

## Pay As You Go

| Activity                  | Standard | Concession | Budget |
|---------------------------|----------|------------|--------|
| Racquet Sports per Person | £5.60    | £2.80      | £0.50  |
| Fitness Class             | £6.10    | £3.10      | £0.50  |
| Gym Induction             | £9.70    | £4.90      | £0.50  |
| Gym Session               | £7.00    | £3.50      | £0.50  |
| Changing & Shower only    | £2.90    | £1.50      | £0.50  |

## Venue Prices

| Area                                              | Standard | Concession |
|---------------------------------------------------|----------|------------|
| Full Sports Hall                                  | £46.10   | £23.05     |
| Full Sports Hall (non sporting)                   | £38.70   | £19.35     |
| 2 Courts                                          | £30.76   | £15.38     |
| 1 Court                                           | £15.33   | £7.66      |
| Youth Room                                        | £16.20   | £8.10      |
| Birthday Party Bouncy castle/ Soft Play/Nerf Wars | £87.90   |            |

## Leisure Centre Opening Times

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

## Happy Hour

|                       |                      |
|-----------------------|----------------------|
| Happy Hour            | Access for all £1.00 |
| Happy Hour Tuesday    | 7.30am-8.30am        |
| Happy Hour Wednesdays | 8.30pm—9.30pm        |
| Happy Hour Sunday     | 12.00pm—1.00pm       |

## All-Inclusive Prices

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



**Badenoch Leisure Centre 20th August-12th October 2018**

## Activity Programme and Information



## Online booking for fitness classes

As an all-inclusive High Life member you can book your favourite classes

online up to 7 days in advance.

Visit : <https://www.highlifehighland.com/badenoch-centre>



**Personal Training  
Availability. Please ask at  
reception for more  
information**



**BOOK ONLINE  
TODAY!**

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

Phone: 01540 662 485

Email: [badenoch.centre@highlifehighland.com](mailto:badenoch.centre@highlifehighland.com)

Web: [www.highlifehighland.com](http://www.highlifehighland.com)



**Bookings commence 20th Aug, activities commence 27th August 2018**

**\*\*Mini Kickers:** Sept 27th– 11th Oct,  
Time of activity will be 10.00-10.30am

## Pre-School Activities

| Day      | Activity         | Time          | Age group               | What's it all about?                                                |
|----------|------------------|---------------|-------------------------|---------------------------------------------------------------------|
| Thursday | **Mini Kickers   | 10.45-11.15am | Accompanied 3 - 5 years | Fun soccer skills and drills for pre-school                         |
| Thursday | Bookbugs         | 11.00-11.30am | U5's                    | Share songs, stories and rhymes in Library.                         |
| Friday   | Mini Shinty      | 1.30 -2.00pm  | 4yrs — P1               | Learn basic stick skills whilst having fun.                         |
| Friday   | Mini Tumble Tots | 2.30-3.00pm   | Accompanied 3 - 5 years | Learn balance, co-ordination and skills through games and obstacles |

## Primary Activities

| Day       | Activity      | Time        | Age group | What's it all about?                  |
|-----------|---------------|-------------|-----------|---------------------------------------|
| Monday    | Multi-Sports  | 4.00-4.45pm | P1-7      | Mix of different sports and equipment |
| Tuesday   | Racket Sports | 4.00-4.45pm | P1-7      | Racket skills, drill and games        |
| Wednesday | Football      | 4.00-4.45pm | P1-3      | Skills , Drills and Games             |
|           | Football      | 4.45-5.30pm | P4-7      | Skills, Drills and Games              |
| Thursday  | Chatterbooks  | 3.45-4.15pm | P4-7      | Library Activity                      |
|           | Fit Kids      | 4.00-4.45pm | P1-7      | Fitness Based fun, obstacles and fun  |
| 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       |

## Teen Activities

| Day      | Activity     | Time        | Age group | What's it all about?      |
|----------|--------------|-------------|-----------|---------------------------|
| Thursday | Teen Workout | 4.45-5.15pm | S1-6      | Fun fitness for teenagers |

## Adult Classes

\*weekly pre booking advised

| Day              | Class             | Time     | Duration | Instructor |
|------------------|-------------------|----------|----------|------------|
| <b>Monday</b>    | Body Blast        | 7.30 am  | 30 mins  | Marina     |
|                  | Sculpt & Stretch  | 10:00 am | 55 mins  | Marina     |
|                  | *Yoga             | 11.00am  | 60 mins  | Judy       |
|                  | *Yoga             | 12.00pm  | 60 mins  | Judy       |
|                  | *Chair based Yoga | 1.30pm   | 60 mins  | Judy       |
|                  | Metafit           | 6.00 pm  | 30 mins  | Finlay     |
|                  | Body Blitz        | 6.30 pm  | 30 mins  | Finlay     |
|                  | Box Fit           | 6.30 pm  | 45 mins  | Bob        |
|                  | Easy line         | 09.30 am | 30 mins  | Finlay     |
|                  | Legs, Bums & Tums | 12.45 pm | 30 mins  | Josh       |
| <b>Tuesday</b>   | OTAGO             | 1.30 pm  | 45 mins  | Josh       |
|                  | X-Train           | 6.00 pm  | 45 mins  | Josh       |
|                  | *Indoor Cycling   | 7.00pm   | 30 mins  | Josh       |
|                  | Arke              | 07.30am  | 30 mins  | Finlay     |
|                  | Fit Plus          | 10.15am  | 45 mins  | Shannon    |
| <b>Wednesday</b> | Circuits          | 6.00 pm  | 60 mins  | Shannon    |
|                  | Body Blast        | 9.15 am  | 30 mins  | Finlay     |
|                  | OTAGO             | 1.15 pm  | 45 mins  | Shannon    |
|                  | *Pilates          | 3.00pm   | 60 mins  | Marina     |
|                  | Metafit           | 5.30 pm  | 30 mins  | Marina     |
| <b>Thursday</b>  | Jump Start Basics | 6.00 pm  | 30 mins  | Marina     |
|                  | **Games Night     | 7.30pm   | 60mins   | Instructor |
|                  | Metafit           | 7.30am   | 30 mins  | Instructor |
|                  | Fit Plus          | 9.30am   | 45 mins  | Finlay     |
|                  | Metafit           | 9.15am   | 30 mins  | Instructor |
| <b>Friday</b>    | *Indoor Cycling   | 9.15am   | 30 mins  | Instructor |
| <b>Saturday</b>  |                   |          |          |            |
| <b>Sunday</b>    |                   |          |          |            |

## Customer Information

**10th October—All classes cancelled due to an event on in the sports hall**

*Programme may be subject to change.*

*For up to date info like us on Facebook*



**\*\*Games Night**—This will consist of a different team sport each week. Fitness with a bit of fun competition . All abilities welcome.

**Jump Start Basics**— This class is aimed at beginners just starting exercise and also for the intermediate to refine and perfect moves such as squats, lunges, planks etc . The class will be a work out with emphasis on technique

