



## Aviemore Community Centre

### Activity Programme and Information

23rd June 2025 — 17th August 2025



### Leisure & Library Opening Hours

Monday, Wednesday & Friday	6.15am - 10.00pm
Tuesday & Thursday	7.00am - 10.00pm
Friday	Gym Closed 1pm – 2pm
Saturday & Sunday	9.00am - 2.00pm

Find us: Aviemore Community Centre, Muirton, Aviemore, PH221SF

Phone us: 01479813140

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

### 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	7:10am	30 mins
	Grit Cardio	7:40am	30 mins
Saturday	Body Pump	9:05am	60 mins
	Body Pump	10:35am	30 mins
	Body Combat	12.00pm	60mins
	Body Pump	09.05am	30mins
Sunday	Grit Cardio	9.30am	30mins



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

### All-Inclusive Membership Price

Membership	Annual Payment	Monthly Direct Debit
Family	£515.88	£42.99
Individual	£347.88	£28.99



@aviemorecommunitycentre



@hlhleisure

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

## Adult Fitness Classes

Day	Class	Start Time	Duration	Instructor
Monday	Hyrox <b>*NEW!!*</b>	06.15am	45 mins	Josh & Carla
	Barre	7.45am	55 mins	Frankie
	Chair Based Exercise 	1.45pm	30 mins	Josh/Carla
	Supervised Teen Gym	4.30pm	60 mins	Instructor
	Indoor Cycling	17.30pm	30 mins	Chris G
	Circuits	6.00pm	55 mins	Bobby
	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	Carla
	Pilates Strength	6.15pm	55 mins	Frankie
	Zumba	7.15pm	55mins	Frankie
Wednesday	Hyrox <b>*NEW!!*</b>	06.15am	45 mins	Josh & Bobby
	Core Strength Yoga	10.00am	55mins	Abby
	Mind & Body Yoga 	11.00am	45 mins	Abby
	Supervised Teen Gym	4.30pm	60 mins	Instructor
	Endurance Spin	5.30pm	30mins	Carla/Josh
	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	Carla
	Pilates Flexibility	7.00pm	55 mins	Marina
Friday	Hyrox <b>*NEW!!*</b>	06.15am	45 mins	Josh & Carla
	Chair Based Exercise 	10.15am	30 mins	Josh/Carla

**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.**

## Kids Activities

Tha An Sgoil Air Sgaoileadh

# SCHOOL'S OUT! 2025



**PLEASE SEE OUR KIDS ACTIVITY PROGRAMME FOR ALL THE FUN SUMMER ACTIVITIES AT AVIEMORE COMMUNITY CENTRE!**

<https://booking.higlifhighlife.com>

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

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

Sports Specific	£116.45	Choose your favourite coached sports or activity or ask for a
Bouncy Castle and Soft Play Party	£116.45	Bounce and Play away!