

Dingwall Leisure Centre – Fitness Programme

Monday 19th February – Sunday 1st April 2018

	Cardio Based			Resistance Based			Flexibility Based		
MON	Group Cycling 7.00-7.45am	Circuits 10.00-11.00am	Yoga 11.00-12.00am		CX Works 5.30-6.00pm	Body Attack 6.15-7.00pm	Group Cycling 6.45-7.30pm	Body Balance 7.00-8.00pm	Pump FX 7.15-8pm
TUE	"You Time" Indoor Cycling 9.30-10.15am	P90X 10.30-11.15am	"You Time" Otago 11.00-11.45am	Fit Plus 12.00-1.00pm	Body Balance 1.05-1.50pm	Body Balance 5.30-6.30pm		Pump FX 6.30-7.15pm	
WED	Group Cycling 7.00-7.45am	Body Conditioning 9.45-10.45am		Fatburn Extreme 5.00-5.30pm	CX Works 5.45-6.15pm	Body Attack 6.30-7.30pm	Group Cycling 6.45-7.30pm	Body Balance 7.30-8.30pm	
THU	Group Cycling 8.30-9.00am	Group Cycling 9.15-9.45am	Kettlebells 10.00-10.45am	Pilates 11.00-12.00pm		Group Cycling 5.00-5.45pm	Fatburn Extreme 5.15-5.45pm	Pump FX 6.00-6.45pm	Body Tone 7.00-7.45pm
FRI	Group Cycling 7.00-7.45am		Body Balance 10.00-11.00am	"You Time" Otago 11.00-12.00pm		"You Time" Aqua Fitness 12.30-1.15pm		Group Cycling 6.15-7.00pm	P90X 7.15-8.00pm
SAT	Group Cycling 8.30-9.30am								
SUN		Group Cycling 9.30-10.30am	Zumba 10.00-11.00am	Body Balance 11.00-12.00pm					

All Classes are included as part of the Highlife scheme (booking required for all classes)

Body Attack: Cardio-vascular interval training, rapid calorie burner

Metafit: Intense whole body workout to boost metabolism

Circuits: A whole body workout using different equipment

P90X: Ultimate fat burning, full body workout

Fit Plus: low impact Aerobics

CX Works: Tightens and tones core muscles

Zumba: Dance fitness class- total body workout

Pilates: improves flexibility, builds strength and develops control

Body Balance: Combination of Yoga, Tai Chi and popular Pilates

Fatburn Extreme: 20 minute maximum intensity workout

Body Tone: Designed to tone and shape the legs, bum and tum

Pump FX: Aerobic, endurance & strength workout class using a barbell

Kettlebells: Perform dynamic moves to target aspect of fitness

Otago: Helps improve strength, balance and flexibility for older adults

Yoga: Traditional yoga moves

Fitness Suite Opening Hours:

Monday – Friday 7.00am – 9.30pm

Saturday & Sunday 8.00am - 4.00pm

All advertised classes are included in High Life Highland Membership

Due to limited places, please ensure you pre book today.

Cardio Based **Resistance Based** **Flexibility Based**