

Averon Leisure Centre

Fitness Suite



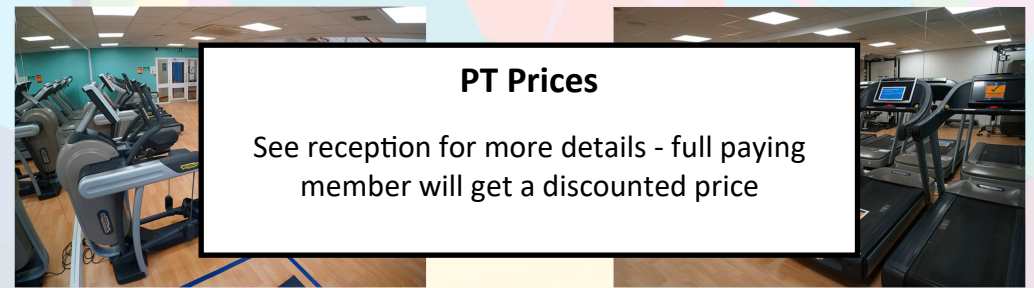
Open Mon-Thurs 8am-10pm
 Friday 8am-9pm
 Saturday 9am-2pm



Induction times
 Monday– Wednesday
 10.30am and 6.30pm
Booking Required



Monday Wednesday and Thursday 4pm-5pm Mixed
 No Inductions will be done during Teen Gym sessions, this must be done in advance. Book at reception.



PT Prices
 See reception for more details - full paying member will get a discounted price

Photo Copying and Printing (prices 2024)

A4 Black and White 10p	2 sided 20p
A4 Colour 50p	2 sided £1
A3 Black and White 15p	2 sided 30P
Printing from a public (Library) PC	20p per side



Children's Birthday Party Options

Toddlers to 10 Years

BOUNCY CASTLE PARTY	FOR UP TO 20 CHILDREN	£108.90
LITTLE MONKEYS PARTY	FOR UP TO 20 CHILDREN	£108.90
BOUNCY CASTLE + LITTLE MONKEYS	FOR UP TO 30 CHILDREN (Max. 20 children on Bouncy Castle at any one time)	£145.00

Little Monkeys £4.20 PER CHILD

5 A Side Bookings £57.10
 Discount price for U18 £34.25



Averon Leisure Centre & Library

Children's LEGO CLUB



Saturday mornings

10am—11am P1—P3

11am—12pm P4—P7

No need to book, just come along and build your creation from the theme of the week.



LIBRARY

Enjoy unlimited book shelf browsing during our opening hours. For help with ordering books, please call

reception on ; 01349 781 751

Bookbug A FREE, fun and friendly event for babies, toddlers, pre-schoolers and their families to enjoy together. Wednesdays at 10.30am

Wednesdays 10.30am just come along with your little one, no need to book.

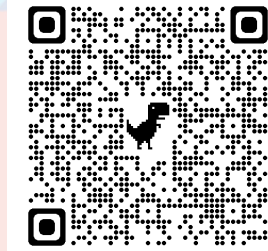


Averon Leisure Centre



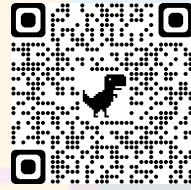
1st April — 30th June 2024

IF VIEWING ONLINE!
[CLICK HERE OR SCAN THE QR CODE](#)
For photos of **LEGO CREATIONS**
made at the club



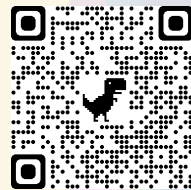
Highlife Membership Page

Point your camera phone or QR code scanner at the QR code, to go directly to the Membership Plans page on the highlife highland website.



Individual £26.90 per month

Family £39.99 per month



Tel: 01349 781 751

Mon - Thurs	08:00—22:00
Friday	08:00—21:00
Saturday	09:00 – 14:00

Monday	B Pump	Julie C	09:30	10:30	Games Hall
	B Balance	Sarah A	10:45	11:45	Rec Hall
	Bums N Tums	Sarah A	18:00	18:45	Games Hall
	Yoga	Sarah A	19:00	20:00	Rec Hall
	Spin	Sharon / Sam	18:00	19:00	Lounge
	Body Combat	Julie C	19:00	20:00	Games Hall
Tuesday	Pilates <i>Exc 9th April</i>	Suzanne	09:15	10:15	Studio
	Spin	Sam G	09:30	10:30	Rec Hall
	Yoga	Sarah A	10:30	11:30	Rec Hall
	Active Life Plus	Julie B	10:30	11:30	Studio
	Otago	Julie B	12:00	13:00	Studio
	Parkinson's Class	Liz	14:00	15:00	Studio
	B Pump	Sarah	18:00	19:00	Games Hall
	B Balance	Sarah A	19:15	20:15	Games Hall
Wednesday	Body Combat	Sam G	09:30	10:30	Games Hall
	Fat Burn	Morag	18:00	18:30	Rec Hall
	Bums and Tums	Sarah A	19:00	20:00	Games Hall
Thursday	B Pump	Sarah A	09:30	10:30	Games Hall
	B Balance	Sarah A	10:45	11:45	Rec Hall
	B Pump	Claire R	18:00	19:00	Games Hall
	B Balance	Sarah A	19:15	20:15	Rec Hall
Friday	B Combat	Sam G	09:30	10:30	Games Hall
	B Balance	Sam G	10:45	11:45	Rec Hall
	Workout Plus <i>Exc. 12th April</i>	Suzanne	11:30	12:30	Games Hall
	Fat Burn	Sam	17:30	18:00	Gameshall
	Spin	Jenny	18:15	19:15	Rec Hall
Saturday	HIIT Spin	Sam	09.15	09.45	Lounge
	B Pump	Sam	10.00	10.45	Main hall
	B Balance	Sam	11:00	12:00	Studio

Children's Activity Guide

Day	Time	Age	Activity Name	Hall Used	HLH / CLUB
Tuesday	3.00—3.45	P1-P3	Games and Craft		HLH
	4.00—4.45	P4-P7	Games and Craft		HLH
	7.45—8.45	5 yr +	Tae Kwon Do	Studio	CLUB
	6.00—8.00	5 yr +	Judo	Rec Hall	CLUB
Wednesday	10.30am	Babies/ Toddlers	Bookbug	Library	HLH
	3.30 - 6.30		Highland Dancing	Games Hall	CLUB
Thursday	3.00—3.45	P1-P3	Racquet Sports	Rec Hall	HLH
	4.00—4.45	P4-P7	Netball	Rec Hall	HLH
	7.45—8.45	5 yr +	Tae Kwon Do	Studio	CLUB
Friday	3.30-4.15	P4-P7	Multi-Sports	Rec Hall	HLH

IF VIEWING ACTIVITY GUIDE AS PDF!

LINKS TO PAGES ON THE WEB SITE

[Home Page:](#) [Soft Play \(Little Monkeys\)](#) [Fitness Suite](#) [Children's Activities](#)

[Library](#) [Health and Wellbeing](#) [Book Online](#)

[Rooms /Halls Booking Form](#)

CHILDREN'S PARTY BOOKING FORMS

[Little Monkeys Booking Form 2024](#)

[Bouncy Castle Booking Form 2024](#)

[Bouncy Castle & Little Monkeys Booking Form 2024](#)

Adult Group Fitness Class Descriptions

Body Pump	Get the rep effect - a proven formula to develop a lean athletic body using studio barbells, high reps and pumping music.
Body Balance	Elements of Yoga, Tai-Chi and Pilates to build flexibility and strength leaving you centred, strong and calm.
Body Combat	A high-energy non-contact martial arts-inspired class. Punch and kick your way to fitness with moves from Karate, Tae kwon do, Boxing, Muay Thai, Capoeira and Kung Fu.
Otago	Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls.
Bums 'n' Tums	Tone up, firm up and burn fat from your tummy, hips, thighs and bottom with this muscle toning, exercise to music class.
Indoor Cycling	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
Workout Plus	Gentle Toning & Conditioning.
Active Life Plus	A moderate intensity exercise class helping you be healthier, more energetic and able to enjoy life. Come and Join our moderate conditioning class ideal for Active 50/60's +.
Fat Burn	A 20-minute workout; scientifically proven to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight.
Pilates	A form of exercise that focuses on balance, posture, strength and flexibility.
Yoga	Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

Classes For The More 'Mature' Adult

Tuesday	Pilates	09:15 - 10:15	Pilates is a form of exercise that focuses on balance, posture, strength and flexibility
	Active Life +	10:30 - 11:30	Is a moderate intensity exercise class helping you be healthier, more energetic and able to enjoy life. Come and Join our moderate conditioning class ideal for Active 60+ This session is bookable.
	Otago	12:00– 13:00	Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls. This session is bookable.
	Parkinson's Group class	14:00—15:00	
Friday	Workout +	11:30 - 12:30	Gentle Toning & Conditioning. This session is bookable

Facility Booking Prices

	Community		Semi - Com	
	Adult	conc	Adult	conc
Games Hall Non - Sporting	£57.10	£34.25	£74.55	£41.80
Dance Studio/ Recreation Hall /non sporting	£25.75	£15.45	£38.10	£21.35
Party Room	£20.10	£12.06	£30.55	£17.15