



Aviemore Community Centre

Activity Programme and Information

27th October 2025—21 December 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

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
Sunday	Body Pump	09.05am	30mins
	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	06.15am	60 mins	Josh & Carla
	Hyrox— OPEN SESSION	07:20am	60 mins	NOT COACHED
	Barre	7.45am	55 mins	Frankie
	Yoga 	9.00am	55 mins	Carol
	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	90 mins	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
Wednesday	Hyrox	06.15am	60 mins	Josh & Bobby
	Stretch and Tone	10.00am	55mins	Rebecca
	Supervised Teen Gym	4.30pm	60 mins	Instructor
	Indoor Cycling	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	45 mins	Bobby
	Hyrox	17:45pm	60 mins	Carla
	Pilates Flexibility	7.00pm	55 mins	Marina
Friday	Hyrox	06.15am	45 mins	Josh & Carla
	Hyrox— OPEN SESSION	07:20am	60 mins	NOT COACHED
	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

DAYS	ACTIVITY	TIME	AGE
TUESDAY	GYMNASTICS (pre-school)	15.30-16.00	3 1/2yrs—4 1/2yrs
	GYMNASTICS (P1—P3)	16.15—16.55	4 YEARS 10 MONTHS—7 YEARS
	GYMNASTICS (P4—P7)	17.05—17.50	7 YEARS—12 YEARS
WEDNES-	MULTISPORTS (P1-P7)	15.15—16.00	4 1/2 YEARS—12 YEARS
	ACTIVE SCHOOLS FOOTBALL (P1-P7)	16.00-16.45	4 1/2 YEARS—12 YEARS
THURSDAY	BOOKBUG	09.45-10.15	PRE -SCHOOL AGE
	ACTIVE SCHOOLS SHIN-TY 9P1-P7)	16.45-17.30	4 1/2 YEARS—12 YEARS
FRIDAY	ZOO TALES (HIGHLAND WILDLIFE PARK)	12:15-12:45	ALL AGES
	ACTIVE SCHOOLS 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 ZOO TALES) MUST BE BOOKED ONLINE

USING THE FOLLOWING LINK:

<https://booking.higlifhighlife.com>

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

****NO KIDS ACTIVITIES ON THE FOLLOWING DAY: 16TH SEPTEMBER DUE TO SCHOOL INSERVICE DAYS.**

BIRTHDAY PARTIES AT AVIEMORE COMMUNITY CENTRE

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