

Dingwall Leisure Centre – Fitness Programme

Monday 14th August to Sunday 27th August 2017

	Cardio Based			Resistance Based			Flexibility Based		
MON	Indoor Cycling 07.00 – 07.45	Pump FX 10.00 – 11.00	Power Chi Yoga 11.00 – 12.00		CX Works 17.30 – 18.00	Pump FX 18.15 – 19.00	Indoor Cycling 18.45 – 19.30	Body Balance 19.00 – 20.00	Fatburn Extreme 19.15 – 19.45
TUE	"You Time" Indoor Cycling 09.30 – 10.15		"You Time" Otago 11.00 – 11.45	Fit Plus 12.00 – 13.00		Body Balance 17.30 – 18.30		Pump FX 18.30 – 19.15	
WED	Indoor Cycling 07.00 – 07.45	Body Conditioning 09.45 – 10.45	Fatburn Extreme 12.00 – 12.30		Fatburn Extreme 17.00 – 17.30	CX Works 17.45 – 18.15	Body Attack 18.30 – 19.30	Body Balance 19.30 – 20.30	Indoor Cycling 19.45 – 20.30
THU	Indoor Cycling 08.30 – 09.00	Indoor Cycling 09.15 – 09.45	Kettlebells 10.00 – 10.45			Indoor Cycling 17.00 – 17.45	Fatburn Extreme 17.15 – 17.45	Pump FX 18.00 – 18.45	Body Tone 19.00 – 19.45
FRI	Indoor Cycling 07.00 – 07.45		Body Balance 10.00 – 11.00	"You Time" Otago 11.00 – 12.00		"You Time" Aqua Fitness 12.30 – 13.15	T3 Circuits 17.15 – 18.00		Indoor Cycling 18.15 – 19.00
SAT	Indoor Cycling 08.30 – 09.15	Fatburn Extreme 09.30 – 10.00							
SUN		Indoor Cycling 09.30 – 10.30		Body Balance 11.00 – 12.00					

All Classes are included as part of the High Life scheme (booking required for all classes, these can be made 7 days in advance)

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 & improves functional strength for balance, mobility and injury prevention

Power Chi Yoga: Traditional Tai Chi with powerful yoga moves

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

Fatburn Extreme: 20 minute maximum intensity workout

Body Tone/Conditioning: 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

T3 Circuit: Multi-directional, metabolic circuit programmed to define muscle and shred fat

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**