

Pay As You Go

Activity	Standard	Concession	Budget
Racquet Sports per Person	£6.20	£3.10	£0.50
Fitness Class	£6.80	£3.40	£0.50
Gym Session	£7.80	£3.90	£0.50

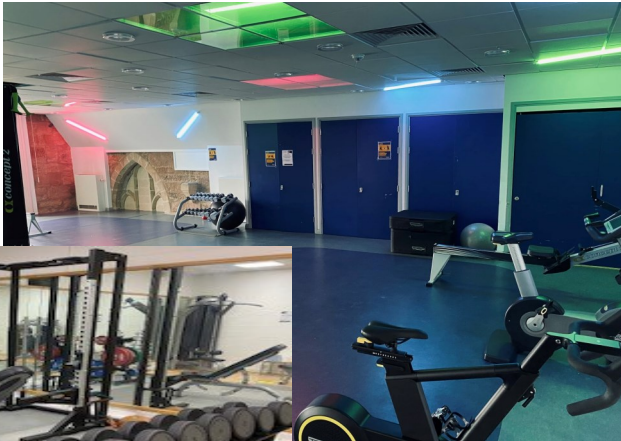
All-Inclusive Prices

Membership	Annual Payment	Monthly Direct Debit
Family	£411.60	£34.30
Individual	£273.60	£22.80



Opening Hours

Monday-Friday	07:00am to 09:00pm Any site closures / class cancellations will be advertised in advance
Saturday	9:00am to 1.00pm



Badenoch Leisure Centre 15th August - 23rd October 2022

Activity Program and Information



!! New to the Program !!

Strong Women - A hall based Gym session for our Ladies

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

Email us: badenoch.centre@highlifehighland.com

Website: www.highlifehighland.com

Phone us: 01349 781 250



Kids Activities



Activity	Day	Age Group	Time
Racket Sports	Tuesday	5-8	15:45 -16:15
Racket Sports	Tuesday	9-11	16:15 - 17:00
Shinty	Wednesday	5-8	15.:45 - 16:15
Shinty	Wednesday	9-11	16.15 - 17.00
Zumba	Thursday	5-8	15.45 - 16.15
Zumba	Thursday	9-11	16.15 - 17.00
Soft Play	Friday	2-5	09:00 - 10:00
Mini Movers	Friday	2-4	14:30 - 15:00
ABC	Friday	5-8	15:00 - 15:30
ABC	Friday	9-11	16:00 -16:45
Gymnastics	Friday	8-19	17:15 -18:45
Bouncy Castle	Saturday	4-8	09:30 -10:30

Customer Information

Strong Women:

An opportunity to develop strength and conditioning technique in a controlled environment with the assistance of a Level 2 Gym Instructor. This is a hall based class where there will be access to weight racks and a variation of other equipment .

Saturday Bouncy Castle:

All children must be accompanied by a Parent / Guardian during this class, Tea and Coffee will be offered or alternatively you can attend our Saturday Metafit Class.

Dynamic Wellbeing Yoga

This class is suitable for people with a range of health conditions, easy flowing and adaptable. Led by our master yoga teacher and former NHS Nurse Judy Cameron.

Adult Activities

weekly pre booking advised *



Day	Class	Time	Duration	Instructor
Monday	YOGA*Talla	10:30	90 mins	Judy
	Dynamic Wellbeing Yoga	12:00	60mins	Judy
	OTAGO	13:15	45 mins	Marina
	Core / HIIT	18:00	60 mins	Meg
	Zumba*Talla	18:00	50 mins	Frankie
Tuesday	Pilates	19:05	55 mins	Marina
	Sculpt and Stretch	09:50	45 mins	Marina
	Indoor Cycling	17:30	30 mins	Meg
Wednesday	Barbell Workout	18:15	60 mins	Phil
	Pilates*Talla	08:45	50mins	Marina
	Fit Plus	09:50	45 mins	Instructor
	BARR	18:00	60 mins	Frankie
	Strong Women	19:00	60 mins	Instructor
Thursday	YOGA*Talla	09:00	90 mins	Judy
	Chair YOGA*Talla	10:30	60 mins	Judy
	Indoor Cycling	17:30	45 mins	Meg / Phil
	Barbell Workout	18:20	60 mins	Phil / Meg
Friday	Yoga	07:30	45 mins	Marina
	Fit Plus	10:30	45 mins	Instructor
	Otago	11:30	45 mins	Marina
Saturday	Metafit	09:30	45 mins	Instructor

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