



YOU TIME

MAKE TIME FOR YOU

Improve your health, keep your mind active AND have a good time!

Leasaich do shlàinte, cùm d' inntinn beothail AGUS gabh tlachd às!

A programme of physical and social activities and events designed with you in mind to keep you fit, flexible and fabulous.

highlifehighland.com/youtime



Tuesday & Thursday 2.00pm: Otago

Wednesday 10.15am: Fit Plus

Badenoch Centre, Spey Street, Kingussie, PH21 1EH
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