

## Les Mills Virtual Fitness Classes

Monday	Body Combat	7:00am	60 mins
	Body Balance	8.15am	30mins
	Body Pump	1pm	30mins
Tuesday	Grit Cardio	7:00am	30 mins
	Body Pump	7:45am	60 mins
	Body Combat	12:15pm	60 mins
Wednesday	Body Combat	7:00am	30 mins
	CX Works	7.30am	30 mins
	Body Pump	12:30pm	60 mins
Thursday	Body Combat	7:00am	30 mins
	CX Works	7:30am	30 mins
	Body Pump	12:15pm	60 mins
Friday	Body Pump	7:00am	30 mins
	Grit Cardio	7:35am	30 mins
	Body Pump	1.15pm	60mins
Saturday	Body Combat	9:00am	60 mins
	CX Works	10:15am	30 mins
	CX Works	1.15pm	30mins
Sunday	CX Works	1.15pm	30mins
	Body Balance	2.00pm	60mins



**Les Mills ON DEMAND!** You can book your own workout in your own time, where studio space allows. Just ask at reception.

Are you following us on social media?

No!? Then you should!!

On there we share any changes, additions or fun things coming to the centre!! We also run some surveys there to find out what you want!!



@hlhleisure



@aviemorecommunitycentre

Ask about our personal training sessions. Very affordable from only \*£10.00 per half hour.

Simply complete and return your personal training consultation form to reception

\*based on 30 mins 1 PT :2 clients

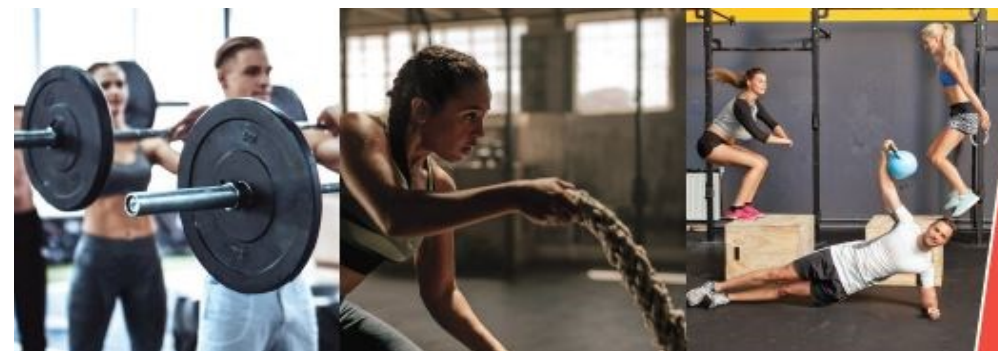
Programme may be subject to change.

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



## Activity Programme and Information

**Aviemore Community Centre 10th October—23nd December**



Hibernating months are upon us!!

We have all the classes to see you through the winter and help aid any strength your body requires for those winter sports that are just around the corner!!!

### Leisure & Library Hours

Mon to Fri	7.00am - 10.00pm
Saturday	9.00am - 2.00pm
Sunday	1.00pm -6.00pm

### All Inclusive Access

Membership	Annual Payment	Monthly Direct Debit
Family	£411.60	£34.30
Individual	£273.60	£22.80

Contact us: Aviemore Community Centre, Muirton, Aviemore, PH22 1SF

Phone us: 01479 813140

Email us: Aviemore.leisure@highlifehighland.com

## Kids Activities - Aviemore Community Centre

Activity booking online from 24th Oct

When?	What?	Time?
Tuesday	ICT Football P1-P3 <b>(25% off with HLH membership)</b>	4.00pm – 5.00pm
Tuesday	ICT Football P4-P7 <b>(25% off with HLH membership)</b>	5.00pm – 6.00pm
Tuesday	Gymnastics with Lois and Suzie P1-P3	4.15pm – 4.55pm
Tuesday	Gymnastics with Lois and Suzie P4 – P7	5.00pm – 5.45pm
Wednesday	Kids Zumba P1-P3	3.30pm – 4.00pm
Wednesday	Kids Zumba P4-P7	4.00pm – 4.45pm
Saturday	Bouncy Castle and Soft Play (Drop in)	9.30am – 10.45am

## Pre-School Activities - Aviemore Community Centre

When?	What?	Time?	Tell me more...
Wednesday	Mini Kickers	10.15am – 10.45am	Ages 3yrs – 5yrs Football fun, games, and skills.
Thursday	BookBug	9.45am – 10.15am	Story time, songs, and rhymes in our library with bookbug!
Saturday	Bouncy Castle/ Soft Play (Drop in)	9.30am – 10.45am	Bounce and play away to kick start your Saturday. Drop-in, no booking required.

## Party Packages

Sports Specific/NERF Party	£96.90	Choose your favourite coached sports or activity or ask for a mash up.
Bouncy Castle and Soft Play Party	£96.90	Bounce and Play away!
Additional Staff/Coach	£30.00	Extra coaches can be supplied to al- low bigger party numbers



## Adult Fitness Classes

Pre-booking required for all classes, bookable up to 7 days in advance

Day	Class	Start Time	Duration	Instructor
Monday	Barre	10.00am	60 mins	Frankie
	Otago	1.45pm	55 mins	Josh P
	Supervised Teen Gym session	16.30pm	60mins	Instructor
	Circuits	6.00pm	55 mins	Josh B
Tuesday	Yoga	7:15pm	55 mins	Katie White
	Fit Plus	10.00am	60 mins	Sam
	C.O.R.E	5.45pm	30 mins	Marina
	Pilates	6.15pm	55 mins	Marina
Wednesday	Zumba	7.15pm	55 mins	Frankie
	Core Strength Yoga	10.00am	45 mins	Carrie
	Mind & Body Yoga	11.00am	55 mins	Carrie
	Supervised Teen Gym	4.30pm	60mins	Instructor
Thursday	Barbell Club	6.00pm	45 mins	Josh
	Barre	6:45pm	45 mins	Frankie
	Indoor Cycling	7.00pm	30 mins	Josh
	Fit Plus	10.00	60 mins	Sam
Friday	Circuit//Spin	5.45pm	55 mins	Josh P
	Pilates Strength & Flexibility	7.00pm	55mins	Marina
	Otago	10.15am	55 mins	Josh
	Indoor Cycling	12.30pm	30 mins	Josh
Saturday	Supervised Teen Gym Session	1.30pm	60mins	Instructor
	Strength HIIT! *NEW*	9.30am	45 mins	Josh/Sam
	Bouncy Castle/Soft Play (U5's Accompanied)	9.30am	75mins	

**Children are not permitted in adult fitness class areas.**

## Extra Information

**Please utilise hygiene procedures when using the facility.**

ALL activities can be booked online in advance at:

**[online.hIGHLIFEhighland.com](https://online.hIGHLIFEhighland.com)**

All-inclusive and Budget members can book up to 7 days +2 hours in advance. For example, to book for a class on Monday 24th May, you can book online from 10pm on Sunday 16th.

PAYG Members can book and pay up to 3 days in advance.