

Dingwall Leisure Centre – Fitness Programme

Monday 8th July – Sunday 18th August 2019

	Cardio Based			Resistance Based			Flexibility Based		
MON	Indoor Cycling 7.00-7.45am		Yoga 11.00-12.00pm		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 7.00-7.30pm
TUE	"You Time" Indoor Cycling 8.30-9.15am	P90X 9.30-10.30am	"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	Zumba 1.30-2.30pm	Fatburn Extreme 5.15-5.45pm	Pump FX 6.00-6.45pm	Body Balance 7.00-8.00pm
FRI	Indoor Cycling 7.00-7.45am		Body Balance 10.00-11.00am	"You Time" Otago 11.00-12.00pm	"Yoga for all" 12.15-1.15pm	"You Time" Aqua Fitness 12.30-1.15pm	Metafit 5.15-5.45pm	Indoor Cycling 6.15-7.00pm	P90X 7.15-8.00pm
SAT	Indoor Cycling 8.30-9.15am	Yoga 9.30-10.45am							
SUN		Indoor Cycling 9.30-10.30am	Zumba 9.45-10.45am	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