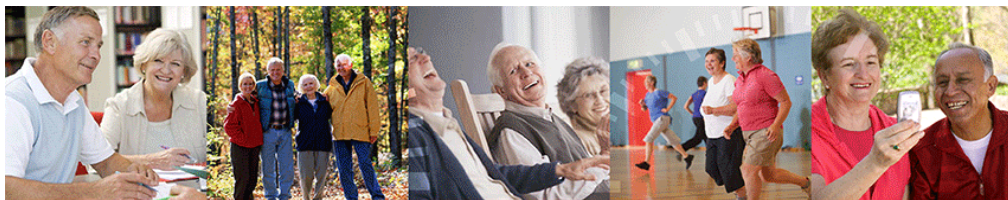




YOU TIME

MAKE TIME FOR YOU

Do you want to **improve your health, keep your mind active AND have a good time?** Come along to the Badenoch Centre for some **YOU TIME!**



YOU TIME

MAKE TIME FOR YOU

Library, Leisure and Archive services will bring you a seasonal programme of **physical and social activities** designed with you in mind

YOU TIME is free for High Life all inclusive members: £ 4.70/£2.45 pay as you go, £0.50 budget

£2.45 for all Over 60's *

To join us complete a booking application and return to

YOU TIME, Badenoch Centre, Spey Street, Kingussie, PH21 1EH, 01540 662 485

highlifehighland.com/youtime



Weekly Programme: 11th April - 3rd July

Day	Class	Start Time	Duration
Monday	Aquacise (Macdonald Highland Resort)	10:00am	45mins
Tuesday	Otago	2:00pm	45mins
Thursday	Otago	2:00pm	45mins
Thursday	Computer buddies	1:00pm	60mins

***Aquacise: A new low intensity and low resistance water based exercise class suitable for all fitness levels and abilities**

Otago: Evidence based strength, mobility and balance programme proven to reduce falls and later life injuries.

Computer buddies: Need a bit of support logging on, searching the internet and using email? We are here to help! We'll organise a 'buddy' who can assist you with all these tasks increasing your computer confidence.

***Aquacise is a pay as you go activity. It is not inclusive of High Life membership**

COMPLIMENTARY REFRESHMENTS IN THE LIBRARY AFTER CENTRE BASED ACTIVITIES

highlifehighland.com/youtime