

ADMISSION & HIRE PRICES — APRIL 2024			
Activity	Standard	Concession	Budget
Fitness Room	£9.10	£5.40	£0.50
Gym Induction	£12.50	£7.40	£0.50
Centre Classes	£8.00	£4.80	£0.50
Racquet Sports (per person)	£7.30	£4.30	£0.50
Shower	£3.70	£2.20	£0.50
Gameshall (Sporting Activity)	£57.10	£34.25	N/A
Room Hire	£20.10	£12.10	N/A

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

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	£479.90	£39.99
Individual	£319.20	£26.60
Budget	50p per activity (Proof must be shown)	



Black Isle Leisure Centre

Deans Road, Fortrose, IV10 8TJ, 01381 621252

Programme and Timetable

Commencing April 2024

HIGH LIFE FITNESS CLASSES

Monday	10.00-10.45	Wake Up Workout	Sam	Fortrose Town Hall
	11.00-12.00	BODYBALANCE	Sam	Fortrose Town Hall
	18.00-18.45	Indoor Cycling	Charles	Main Hall
	18.00-18.45	BODYPUMP	Kirsty	Theatre
	18.00-18.55	Pilates	Lindsay	Fortrose Town Hall
	19.00-19.45	BODYATTACK	Kirsty	Theatre
Tuesday	19.50-20.20	Core & Conditioning	Kirsty	Theatre
	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	Lindsay	Theatre
	11.30-12.25	Pilates	Lindsay	Theatre
	14.30-15.30	Otago	Sarah	Avoch
	18.00-18.45	Kettlebells	Sarah	Theatre
	18.55-19.35	F I T 360	Sarah	Theatre
	19.45-20.45	Ashtanga Yoga	Marie	Theatre
Thursday	10.00-11.00	Ashtanga Yoga	Marie	Theatre
	11.05-12.05	Fit Plus for Over 60's	Sarah	Theatre
	18.00-18.45	Circuits	Laura/Kirsty	Theatre
	18.00-18.45	Indoor Cycling	Charles	Main Hall
	19.00-19.45	Zumba	Lindsay	Theatre
Friday	13.30-14.30	Otago	Sarah	Theatre
	18.00-18.45	Indoor Cycling	Laura/Kirsty	Main Hall
Sunday	09.30-10.15	Indoor Cycling	Laura/Charles	Main Hall
	10.30-11.15	H I I T	Laura/Charles	Theatre



FITNESS ROOM OPENING TIMES

MONDAYS—FRIDAYS 09.00-22.00

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 21.15

Last entry—Saturday 12.15

CLASS DESCRIPTIONS

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 & strength 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.

Pilates— An exercise program that focuses on core stability, strength, mobility and stretching exercises completed on an exercise mat. Activating your core stability, the intensity of each exercise is adjusted using varying positions and limb movements.

Circuits— A high intensity, fast paced workout that is great for everyone, regardless of fitness level that can help tone your body and shed fat.

Ashtanga Yoga— This style of yoga combines a specific form of deep breathing and a defined series of postures that you repeat in each class.

Zumba— Zumba® is an interval-style dance fitness party that combines low-intensity and high-intensity moves.

Wake Up Workout—A varied and fun workout which consists of cardio and body weight exercises and is suitable for a wide range of fitness levels.

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 22nd April 2024

Junior Football 5—7yrs

Mondays @ 16.00—16.45

9 weeks, 22nd April—24th June (excluding 6th May)

Junior Football 8—11yrs

Mondays @ 16.45—17.30

9 weeks, 22nd April—24th June (excluding 6th May)

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

on Friday 19th April at 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.