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A4 Colour 50p	2 sided £1
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Children's Birthday Party Options

Toddlers to 10 Years (or Height of 1.5m)

BOUNCY CASTLE PARTY FOR UP TO 20 CHILDREN £116.45

LITTLE MONKEYS PARTY FOR UP TO 20 CHILDREN £116.45

BOUNCY CASTLE + LITTLE MONKES FOR UP TO 30 CHILDREN £155.00

(Max. 20 children on Bouncy Castle Or LM at any one time)

Parties are for 90 minutes

No Face Painting permitted



Averon Leisure Centre Fitness Suite

Open Mon-Thurs 08:00-22:00

Friday 08:00 to 21:00

Saturday 09:00 to 14:00



Induction times

Mon: 7-8pm 8-9pm

Tues: 8-9pm

Wed: 7-8pm

Thurs: 7-8pm 8-9pm

Fri: 7-8pm



Monday Wednesday and Friday 4 -5pm

No Inductions will be done during Teen Gym sessions, this must be done in advance. **Tuesday or Thursday 16:00**



Little Monkeys Soft Play

Available to access during our opening hours at a cost of £4.50 per child. Also available to hire privately for birthday parties. Please phone in advance to check availability.

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.

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

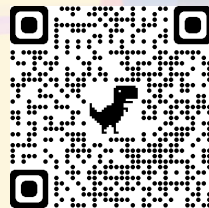


Highlife Membership Page

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 £28.99 per month

Family £42.99 per month



Averon Leisure Centre & Library Alness



Monday 7th April – Sunday 1st June



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

Tel: 01349 781 751

Adult Group Fitness

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
	Spin	Kirstin/ Sharon	18:00	19:00	Rec Hall
	Yoga	Sarah	19:00	20:00	Lounge
	Body Combat	Julie C	19:00	20:00	Games Hall
Tuesday					
	Spin	Sam G	09:30	10:30	Rec Hall
	Yoga	Sarah A	10:30	11:30	Rec Hall
	Parkinson's Class	Liz	14:00	15:00	Studio
	B Pump	Kirstin	18:00	19:00	Games Hall
	B Balance	Sarah A	19:15	20:15	Games Hall
Wednesday	Otago	Sharon	10:00	11:00	Studio
	ZUMBA	Ryan	10:00	11:00	Games Hall
	Fat Burn	Kirstin	18:00	18:30	Rec Hall
	Box-Fit Circuits	Julie C	19:00	20:00	Rec 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
	Fat Burn	Kirstin	17:30	18:00	Games hall
	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 Activities

DAY	ACTIVITY	AGE	TIME	HLH/CLUB
Tues	Tae Kwon Do	5+	19:45`	20:45 Club
Tues	Judo	5+	18:00	20:00 Club
Wed	Bookbug	Babies/ toddlers	10:30	11:00 HLH
Wed	Highland Dancing		15:30	18:30 Club
Thur	Tae Kwon Do	5+	19:45	20:45 Club
Sat	Lego Club	5-7	10.00	11.00 HLH
Sat	Lego Club	8-12	11.00	12.00 HLH

Pickle Ball Wednesday Evenings
20:15-21:30



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.
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.
BOX-FIT CIRCUITS	Class involves induction into circuits and boxing techniques focusing on fitness, strength, cardio and agility.

Classes For The More ‘Mature’ Adult

Tues	Pilates	09:15 - 10:15	Pilates is a form of exercise that focuses on balance, posture, strength and flexibility
Wed	Otago	10:00-11:00	Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls. This session is bookable.
Tues	Parkinson’s Group	14:00—15:00	
Fri	Workout +	11:30 - 12:30	Gentle Toning & Conditioning.

Facility Booking Prices

	Community		Semi - Commercial	
	Adult 	Conc	Adult	Conc
Games Hall	£61.05	£36.65	£79.70	£47.80
Non - Sporting				
Dance Studio/ Recreation Hall /non sporting	£23.05	£13.85	£34.05	£20.45
Party Room	£21.50	£12.90	£32.65	£19.55

FITNESS SUITE

INDUCTION TIME SLOTS (11 years +)

Bookable online or directly at reception
Mornings until mid-afternoons are flexible but inductions need to be booked in advance

Monday: 5-6pm + 7-8pm + 8-9pm
Tuesday: 8-9pm
Wednesday: 7-8pm
Thursday: 7-8pm + 8-9pm

QR TO FITNESS SUITE GUIDELINES ON USAGE

