

# Dingwall Leisure Centre – Fitness Programme

## Monday 11<sup>th</sup> October – Sunday 24<sup>th</sup> October 2021

	Cardio Based			Resistance Based			Flexibility Based		
<b>MON</b>	Indoor Cycling 7.00-7.45am Dance Studio ***		My Kind of Yoga 9:30-10.15am Activity Hall*		Circuits 5.00-5.30pm Games Hall **		Body Pump 6.00-6.45pm Games Hall ***	Body Balance 7.15-8.00pm Games Hall *	Indoor Cycling 7.15-8.00pm Dance Studio ***
<b>TUE</b>	Indoor Cycling 7.00-7.45am Dance Studio ***	Indoor Cycling 8.00-8.45am Dance Studio ***	P90 9.15-10.00am Activity Hall **	"You Time" Otago 10.45-11.30am Activity Hall *		Body Pump 6.00-6.45pm Games Hall ***	Indoor Cycling 7.15-8.00pm Dance Studio ***		
<b>WED</b>	Indoor Cycling 7.00-7.45am Dance Studio ***		Pilates 9.00-10.00am Dance Studio *	Pilates 10.15-11.15am Dance Studio *	Body Conditioning 9.30-10.30am Games Hall **		Body Attack 6.00-6.45pm Games Hall ***	Indoor Cycling 7.15-8.00pm Dance Studio ***	
<b>THU</b>	Indoor Cycling 7.00-7.45am Dance Studio ***	Indoor Cycling 8.00-8.45am Dance Studio ***	Kettlebells 9.15-10.00am Dance Studio **	Pilates 10.30-11.30am Dance Studio *	Pilates 11.45-12.45pm Dance Studio *		Body Pump 6.00-6.45pm Games Hall **	Body Balance 7.15-8.00pm Games Hall *	
<b>FRI</b>	Indoor Cycling 7.00-7.45am Dance Studio ***		Body Balance 9.45-10.45am Activity Hall *	"You Time" Aqua Fitness* 11.00-11.45pm Swimming Pool	Metafit 5.15-5.45pm Dance Studio ***	Indoor Cycling 6.15-7.00pm Dance Studio ***			
<b>SAT</b>		Indoor Cycling 9.00-9.45am Dance Studio ***		Body Pump 10.15-11.15am Games Hall ***					

### 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

**Yoga:** Traditional yoga moves

**Kettlebells:** Perform dynamic moves to target aspect of fitness

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

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

**Circuits:** A whole body workout using different equipment

**Body Pump:** Aerobic, endurance & strength workout class using a barbell.

**Pilates:** improves flexibility, builds strength and develops control

### Fitness Suite Opening Hours:

Monday – Friday 7.00am – 1.00pm

3.00pm - 8.00pm

Saturday 9.00am – 1.00pm

### 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** \* Low Intensity \*\* Medium Intensity \*\*\* High Intensity