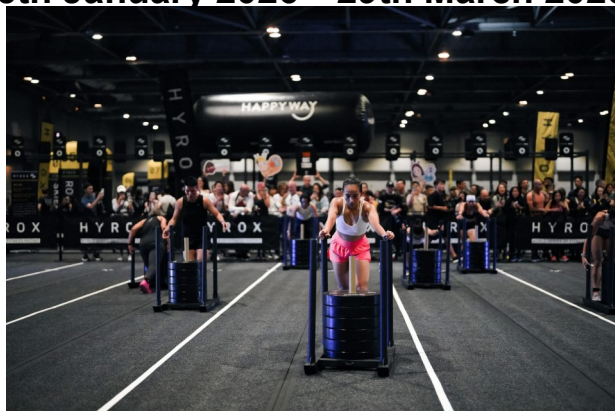


Aviemore Community Centre

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

Adult Fitness Classes

Day	Class	Start Time	Duration	Instructor
Monday	Hyrox	06.15am	60 mins	Josh & Rebecca
	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
	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	Josh B
	Pilates Strength	6.30pm	55 mins	Frankie
	Zumba ® *NEW!*	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 	9.15am	45 mins	Bobby
	Fit Plus 	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— OPEN SESSION	07:20am	60 mins	NOT COACHED
	Chair Based Exercise 	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

DAYS	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.higlifhighlife.com>

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

****NO KIDS ACTIVITIES ON THE FOLLOWING DAY: 11/02/2026 &
16/02/2026—18/02/2025 Due to Blood Donors & 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

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