

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 13th October-28th 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

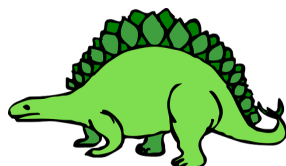
Email: badenoch.centre@highlifehighland.com

Web: www.highlifehighland.com



Week 1 Kids Activities– 15th Oct-19th Oct

Day	Activity	Time	Age group	What's it all about?
Monday	Gymnastics Camp	11.00am-12.30pm	P1-7	Development of Gymnastics skills and confidence.
Tuesday	Gymnastics Camp	11.00am-12.30pm	P1-7	Development of Gymnastics skills and confidence.
Wednesday	Soft Play and Bouncy Castle	11.00am-12.00pm	Accompanied 3 - 5 years	Burn off energy with bouncy castle and soft play. Accompanied by adult.
Wednesday	Soft play and Bouncy Castle	12.00pm-1.00pm	P1-3	Burn off energy with bouncy castle and soft play
Thursday	Dino Crafts and Games	11.00am-12.30pm	P1-7	Time to get creative with a Dinosaur twist as well as fun and games.
Thursday (18th +25th)	Techno Bots Library	2.30pm-3.00pm	P1-7	Fun and playtime with the Techno Bots



Spend a couple of hours basket weaving using recycled materials and produce a bespoke storage solution, a brooch or a placemat.

Where? Badenoch Library

When? Thursday October 11th

What time? 6:00 – 8:00pm

For more information call on 01540 661 596 or email

Badenoch.library@highlifehighland.com OR
pam.topping@highlifehighland.com

Adult Classes

*weekly pre booking advised

Day	Class	Time	Duration	Instructor
Monday	Body Blast	7.30 am	30 mins	Instructor
	Sculpt & Stretch	10:00 am	55 mins	Instructor
	Yoga	11.00pm	60 mins	Judy
	Yoga	12.00pm	60 mins	Judy
	Chair Based Yoga	1.30pm	60 mins	Judy
	Metafit	6.00 pm	30 mins	Finlay
	Core Conditioning	6.30 pm	30 mins	Finlay
	Box Fit	6.30 pm	45 mins	Bob
	Tuesday Easy line 	09.30 am	30 mins	Finlay
	OTAGO	1.30 pm	45 mins	Shannon
	X-Train	6.00 pm	45 mins	Phil
	*Indoor Cycling	7.00pm	45 mins	Phil
	*Adult Gymnastics Taster (Booking Advised)	7.00pm	60mins	Shannon/ Jack
Wednesday	Arke	07.30am	30 mins	Instructor
	Fit Plus 	10.15am	45 mins	Finlay
	Circuits	6.00 pm	60 mins	Jack
Thursday	Body Blast	9.15 am	30 mins	Finlay
	OTAGO 	1.15 pm	45 mins	Instructor
	Metafit	5.30 pm	30 mins	Instructor
	Stretch and Flex	6.00pm	30mins	Rory
Friday	Metafit	7.30am	30 mins	Finlay
	Fit Plus 	9.30am	45 mins	Finlay
Saturday	Metafit	9.15am	30 mins	Instructor
Sunday	*Indoor Cycling	9.15am	30 mins	Instructor

Customer Information

Programme may be subject to change.

For up to date info like us on Facebook



****Adult Gymnastics Taster– Supplement your usual fitness routine with basic skills and abilities asso-**

****Stretch And Flex– full body stretching exercises to improve flexibility and range of movement .**