

Outdoor Fitness Classes

Running

Doon Valley Leisure Centre
Loudoun Leisure Centre
Rose Reilly Sports Centre
William McIlvanney Leisure Centre

Indoor Fitness Classes

(Monday 17th May)

Doon Valley Leisure Centre
Hunter Fitness Suite
Loudoun Leisure Centre
Rose Reilly Sports Centre
William McIlvanney Leisure Centre

As per government guidance, we ask that you wear a face covering when you are indoors and not taking part in exercise.

Bookings

Outdoor / Indoor Fitness Classes can be booked 7 days in advance.
All Classes must be pre-booked and paid for in advance.

PHONE BOOKINGS

Contact the venue during opening hours.

BOOK ONLINE

If you answer YES to either question below you already have an account set up;

Question? - Do you already use our Sports Facilities OR have you booked tickets online for a Palace Theatre Show \ East Ayrshire Leisure Event?

Action - Please enter you email address and password on the portal if you know it or click on RESET PASSWORD

If you answer NO TO BOTH questions please complete the mandatory fields to register an account.

ONLINE BOOKING PORTAL LINK <https://ealtleisure.nslcrm.co.uk>

If you have any problems accessing the portal please email your issue to

Bookings@eastayrshireleisure.com and a member of staff will respond to your query as soon as they are available.

COST

Pay As You Go Pricing

45 Minute Fitness Class - £4.80

30 Minute Fitness Class - £3.20

Included as part of the Active Plus Monthly Membership - £18.00

All Fitness Direct Debit Memberships remain frozen at this time.

Cancellation Policy

Member cancellations can be completed on the online booking portal.

All PAYG cancellations must be completed by contacting the venue.

If the class/booking is cancelled by East Ayrshire Leisure you will be contacted and offered a refund or the option to move to an alternative date.

If you wish to cancel your booking, it is nontransferable and nonrefundable.

Outdoor Fitness Class Guidance

- You must turn up ready to participate on time, anyone who is late will not be permitted to take part in the session/class
- You should check-in with the instructor at the entrance gate to the Synthetic Grass Pitch – please maintain 2m social distance.
 - You should follow all signposted instructions and any one-way systems.
 - We recommend bringing your own hand sanitiser for use during your class.
 - At the end of your class you are expected to leave the site immediately.
 - Toilet facilities will be available.
- Participants will remain in the same area for the full class & will follow instructor's guidelines on changing exercise.
- It is your responsibility to observe the 2-metre social distancing rule from other participants at all times.
 - There will be no drinking water available please bring your own water bottle.
 - Minimal equipment will be used at classes.
 - Participants are encouraged to bring their own Fitness/Yoga matt to all classes.
- Please ensure you read the UK Active statement within your email confirmation and consult your doctor prior to booking a class if you are unsure on any guidance.

Indoor Fitness Class Guidance

- Fitness Classes must be pre-booked online or via the telephone. Anyone turning up without a prior booking will be turned away without exception.
- There will be appropriate change over times in between classes to allow for the cleaning of equipment and reduce the risk of grouping.
- Where appropriate markings may be placed on the floor to identify your workout area.

- Music will be played at a lower level than normal.
- Please assist our instructors and wipe down your equipment after use.

COVID-19 Symptoms

- We ask that if you develop any symptoms associated with COVID-19 prior to your session/class that you cancel.
- Should you develop any symptoms following your session/class you should follow the Scottish Government Contract-Tracing guidelines.
<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-contact-tracing>.
- In line with Scottish Government recommendations if you have never booked with us before we will ask you for some basic personal details to set up a profile with us at the time of booking.
- Please note, should you be unable to attend a session/class due to self-isolating we can offer to move your booking to an alternative date.