.30	Hillview Community Church, Cults	💧💧
Tues	Location	Type
10.00	The Institute, Fochabers	💧
1.45	Axis Centre, Newmachar	👉 Dans
6.30	Cairncry Community Centre	💧💧💧
6.30	The Hall Church, Cullen	💧💧💧
6.30	Cults Sports Complex *NEW*	💧💧💧
7.00	Braehead Primary Term Time	💧💧
7.30	Airyhall Community Centre	💧💧

- For NHS and University of Aberdeen Staff

Wed	Location	Type
9.30	Longmore Hall, Keith	💧
6.00	Inchgarth Community Centre	💧💧💧
7.00	Airyhall Comm. Centre Term Time	👉 Soft
7.00	Fetternear Hall, Inverurie	💧💧
7.20	Aberdeen Squash & Racketball Club	💧💧
Thur	Location	Type
10.00	Longmore Hall, Keith	💧
5.45	Ruthrieston Community Centre	💧
6.15	The Hall Church, Cullen	💧💧💧
7.15	St Clements Church Hall	💧💧
8.25	St Clements Church Hall *NEW*	Flex
Fri	Location	Type
11.00	Peterculter Sports Centre	👉 Dans
Sat	Location	Type
11.00	Cults Sports Complex	💧💧

Key to Sweat Drops



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

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

👉 **Dans** - Disco, Salsa, Tango, 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.

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

💧💧 **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 sweatier workout which includes running, jumping and harder moves.

Flex - Functional training focusing on mobility, stability and flexibility for the whole body, including the core muscles.