

## Les Mills Virtual Fitness Classes

Tuesday	Grit Cardio	7:00am	30 mins	LES MILLS BODYPUMP
	Body Balance	8:00am	60 mins	
	Body Pump	12:15pm	60mins	
	Body Combat	2:15pm	60 mins	
Wednesday	Grit Cardio	7:00am	30 mins	LES MILLS CXWORX
	CX Works	7:30am	30 mins	
	Body Combat	8:30pm	60 mins	
	Body Pump	12:30pm	60 mins	
Thursday	Body Combat	7:00am	30 mins	LES MILLS BODYBALANCE
	CX Works	7:30am	30 mins	
	Body Balance	8:00am	45 mins	
	Body Pump	12:15pm	60 mins	
	Body Combat	2.15pm	60mins	
Friday	Body Pump	7:00am	30 mins	LES MILLS BODYCOMBAT
	Grit Cardio	7:35am	30 mins	
Saturday	Body Pump	9:00am	60 mins	LES MILLS BODYCOMBAT
	CX Works	10:15am	30 mins	
	Body Combat	12.00pm	60mins	
Sunday	CX Works	1.15pm	30mins	LES MILLS BODYCOMBAT
	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.



@aviemorecommunitycentre



@hlhleisure

Ask about our personal training sessions. Very affordable from only \*£10.90 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**

**9th - 21st October 2023**

## OCTOBER HOLIDAY PROGRAMME



### 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	£448.80	£37.40
Individual	£298.20	£24.85

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

Phone us: 01479 813140

Email us: Aviemore.leisure@highlifehighland.com

## Adult Fitness Classes

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

Day	Class	Start Time	Duration	Instructor
Monday	Barre	7.45am	55mins	Frankie
	Otago	1.45pm	55 mins	Josh
	Supervised Teen Gym session	4.30pm	60mins	Instructor
	Indoor Cycling	5.30pm	30mins	Josh B
	Circuits	6.00pm	55 mins	Josh B
Tuesday	Yoga	7:15pm	55 mins	Linda Olds
	Fit Plus	9.15am	45mins	Sam
	Fit Plus	10.05am	45 mins	Sam
	Bar Core	5.45pm	30 mins	Josh B
	Pilates Strength	6.15pm	55 mins	Frankie
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 Session	4.30pm	60mins	Instructor
	Boxing Circuits	6:00pm	55mins	Neil & Bob
Thursday	Thai Boxing	7:00pm	55mins	Neil & Bob
	Barbell Club (Studio)	6.00pm	45 mins	Josh
	Barre	7:00pm	45 mins	Frankie
	Fit Plus	10.00am	45mins	Josh B
	Fit Plus	10.15am	45mins	Josh B
Friday	Spin Circuits	6.00pm	45 mins	Lee
	Pilates Flexibility	7.00pm	55mins	Marina
	Otago	10.15am	55 mins	Josh
Sunday	Supervised Teen Gym Session	2.00pm	60mins	Instructor

**Active Schools** will be running kids activities in the local community over the October holidays.

To book these, go online to: <https://booking.hIGHLIFEHIGHLAND.com/>

Facebook: @KingussieActiveSchools

## Kids Activities - Aviemore Community Centre



Day	Activity	Time
Wednesday 11th	Spooky Sports P1—P7	10:30am - 11:30am
Thursday 12th	Halloween Themed Lego Club ( Drop in no need to book)	15:00pm - 16:00pm
Friday 13th	Spooky Sports P1—P7 FRIDAY FUSION! Weightlifting workshops, football and more! Ages 11—17years	10:30am —11:30am 8.00pm—9.45pm



Inverness CT will also be running their own Football Holiday Camps at Aviemore throughout the October break.

Book Online:

<https://ictfc.com/holidaycamps>

Sports Specific/NERF Party	£101.75	Choose your favourite coached sports or activity or ask for a mash up.
Bouncy Castle and Soft Play Party	£101.75	Bounce and Play away!
Additional Staff/Coach	£37.70	Extra coaches can be supplied to allow bigger party numbers

## 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 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.

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