



# Aviemore Community Centre

## Activity Programme and Information

5th January 2026—29th March 2026



### Leisure & Library Opening Hours

Monday, Wednesday & Friday	6.15am - 09.30pm
Tuesday & Thursday	6.45am - 9.30pm
Friday	Gym Closed 1pm –2pm
Saturday & Sunday	9.00am - 01.00pm

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

Phone us: 01479813140

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

## Adult Fitness Classes

Day	Class	Start Time	Duration	Instructor
Monday	Hyrox	06.15am	60 mins	Josh & Rebecca
	Hyrox— <b><u>OPEN SESSION</u></b>	07:20am	60 mins	NOT COACHED
	Barre	7.45am	55 mins	Frankie
	Yoga <small>YOU TIME</small>	9.00am	55 mins	Carol
	Chair Based Exercise <small>YOU TIME</small>	1.45pm	30 mins	Josh
	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 <small>YOU TIME</small>	9.15am	45mins	Bobby
	Fit Plus <small>YOU TIME</small>	10.05am	45mins	Bobby
	Strength-HIIT	5.30pm	45 mins	Josh B
	Pilates Strength	6.30pm	55 mins	Frankie
	Zumba ® *NEW!* <small>YOU TIME</small>	7.30pm	45 mins	Rebecca
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	Rebecca
	Box Fit	6.00pm	55 mins	Neil/Bob
	Thai Boxing	7.00pm	55 mins	Neil/Bob
Thursday	Fit Plus <small>YOU TIME</small>	9.15am	45 mins	Bobby
	Fit Plus <small>YOU TIME</small>	10.05am	45 mins	Bobby
	Hyrox	17.45pm	60 mins	Josh & Rebecca
	Pilates Flexibility	7.00pm	55 mins	Marina
Friday	Hyrox	06.15am	45 mins	Josh B & Josh P
	Hyrox— <b><u>OPEN SESSION</u></b>	07:20am	60 mins	NOT COACHED
	Chair Based Exercise <small>YOU TIME</small>	10.15am	30 mins	Josh

**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

DAY	ACTIVITY	TIME
MONDAY	SUPERVISED TEEN GYM	16:30—17:30
TUESDAY	ABC—PRESCHOOL	15:30—16:00
	GYMNASTICS (P1—P3)	16.15—16.55
	GYMNASTICS (P4—P7)	17.05—17.50
WEDNESDAY	MULTISPORTS (P1-P7)	15.30—16.00
	ACTIVE SCHOOLS FOOTBALL (P4-P7)	16.00-16.45
	SUPERVISED TEEN GYM	16:30—17:30
THURSDAY	BOOKBUG	09.45-10.15
	INDOOR FOOTBALL WITH JOSH PETERS	16:15—17:15
	ACTIVE SCHOOLS SHINTY (P1-P7)	16.45-17.30
FRIDAY	ACTIVE SCHOOLS NETBALL (P4-P7)	12.45-13.45
	WELLBEING FUSION—INSTRUCTOR LED SPORTS ACTIVITY	20.00—21.30

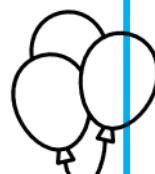
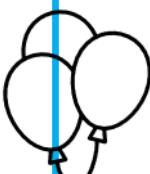
**ALL ACTIVITIES (APART FROM BOOKBUG) MUST BE BOOKED ONLINE**

**USING THE FOLLOWING LINK:**

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

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

**\*\*NO KIDS ACTIVITES ON THE FOLLOWING DAY: 11/02/2026 &  
16/02/2026—18/02/2025 Due to Blood Doners & 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!

## 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
	Body Balance	7.00pm	45mins
Thursday	Body Combat	7:05am	30 mins
	CX Works	7:35am	30 mins
	Body Balance	8.05am	45 mins
	Body Pump	12:15pm	60 mins
	Body Combat	2.15pm	60mins
Friday	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