

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



Badenoch Leisure Centre 14th August—8th October 2017

Activity Programme and Information



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

Phone: 01540 662 485

Email: badenoch.centre@highlifehighland.com

Web: www.highlifehighland.com

Programme may be subject to change. Find us on Facebook for the latest



Booking commences for next term Monday 14th August. Activities begin week commencing Monday 21st August

Pre-School Activities

Day	Activity	Time	Age group	What's it all about?
Thursday	Soft Play	10.00-10.45am	U5's	Climb, Clamber and crawl
Wednesday	Bookbugs	2.15-2.45pm	U5's	Share songs, stories and rhymes
Thursday	Bookbugs	11.00-11.30am	U5's	Share songs, stories and rhymes

Primary Activities

Day	Activity	Time	Age group	What's it all about?
Monday	Multi-Sports	4.00-4.45pm	P1-7	Mix of sports and activities
Tuesday	Football	4.00-4.45pm	P1-3	Skills , Drills and Games
	Football	4.45-5.30pm	P4-7	Skills , Drills and Games
Wednesday	Dodgeball	4.00-4.45pm	P1-7	Lots of fun with games and drills
Thursday	Chatterbooks	3.45-4.15pm	P4-7	Library Activity
Friday	ABC	3.30-4.15pm	P1-3	Ability, Co-ordination, Balance
	ABC	4.15-5.00pm	P1-3	Ability, Co-ordination, Balance
	ABC	5.00-6.00pm	P4-7	Ability, Co-ordination, Balance

**** Friday 8th September NO ABC due to event**

Teen Activities

Day	Activity	Time	Age group	What's it all about?
Thursday	Teen Workout	3.45-4.30pm	S1-6	Fun fitness for teenagers

Adult Classes

*weekly pre booking advised

Day	Class	Time	Duration	Instructor
Monday	Sculpt & Stretch	10:00 am	55 mins	Marina
<i>Start 21st Aug</i>	*Yoga	11.00 am	60 mins	Judy
	*Yoga	12.15 pm	60 mins	Judy
	Metafit	6.00 pm	30 mins	Finlay
	Box Fit	6.30pm	45 mins	Bob
Tuesday	Easy Line	09.30 am	30 mins	Finlay
	OTAGO	1.30 pm	45 mins	Marina
	*Pilates	3.00pm	60 mins	Marina
	X-Train	6.00 pm	45 mins	Josh
	*Indoor Cycling	7.00pm	45 mins	Josh
Wednesday	Arke	7.30 am	30 mins	Finlay
	Fit Plus	10.15am	45 mins	Finlay
	FatBurn Extreme	6.00 pm	30 mins	Marina
	Core Conditioning	6.30 pm	30 mins	Marina
	Power Pilates	7.15pm	45 mins	Marina
Thursday	Body Blast	9.15 am	30 mins	Finlay
	OTAGO	1.15 pm	45 mins	Ally
	FatBurn Extreme	5.30pm	30 mins	Ally
	*Circuit-Spin	6.00 pm	60 mins	Ally
Friday	Metafit	7.30am	30 mins	Instructor
Saturday	Metafit	9.15am	30 mins	Instructor
Sunday	*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
BOXFIT	Punch your way to a perfect physique
ARKE	Core and bodyweight training
EASY LINE	Resistance machine based class the more you push/pull, the greater the resistance.
SCULPT & STRETCH	Low impact body sculpting with gentle stretches to tone and strengthen
CORE CONDITIOING	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
BODY BLAST	Low impact total body conditioning with light weights
X-TRAIN	Whole body workout and cardio with weights

Craig Maclean JUNIOR TRIATHLON & FAMILY FUN DAY

Sun 10th Sep 2017 10.30am to 3pm

Bookings and payments should be made online by visiting <https://booking.hIGHLIFEhighland.com/>

Please contact 01479 870281 for more information

