

## Les Mills Virtual Fitness Classes

Tuesday	Grit Cardio	7:05am	30 mins
	Body Balance	8.05am	60 mins
	Body Pump	12:15pm	60mins
	Body Combat	2:15pm	60 mins
Wednesday	Grit Cardio	7:05am	30 mins
	CX Works (CORE)	7.35am	30 mins
	Body Combat	8:30am	60 mins
	Body Pump	12:30pm	60 mins
Thursday	Body Balance	7.00pm	45mins
	Body Combat	7:05am	30 mins
	CX Works	7:35am	30 mins
	Body Balance	8.05am	45 mins
Friday	Body Pump	12:15pm	60 mins
	Body Combat	2.25pm	60mins
	Body Pump	7:00am	30 mins
	Grit Cardio	7:35am	30 mins
Saturday	Body Pump	9:05am	60 mins
	Body Pump	10:35am	30 mins
	Body Combat	12.00pm	60mins
Sunday	Body Pump	09.05am	30mins
	Grit Cardio	9.30am	30mins

LES MILLS  
BODY PUMP

LES MILLS  
BODY BALANCE

LES MILLS  
BODY COMBAT

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



@aviemorecommunitycentre



@hlhleisure

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



## Activity Programme and Information

**Aviemore Community Centre**

**HAPPY NEW YEAR**

**06/01/2025—06/04/2025**



### Leisure & Library Hours

Mon to Fri	7.00am - 10.00pm
Friday	Gym Closed 1pm –2pm
Saturday	9.00am - 2.00pm
Sunday	9.00am - 2.00pm

### All Inclusive Access

Membership	Annual Payment	Monthly Direct Debit
Family	£479.90	£39.99
Individual	£319.20	£26.60

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

Phone us: 01479 813140

Email us: [Aviemore.leisure@highlifehighland.com](mailto:Aviemore.leisure@highlifehighland.com)

## Adult Fitness Classes

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

Day	Class	Start Time	Duration	Instructor
Monday	Barre	7.45am	55 mins	Frankie
	Otago 	1.45pm	45 mins	Josh/Sam
	Supervised Teen Gym session	4.30pm	60 mins	Instructor
	Indoor Cycling	17.30pm	30 mins	Josh
	Circuits	6.00pm	55 mins	Instructor
	Cairngorm FC *NEW!*	7:00pm	90mins	Cairngorm FC
	Yoga 	7.15pm	55mins	Linda Olds
Tuesday	Fit Plus 	9.15am	45mins	Bobby
	Fit Plus	10.05am	45mins	Bobby
	Strength-HIIT	5.30pm	45 mins	Instructor
	Pilates Strength	6.15pm	55 mins	Frankie
	Zumba	7.15pm	55mins	Frankie
Wednesday	Core Strength Yoga	10.00am	55mins	Abby
	Mind & Body Yoga	11.00am	45 mins	Abby
	Supervised Teen Gym Session	4.30pm	60 mins	Instructor
	Endurance Spin *RETURN OF 45 MIN-SPIN*	5.30pm	45mins	Instructor
	Boxing Fitness	6.00pm	55 mins	Neil/Bob
	Thai Boxing 	7.00pm	55 mins	Neil/Bob
Thursday	Fit Plus 	9.15am	45 mins	Bobby
	Fit Plus	10.05am	45mins	Bobby
	Circuit Spin	6.00pm	45mins	Instructor
	Pilates Flexibility	7.00pm	55 mins	Marina
Friday	Otago	10.15am	45 mins	Josh/Sam
Sunday	Supervised Teen Gym Session	12.00pm	60 mins	Instructor

**Children 11 to 15 years old must be accompanied with a registered adult or guardian to use the GYM.**

**Teens 14 & 15 years old are welcome to attend fitness classes with an adult.**

**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.

## KIDS ACTIVITIES - Aviemore Community

DAYS	ACTIVITY	TIME	AGE
TUESDAY	GYMNASTICS (P1-P3)	16.15-16.55	4 YEARS 1/2 YEARS-7 YEARS
	GYMNASTICS (P4-P7)	17.00-17.50	7 YEARS-12 YEARS
WEDNESDAY	MULTISPORTS (P1-P7)	15.15-16.00	4 1/2 YEARS-12 YEARS
	FOOTBALL (P1-P7)	16.00-16.45	4 1/2 YEARS-12 YEARS
THURSDAY	BOOKBUG	09.45-10.15	PRE -SCHOOL AGE
	SHINTY (P1-P7)	16.45-17.45	4 1/2 YEARS-12 YEARS
FRIDAY	NETBALL (P4-P7)	12.45-13.45	7 YEARS-12 YEARS
	WELLBEING FUSION- INSTRUCTOR LED SPORTS ACTIVITY/TEEN CIRCUIT	20.00-21.30	11 1/2 YEARS-17 YEARS OLD <u>SECONDARY SCHOOL PUPILS ONLY</u>

**ALL ACTIVITIES (APART FROM BOOKBUG AND ICT) MUST BE BOOKED ONLINE USING THE FOLLOWING LINK:**

**<https://booking.highlifehighlife.com>**

**\*INSTRUCTIONS ON HOW TO BOOK KIDS ACTIVITIES ONLINE ARE AVAILABLE ON OUR FACEBOOK PAGE**

**\*\*KIDS ACTIVITIES COMMENCE THE WEEK BEGINNING 13TH JANUARY 2025.**

## **BIRTHDAY PARTIES AT AVIEMORE COMMUNITY CENTRE**

Sports Specific	£108.90	Choose your favourite coached sports or activity or ask for a mash up
Bouncy Castle and Soft Play Party	£108.90	Bounce and Play away!