

# ADMISSION & HIRE PRICES — APRIL 2022

| Activity                    | Standard | Concession | Budget |
|-----------------------------|----------|------------|--------|
| Fitness Room                | £7.80    | £3.90      | £0.50  |
| Gym Induction               | £10.70   | £5.35      | £0.50  |
| Centre Classes              | £6.80    | £3.40      | £0.50  |
| Racquet Sports (per person) | £6.20    | £3.10      | £0.50  |
| Shower                      | £3.15    | £1.60      | £0.50  |
| Gameshall                   | £50.80   | £25.40     | N/A    |
| Room Hire                   | £17.90   | £8.95      | N/A    |

## HIGH LIFE MEMBERSHIP OPTIONS *There's something for everyone*

| All Inclusive | Annual Payment                         | Monthly Direct Debit * |
|---------------|----------------------------------------|------------------------|
| Family        | £411.60                                | £34.30                 |
| Individual    | £273.60                                | £22.80                 |
| Budget        | 50p per activity (Proof must be shown) |                        |



## Black Isle Leisure Centre

Deans Road, Fortrose, IV10 8TJ, 01381 621252

### Programme and Timetable

Commencing Monday 30th January 2023

### HIGH LIFE FITNESS CLASSES

|           |             |                                               |              |           |
|-----------|-------------|-----------------------------------------------|--------------|-----------|
| Monday    | 18.00-18.45 | Indoor Cycling                                | Charles      | Main Hall |
|           | 18.00-18.45 | BODYPUMP                                      | Kirsty       | Theatre   |
|           | 19.00-19.45 | BODYATTACK                                    | Kirsty       | Theatre   |
|           | 19.50-20.20 | Core & Conditioning                           | Kirsty       | Theatre   |
| Tuesday   | 18.00-18.45 | H I I T                                       | Laura        | Theatre   |
|           | 18.00-18.45 | Indoor Cycling                                | Claire       | Main Hall |
|           | 19.00-20.00 | BODYBALANCE                                   | Claire       | Theatre   |
| Wednesday | 10.30-11.25 | Pilates                                       | Lynsey       | Theatre   |
|           | 11.30-12.25 | Pilates                                       | Lynsey       | Theatre   |
|           | 14.30-15.30 | Otago                                         | Sarah        | Avoch     |
|           |             | (This class takes place in Avoch Church Hall) |              |           |
|           | 18.00-18.45 | Kettlebells                                   | Sarah        | Theatre   |
| Thursday  | 18.55-19.35 | F I T 360                                     | Sarah        | Theatre   |
|           | 12.00-13.00 | Fit Plus for Over 60's                        | Sarah        | Theatre   |
|           | 18.00-18.45 | Circuits                                      | Laura/Gareth | Theatre   |
|           | 18.00-18.45 | Indoor Cycling                                | Charles      | Main Hall |
| Friday    | 19.00-20.00 | BODY BALANCE                                  | Kim          | Theatre   |
|           | 13.30-14.30 | Otago                                         | Sarah        | Theatre   |
| Sunday    | 18.00-18.45 | Indoor Cycling                                | Laura/Gareth | Main Hall |
|           | 09.30-10.15 | H I I T                                       | Laura/Gareth | Theatre   |
|           | 10.30-11.15 |                                               |              |           |

### FITNESS ROOM OPENING TIMES

#### MONDAYS—FRIDAYS

09.00—21.30

#### SATURDAYS & SUNDAYS

09.00—13.00

All fitness suite users must have completed a fitness suite induction prior to using the fitness suite. These can be booked by calling the centre on 01381 621252.

Last entry Monday—Friday 20.45

Last entry—Saturday 12.15

### CLASS DESCRIPTORS

**Body Pump**—Barbell class that shapes, tones & strengthens the body.

**Body Attack**—Cardiovascular interval training, rapid calorie burner.

**Body Balance**—Combination of Yoga, Tai Chi and Pilates.

**Indoor Cycling**—Indoor cycling, high calorie burner.

**H I I T Workout** — combination of bodyweight only exercises and high intensity intervals will set your metabolic rates through the roof!!

**Kettlebells**— Involves the entire body and focuses on endurance, power and dynamic movements.

**Core & Conditioning**—Tones abs, glutes, obliques and slings connecting upper & lower body.

**Otago**— Designed specifically to prevent falls, improve strength, balance & confidence.

**F I T 360**— mixture of bodyweight, resistance and cardio exercises to give an all round 360 workout.

**FIT PLUS for over 60's**—Mixture of aerobics, weights and stretching with adaptations to suit all.

### MAIN HALL OPENING TIMES

**MONDAYS** 18.00—22.00

**TUESDAYS, WEDNESDAYS & THURSDAYS** 17.00—22.00

**FRIDAYS** 16.00—22.00

**SATURDAYS & SUNDAYS** 09.00—13.00

The Main Hall can be used for badminton, short tennis, table tennis and indoor football and can be booked by calling us on 01381 621252.

### KIDS ACTIVITIES—starting Monday 16th January 2023

Junior Football 5—7yrs

Mondays @ 16.00—16.45

5 weeks, 16th January—13th February

Junior Football 8—11yrs

Mondays @ 16.45—17.30

5 weeks, 16th January—13th February

Badminton 8—11yrs

Thursdays @ 16.45—17.30

5 weeks, 19th January—16th February

Bookings open online <https://booking.higlifhighland.com>

on Tuesday 10th January 2023 @ 8.00am .

Make sure you have your child's ID and PIN number for the booking.

The above activities must be booked for the full block.