



# YOUTIME

MAKE TIME FOR YOU

Day	Time	Activity Description
Every Monday From 16 <sup>th</sup> April	12.15 TO 13.15	<b>Pilates</b> <b>Pilates</b> is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture
Every Tuesday From 17 <sup>th</sup> April	11.45 TO 12.45	<b>Steady Steps Otago</b> <b>Strength and balance programme designed to improve your posture, stability and health. It will enhance your confidence and feeling of wellbeing. OTAGO promotes quality of life and encourages independent living and it is a clinically proven Falls Prevention Programme. All exercises can be done either standing or seated and will be tailored to suit your needs. So COME ALONG and take this opportunity to improve your strength and balance and make some new friends.</b>
Every Thursday From 19 <sup>th</sup> April	10.00 TO 12.00	<b>Creative Writing “Warts and Words”</b> <b>For all of those creative minds wishing to write flash fiction, poetry and short stories into a small timeless portfolio and chill into a cool, new mode of expression. Coffee and tea service provided, along with a pen. Come along every Thursday morning at The Averon from 10:00am—12:00pm. The Averon Centre offers a new Youtime Creative Writing Session for Adults.</b>
Every Thursday From 19 <sup>th</sup> April	12.30 TO 2.00	<b>“Anti-Stress Colouring-In for Adults”</b> <b>Bring along your headphones and your own easy-listening music and give yourself a chance to chill and colour-in the newest, artwork and designs for this keep your lid-on session. Coffee and tea service provided. We will apply your own artwork into a personal portfolio and onto your t-shirts, cushion covers and fabric carrier bags. Great for a colourful summer style upgrade. Chilled is always in. Come along every Thursday afternoon from 12:30pm—2:00pm.</b>
Every Friday From 20 <sup>th</sup> April	11.30 TO 12.30	<b>Workout +</b> <b>Low level aerobics class for the more mature adult or as a low level introduction to fitness</b>

**Free** to All inclusive High Life Members, Standard charge £3.50 Concession 50p

PLEASE BOOK ALL ACTIVITIES AT THE AVERON LEISURE CENTRE OR CALL US ON 01349 882287

highlifehighland.com/**youtime**