

### All Inclusive Access

| Membership | Annual Payment | Monthly Direct Debit |
|------------|----------------|----------------------|
| Family     | £360           | £30                  |
| Individual | £240           | £20                  |

### Pay as you Go Prices

| Activity               | Standard | Concession | Budget |
|------------------------|----------|------------|--------|
| Fitness Suite          | £6.60    | £3.30      | £0.50  |
| Classes/<br>Activities | £5.80    | £2.90      | £0.50  |
| Racquet Sports         | £5.30    | £2.65      | £0.50  |

### External Groups

The centre has a large amount of external groups and sports clubs that hire the facility for sessions.

Please look at the centre's community noticeboard to find out more information and contact details for the various clubs using the facility.

### Personal training

Personal Training is available in half hour and full hour slots on a 1:1 or 1:2 basis.

Please enquire at the reception for further details and pricing. Personal trainer and Dietitian to tailor plans to individual needs.

### Fitness suite inductions

Inductions to the fitness suite are available at various times.

Please contact the reception to book or for further information.

Inductions are not required for members who have had an induction at another High Life site however a health questionnaire will need to be completed by all fitness suite users.

### Changing facilities

Changing facilities are available on the ground floor, including locker and shower facilities.

'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



## Inverness Royal Academy Sports Centre

### Adults Group Fitness Programme

Monday 14th August—Sunday 8th October 2017



### Personal Training

Prices starting from £13.40 per half hour (based on 1:2 session)

### Opening Hours

Monday to Friday 6pm-10pm

Saturday and Sunday

9am-1pm

Phone us: 01463 667820

Email us: [IRA.Sportscentre@highlifehighland.com](mailto:IRA.Sportscentre@highlifehighland.com)

Website: [www.highlifehighland.com](http://www.highlifehighland.com)



Programme may be subject to change

## Evening Adult Group fitness

| Day       | Class                 | Time    | Duration | Instructor          | Location     |
|-----------|-----------------------|---------|----------|---------------------|--------------|
| Monday    | Indoor Cycling        | 6.00pm  | 45mins   | Jenny               | Gymnasium    |
|           | Fatburn Extreme       | 6.00pm  | 30 mins  | Ally                | Dance Studio |
|           | Fatburn Extreme       | 6.30pm  | 30mins   | Ally                | Dance Studio |
|           | Indoor Cycling        | 7.00pm  | 45 mins  | Stacey              | Gymnasium    |
|           | Pump FX               | 7.00pm  | 50mins   | Jenny               | Dance Studio |
|           | P90X                  | 8.00pm  | 50mins   | Emma                | Dance Studio |
| Tuesday   | Metafit               | 8.00pm  | 30mins   | Keri                | Gymnasium    |
|           | Core Blast            | 8.30pm  | 30mins   | Keri                | Gymnasium    |
| Wednesday | Indoor Cycling        | 6.00pm  | 50mins   | Alison              | Dance Studio |
|           | Powerhoop             | 6.00pm  | 50mins   | Margaret            | Dance Studio |
|           | Beginner Jog Scotland | 6.45pm  | 60mins+  | Mike                | Outdoors     |
|           | Line Dancing          | 7.00pm  | 60mins   | Margaret            | Gymnasium    |
|           | Pilates               | 8.00pm  | 60mins   | Jess                | Dance Studio |
|           | Line Dancing          | 8.00pm  | 60mins   | Margaret            | Gymnasium    |
| Thursday  | Pump FX               | 6.00pm  | 60mins   | Ewen                | Dance Studio |
|           | PiYo                  | 7.00pm  | 45mins   | Emma                | Dance Studio |
|           | Yoga                  | 8.00pm  | 90mins   | Russell             | Dance Studio |
| Friday    | Fatburn Extreme       | 6.00pm  | 30mins   | Jess/Ally/<br>Midge | Dance Studio |
|           | Fatburn Extreme       | 6.30pm  | 30mins   | Jess/Ally/<br>Midge | Dance Studio |
|           | Fitsteps/Zumba        | 7.00pm  | 60mins   | Midge/Karen         | Dance Studio |
| Saturday  | Circuits              | 9.00am  | 60mins   | Jess                | Games Hall 1 |
| Sunday    | Indoor cycling        | 9.00am  | 45mins   | Alison/Keri         | Gymnasium    |
|           | Pilates               | 10.00am | 60 mins  | Jess                | Dance Studio |

## Activity Description

|                 |  |
|-----------------|--|
| Pilates         | <i>Pilates</i> aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.   |
| Indoor Cycling  | Stationary group cycle class focused on improving cardiovascular fitness and endurance.  |
| Pump FX         | An all over body workout utilising barbells and weight plates. The class includes traditional resistance training exercises with a modern approach to achieve fantastic results.               |
| Line dancing    | Come and have fun at one of our choreographed line dancing classes. Classes suited to a range of abilities.  |
| Metafit         | A tough 30 min high intensity all over bodyweight workout  |
| Jog Scotland    | A fantastic, social way of improving your cardiovascular fitness while enjoying the great outdoors. Our jog leaders have tailored routes and sessions to incorporate a wide range of abilities |
| Core Blast      | Core stability exercises for improved strength, control, posture and power   |
| PowerHoop       | A great, fun class that uses weighted hula hoops to shape and tone you all over.   |
| P90X            | P90X incorporates strength training, the lean muscle you'll build will supercharge your metabolism to help you burn more fat, even while you sleep!  |
| Fatburn Extreme | Fatburn Extreme is a 20 minute maximal intensity workout that improves functional speed, power and strength. It increases aerobic and anaerobic capacity as well as optimising fat loss.       |
| PiYo            | PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.   |
| Circuits        | A range of circuits using our great ARKE kit.  |
| Fitsteps        | Dance yourself fit with the steps from BBC's Strictly including Tango, Samba, Jive, Waltz, Quickstep & more!   |
| Zumba           | Dance classes that are fun, energetic and make you feel amazing!   |
| Yoga            | Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.  |

***"The programme is designed to cover all components of fitness to maximise your training goals in a fun and safe environment. Our professional fitness instructors are experienced in diversifying each class to incorporate beginner, intermediate and advanced level participants. Are goal is to deliver excellence in health and wellbeing to individuals and families at an affordable cost. Becoming a member of the highlife will enable us to develop our facility and service for generations to come!"***

Programme may be subject to change. For up to date info like us on

[facebook](#)