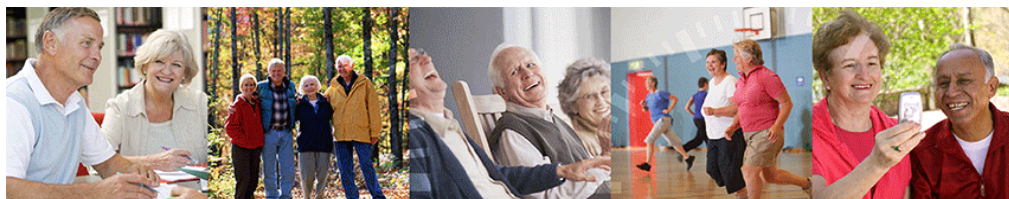




YOUTIME
MAKE TIME FOR YOU

Do you want to **improve your health, keep your mind active AND have a good time?** drop in to Aviemore Community Centre for some **YOU TIME**



YOUTIME
MAKE TIME FOR YOU

Library, Leisure and Archive services will bring you a seasonal programme of **physical and social activities** designed with you in mind

YOU TIME is free for High Life all inclusive members, £ 6.10/£3.10 pay as you go, £0.50 budget

£3.10 for all Over 60's *

To join us complete a booking application and return to

YOU TIME, ACC, Muirton, Aviemore, PH22 1SF

highlifehighland.com/youtime



Weekly Programme: 03 Apr - 01 Jul

Day	Class	Start Time	Duration
Monday	Aquacise *Macdonald Dalfaber (Start 16th April)	10:00am	45 mins
Monday	Otago	1:45pm	45 mins
Tuesday	Computer Buddies (Start 19th April - 24th June)	10.00am	60mins
Thursday	Aquacise *Macdonald Dalfaber (Start 19th April)	10:00am	45 mins
Friday	Otago	10:45am	45 mins

Aquacise: A low intensity and low resistance exercise class suitable for all fitness levels, concentrating on muscle tone & fitness. *Macdonald Dalfaber Swimming Pool

Otago: Evidence based strength, mobility and balance programme proven to reduce falls and later life injuries.

Computer Buddies: Need a bit of support logging on, searching the internet and using email? We' ll organise a 'buddy' who can assist .

*Aquacise is not free for all inclusive members and will cost £6.10 for Pay as you go and £3.10 for concessions.

COMPLIMENTARY REFRESHMENTS IN THE LIBRARY FOR ACTIVITIES HELD IN
THE COMMUNITY CENTRE

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