

# Dingwall Leisure Centre – Fitness Programme

Friday 4<sup>th</sup> January – Sunday 24<sup>th</sup> February 2019

	Cardio Based			Resistance Based			Flexibility Based		
MON	Indoor Cycling 7.00-7.45am		Yoga 11.00-12.00am		CX Works 5.30-6.00pm	Body Attack 6.15-7.00pm	Indoor Cycling 6.45-7.30pm	Body Balance 7.00-8.00pm	CX Works 7.15-8.00pm
TUE	"You Time" Indoor Cycling 9.00-9.45am	P90X 10.00-10.45am	"You Time" Otago 11.00-11.45am	Fit Plus 12.00-1.00pm	Body Balance 1.05-1.50pm		Indoor Cycling 5.30-6.15pm	Pump FX 6.30-7.15pm	
WED	Indoor Cycling 7.00-7.45am	Body Conditioning 9.45-10.45am	Pilates 11.00-12.00pm	Hatha yoga 1.00-2.00pm	Fatburn Extreme 5.00-5.30pm	CX Works 5.45-6.15pm	Body Attack 6.30-7.30pm	Indoor Cycling 6.45-7.30pm	Body Balance 7.30-8.30pm
THU	Indoor Cycling 8.30-9.00am	Indoor Cycling 9.15-9.45am	Kettlebells 10.00-10.45am	Pilates 11.00-12.00pm	Pilates 12.15-1.15pm		Fatburn Extreme 5.15-5.45pm	Pump FX 6.00-6.45pm	Body Balance 7-8pm
FRI	Indoor Cycling 7.00-7.45am		Body Balance 10.00-11.00am	"You Time" Otago 11.00-12.00pm	Yoga for all 12.15 1.15	"You Time" Aqua Fitness 12.30-1.15pm		Indoor Cycling 6.15-7.00pm	P90X 7.15-8.00pm
SAT	Indoor Cycling 8.30-9.15am								
SUN		Indoor 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

**Hatha Yoga:** Gentle yoga practice, including relaxation

### 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**