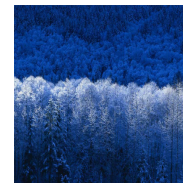


# F&S Aberdeen Class List

## January 2012




Day	Time	Location	Leader	Type	Restarts
Mon	9.45	Cairncry Community Centre	Gunilla	Senior Basic	9 Jan
	12.45	Ross Crombie Hall (Health Service Staff)	Jackie R		9 Jan
	2.00	Mannofield Church Hall	Jackie R	Senior	9 Jan
	2.00	Ruthrieston West Church, Aberdeen	Gunilla		9 Jan
	2.00	Stonehaven Leisure Centre, Stonehaven	Marjorie		9 Jan
	5.30	Queen's Cross Church Hall	Sue		9 Jan
	6.00	Inchgarth Community Centre, Aberdeen	Aileen	Back	9 Jan
	7.00	Oldmachar Academy – Term Time #	Joan	Senior	9 Jan
	7.30	International Baptist Church, Cults	Rosey	Strength	9 Jan
Tue	10.00	Bannatynes, Bridge of Don (Members only)	Jackie L	Senior	3 Jan
	10.00	Institute, Fochabers	Mandy	Senior	TBC
	12.00	Shell, Tullos, Aberdeen (Employees Only)	Gavin		10 Jan
	6.00	Shepherds Hall, Stonehaven	Marjorie		10 Jan
	6.30	Cairncry Community Centre, Aberdeen	Karen		10 Jan
	6.30	New! Hilton Community Centre New!	Faye		10 Jan
	7.00	Braehead Primary, Bridge of Don - Term Time	Jackie L/Jackie R		10 Jan
	7.00	Bannatynes, Bridge of Don (Members only)	Julie		3 Jan
	7.00	Ellon Academy, Ellon	Fiona	Senior	10 Jan
	7.15	Airyhall Community Centre – new start time	Gavin		10 Jan
Wed	9.30	St Rufus Hall, Keith	Mandy	Senior	TBC
	10.00	Bannatynes, Bridge of Don (Members only)	Jackie L		4 Jan
	11.00	Ruthrieston West Church, Aberdeen	Gunilla	Senior	11 Jan
	6.00	Inchgarth Community Centre, Aberdeen	Aileen		11 Jan
	6.30	Hilton Community Centre, Aberdeen	Joan	Senior	11 Jan
	7.00	Airyhall Community Centre, Aberdeen	Jackie L		18 Jan
	7.00	Scout Hut, Waterton Road, Bucksburn	Kathleen	Senior	11 Jan
	7.30	International Baptist Church, Cults	Christine		11 Jan
	8.00	Aberdeen Squash Club	Rosey	Strength	11 Jan
Thu	9.30	International Baptist Church, Cults	Gavin		12 Jan
	10.00	St Rufus Hall, Keith	Mandy	Senior	TBC
	1.15	Margaret Blackwood Housing Assoc. ##	Johanna/Jackie R		TBC
	5.45	Ruthrieston Community Centre,	Jackie R	Senior	12 Jan
	6.00	Shepherds Hall, Stonehaven	Marjorie		12 Jan
	6.30	Recreation Hall, Woodend Hospital NHS	Faye		5 Jan
	7.00	Bucksburn Church Hall, Bucksburn	Kathleen	Senior	12 Jan
	7.00	St Clements Church Hall, Mastrick Drive	Gavin		12 Jan
	7.30	Midstocket Church Hall, Harcourt Rd	Rosey		12 Jan
Fri	10.00	Bannatynes, Bridge of Don (Members only)	Jackie L		6 Jan
	10.00	Cairncry Community Centre, Aberdeen	Gunilla		13 Jan
	11.00	New! Peterculter Sports Centre New!	Fiona / Jackie R	Senior Dance	20 Jan
Sat	11.00	International Baptist Church, Cults	Rota		7 Jan


# At Oldmachar Academy during term time & Bridge of Don CC during school holidays


## Please phone 01569 767288 before attending

### Key to Sweat Drops


 **Senior Basic** - Specially adapted programme including sitting exercises.

 **Back** - Specially adapted programme for those with problem backs.

 **Open Doors** - Exercises for disabled and able bodied people together. Specially adapted for wheelchair users.

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

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

 **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](http://www.fsaberdeen.co.uk)