

Pay As You Go

Activity	Standard	Concession	Budget
Racquet Sports per Person	£5.30	£2.65	£0.50
Fitness Class	£5.80	£2.90	£0.50
Gym Induction	£9.20	£4.60	£0.50
Gym Session	£6.60	£3.30	£0.50
Active Kids Coaching		£2.90	£0.50
Changing & Shower only	£2.70	£1.35	£0.50

Venue Prices

Area	Standard	Concession
Full Sports Hall	£43.90	£21.95
Full Sports Hall (non sporting)	£36.80	£18.40
2 Courts	£29.30	£14.60
1 Court	£14.60	£7.30
Youth Room	£15.40	£7.70
Birthday Party Bouncy castle/ Soft Play/Nerf Wars	£83.70	

Leisure Centre Opening Times

Weekdays Mon-Fri	7.30am—10.00pm
Weekends	9.00am—1.00pm

Happy Hour

Happy Hour	Access for all 50p
Happy Hour Wednesdays	9.00pm—10.00pm

All-Inclusive Prices

Membership	Annual Payment	Monthly Direct Debit
Family	£360.00	£30.00
Individual	£240.00	£20.00



'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



Badenoch Leisure Centre 3rd July—13th August 2017

Activity Programme and Information

HLH.SCOT/HLHSUMMER



SCHOOL'S OUT! 2017
Tha An Sgoil Air Sgaoileadh



YOGA WORKSHOP

Monday 10th & 17th July

11.00—1.00pm

All inclusive £6.00/ Pay as you go £12

Yoga workshop including tea/coffee and chance to chat with Instructor Judy Cameron.
Booking essential

Contact us: Badenoch Centre, Spey Street, Kingussie, PH21 1EH

Phone: 01540 662 485

Email: badenoch.centre@highlifehighland.com





HLH.SCOT/HLHSUMMER

SCHOOL'S OUT! 2017

Tha An Sgoil Air Sgaoileadh

To book summer activity visit:

www.myhighlife.co.uk/sap/

To access the Summer Programme Booking System, you will need a High Life card for each and every person you wish to book on to Summer activities! Ask at reception for your child (s) High Life ID and pin number,

NERF WARS ATHLETICS MINI OLYMPICS

MINI-MAYHEM RACKET SPORTS DANCE

FOOTBALL SUMMER SPORTS AND MANY MORE, check out all Activities at www.myhighlife.co.uk/sap



Family Core Challenge!

Active kids are healthy kids! Follow our Facebook page for 15 minute LIVE FITNESS FEEDS! Get the family working out together, like, comment and show us what your family is made of.

This four week challenge is designed to help reduce visceral fat score (the fat around your internal organs) and improve core strength. Learn calorie-torching strength exercises to help you build a rock-solid core, the foundation of a strong body. Try a High Intensity Interval Class and a cardio class each week.

Starts Thursday 27th July 5.45pm

Optional core fitness testing

*Professional Tanita scales to record visceral fat score and body composition.

*(suitable for adults only)

Adult Classes

*weekly pre booking recommended

Day	Class	Time	Duration	Instructor
Monday	Sculpt & Stretch	11:00 am	55 mins	Marina/Lynsay
	Metafit	6.00 pm	30 mins	Finlay
	Box Fit	6.30pm	45 mins	Bob
Tuesday	Easy Line	10.30am	30 mins	Finlay
	OTAGO	2.00 pm	45 mins	Marina
	Jog Scotland	5.00 pm	30 mins	Marina
Wednesday	X-Train	6.00 pm	45 mins	Josh/Lynsay
	*Indoor Cycling	7.00pm	45 mins	Josh/Lynsay
	Arke	7.30 am	30 mins	Josh/Finlay
Thursday	Fit Plus	10.15am	45 mins	Josh/Finlay
	FatBurn Extreme	6.00 pm	30 mins	Marina
	Core Conditioning	6.30 pm	30 mins	Marina
Friday	Piyo	7.15pm	45 mins	Marina
	Legs, Bums and Tums	1.00 pm	45 mins	Ally
	OTAGO	2.00 pm	45 mins	Ally
Saturday	FatBurn Extreme	5.15pm	30 mins	Ally
	4 week Core Challenge	5.45pm	15 mins	Ally
	*Circuit-Spin	6.00 pm	60 mins	Ally
Sunday	Metafit	7.30am	30 mins	Instructor
	Metafit	9.15am	30 mins	Instructor
	*Indoor Cycling	9.15am	30 mins	Instructor

FATBURN EXTREME	Boost metabolism, improve speed & power with bodyweight
CIRCUIT-SPIN	Half Indoor Cycling class half circuit class
JOG SCOTLAND	Beginners Outdoor Jog Challenge : 0-5Km in six weeks
BOXFIT	Punch your way to a perfect physique
ARKE	Core and bodyweight training
EASY LINE	resistance machine based class the more you push or pull, the greater the resistance. Excellent for beginners and injury rehabilitation
SCULPT & STRETCH	Low impact body sculpting with gentle stretches to tone and strengthen
CORE CONDITIONING	Tone up the Torso and Core Muscles
FIT PLUS	Supportive starter class ideal for adults easing into exercise
INDOOR CYCLING	Stationary group cycle class focused on strength & endurance
METAFIT	The bodyweight training revolution. Energy burn effects last 24 hours
OTAGO	Older adult class scientifically proven to improve stability and mobility
CORE CHALLENGE	4 wk personal core challenge to develop & condition the body for summer
Legs,Bums and Tums	Conditioning and toning using light weights
X-TRAIN	Whole body workout and cardio