



F&S Aberdeen Class List

Summer 2010



Day	Time	Location	Leader	Type	Stops	Restarts
Mon	9.30	Rosemount Community Centre (with crèche)	Jackie L	☹☹	21 June	-
	12.45	Ross Crombie Hall (Health Service Staff)	Jackie R	☹☹	continues	all summer
	2.00	Mannofield Church Hall	Susanne	☹ Senior	05 July	06 Sept
	2.00	Ruthrieston West Church, Aberdeen	Gunilla	☹☹	21 June	23 Aug
	6.00	Inchgarth Community Centre, Aberdeen	Aileen	☹ Back	5 July	19 July
	7.00	Bridge of Don Community Centre (School)	Joan	☹ Senior	continues	all summer
	7.00	Oldmachar Academy - Term Time	Jackie L/Jackie R	☹☹	28 June	16 Aug
	7.00	Carronhill School, Stonehaven ^{##}	Johanna	☹☹☹	28 June	30 Aug
7.30	International Baptist Church, Cults	Rosey	☹☹☹	12 July	16 Aug	
Tue	10.00	Bannatynes, Bridge of Don (Members only)	Jackie L	☹ Senior	continues	all summer
	12.00	Shell, Tullos, Aberdeen (Employees Only)	Gavin	☹☹	continues	all summer
	6.00	Bannatynes, Bridge of Don (Members only)	Julie	☹☹☹	continues	all summer
	6.00	Shepherds Hall, Stonehaven	Gunilla/Susanne	☹ Senior	29 June	07 Sept
	6.00	Bannatynes, Bridge of Don (Members only)	Julie	☹☹☹	continues	all summer
	6.30	Cairncry Community Centre, Aberdeen	Karen	☹☹☹	06 July	27 July
	7.00	Ellon Academy, Ellon	Fiona	☹ Senior	continues	all summer
	8.00	Airyhall Community Centre	Gavin	☹☹☹	continues	all summer
Wed	9.00	St Rufus Hall, Keith	Mandy	☹ Senior	continues	all summer
	10.00	Bannatynes, Bridge of Don (Members only)	Jackie L	☹☹☹	continues	all summer
	11.00	Ruthrieston West Church, Aberdeen	Gunilla	☹ Senior	30 June	01 Sept
	2.00	Stonehaven Leisure Centre, Stonehaven	Gunilla	☹☹	16 June	01 Sept
	6.00	Inchgarth Community Centre, Aberdeen	Aileen	☹☹	continues	all summer
	6.30	Hilton Community Centre, Aberdeen	Joan	☹ Senior	continues	all summer
	7.00	Airyhall Community Centre, Aberdeen	Jackie L	☹☹	23 June	25 Aug
	7.00	Scout Hut, Waterton Road, Bucksburn	Kathleen	☹ Senior	continues	all summer
	7.30	International Baptist Church, Cults	Christine	☹☹☹	26 May	18 Aug
8.00	Aberdeen Squash Club (Members only)	Rosey	☹☹☹	26 May	01 Sept	
Thu	9.30	International Baptist Church, Cults	Gavin	☹☹	continues	all summer
	10.00	St Rufus Hall, Keith	Mandy	☹ Senior	continues	all summer
	1.15	Margaret Blackwood Housing Assoc. ^{##}	Johanna/Jackie R	☹☹☹	24 June	19 Aug
	4.30	St Rufus Hall, Keith	Mandy	☹ Senior	continues	all summer
	5.45	Ruthrieston Community Centre,	Jackie R	☹ Senior	17 June	26 Aug
	6.00	Shepherds Hall, Stonehaven	Marjorie	☹☹	continues	all summer
	7.00	Bucksburn Church Hall, Bucksburn	Kathleen	☹ Senior	continues	all summer
	7.00	St Clements Church Hall, Mastrick Drive	Gavin	☹☹☹	continues	all summer
	7.30	Milltimber Community Centre	Aileen/Jackie L	☹☹	continues	all summer
7.30	Midstocket Church Hall, Harcourt Rd	Rosey	☹☹	01 July	19 Aug	
Fri	10.00	Bannatynes, Bridge of Don (Members only)	Julie	☹☹☹	continues	all summer
	10.00	Cairncry Community Centre, Aberdeen	Gunilla	☹☹	16 July	30 Jul
Sat	11.00	International Baptist Church, Cults ^{###}	Rota	☹☹+	03July	14/21 Aug

At Oldmachar Academy during term time & Bridge of Don CC during school holidays ## Please phone 01569 767288 before attending
 ### Check Website

Key to Sweat Drops

- ☹☹ **Senior Basic** - Specially adapted programme including sitting exercises.
- ☹☹☹ **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.
- ☹ **Senior** - For fit and healthy seniors. Music and exercise at a slower pace.

- ☹☹ **Back** - Specially adapted programme for those with problem backs.
- ☹☹ **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 sweeter workout which includes running, jumping and harder moves.

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

www.fsaberdeen.co.uk