

Mon	Location	Type
10.00	Cairncry Community Centre	OH
2.00	Holburn West Church	OH
2.00	Ruthrieston West Church	OH
5.15	Suttie Centre, Foresterhill #	OH
6.00	Inchgarth Community Centre	OH
6.00	Baptist Church Hall, Buckie	OH
7.00	Oldmachar Academy Term Time	OH
7.30	Hillview Community Church, Cults	OH
Tues	Location	Type
9.30	Dyce Community Centre	OH
10.00	Inchberry Hall, Orton, Fochabers	OH
1.45	Axis Centre, Newmachar	Dans
6.30	Cairncry Community Centre	OH
6.30	The Hall Church, Cullen	OH
7.00	Braehead Primary Term Time	OH
7.00	Ellon Academy	OH
7.30	Airyhall Community Centre	OH

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

Key to Sweat Drops

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

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

OH **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.

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

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

OH OH **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