

# Dingwall Leisure Centre – Fitness Programme

Monday 28<sup>th</sup> August to Sunday 24<sup>th</sup> September 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	P90X 10.30 – 11.15	"You Time" Otago 11.00 – 11.45	Fit Plus 12.00 – 13.00	Body Balance 13.05 – 13.50 (starts 12/9/17)	Body Balance 17.30 – 18.30	Circuits 17.30 – 18.15	Pump FX 18.30 – 19.15	Metafit 20.00 – 20.45
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**