

Dingwall Leisure Centre - Current Fitness Class Programme

	Cardio Based		Resistance Based			Flexibility Based			
MON	Indoor Cycling 7.00-7.45am Activity Hall ***		Metafit 12.15-12.45pm Activity Hall ***	My Kind of Yoga 1:00-2:00pm Activity Hall*	Circuits 5.00-5.30pm Games Hall **	Body Pump 6.00-6.45pm Games Hall ***		Indoor Cycling 7.00-7.45pm Activity Hall ***	Body Balance 7.15-8.15pm Games Hall *
TUE	Indoor Cycling 7.00-7.45am Activity Hall ***	Indoor Cycling 8.00-8.45am Activity Hall ***	P90 9.15-10.00am Activity Hall **	"You Time" Otago 10.45-11.30am Activity Hall *	Pilates 5.00-6.00pm Activity Hall *	Body Pump 6.00-6.45pm Games Hall ***	Learn to Lift 6.00-7.00pm Strength Room ** Ladies only	Indoor Cycling 7.15-8.00pm Activity Hall ***	
WED	Indoor Cycling 7.00-7.45am Activity Hall ***		Body Conditioning 9.00-10.00am Activity Hall **	Pilates 10.30-11.30am Activity Hall *		Body Attack 6.00-6.45pm Games Hall ***		Indoor Cycling 7.15-8.00pm Activity Hall ***	
THU	Indoor Cycling 7.00-7.45am & 8.00-8.45am Activity Hall ***	Kettlebells 9.15-10.00am Activity Hall **	Pilates 10.30-11.30am Activity Hall *	Pilates 11.45-12.45pm Activity Hall *	Body Pump 1.15-2pm Games Hall **	Circuits 6.00-6.45pm Games Hall **	Metacub 6.00-6.30pm Activity Hall**	Metafit 6.30-7.00pm Activity Hall**	Body Balance 7.15-8.15pm Games Hall *
FRI	Indoor Cycling 7.00-7.45am Activity Hall ***		Body Balance 9.45-10.45am Activity Hall *				Indoor Cycling 6.15-7.00pm Activity Hall ***		
SAT	Indoor Cycling 8.15-9.00am Activity Hall ***	Learn to Lift 9.00-10.00am Strength Room ** mixed session	Indoor Cycling 9.15-10.00am Activity Hall ***		Body Pump 10.15-11.15am Games Hall ***	Metacub 10.30-11.00am Activity Hall ***			
SUN		Indoor Cycling 9.15-10.00am Activity Hall ***	Zumba 10.15-11.15am Games Hall ***	Yoga 11.30-12.30pm Activity Hall *	Yoga 12.45-1.45pm Activity 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

Yoga: Traditional yoga moves

Circuits: A whole body workout using different equipment

Kettlebells: Perform dynamic moves to target aspect of fitness

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

Metafit: High intensity body weight-based workout

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

Zumba: A fun, Latin based dance workout.

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

Metacub: Fun new workout for kids 7-12yrs,

Learn to Lift: Learn how to use equipment in the strength room safely and effectively.

Pilates: Improves flexibility, builds strength, and develops control.

Fitness Suite Opening Hours:

Monday – Friday 7.00am – 9.00pm
Saturday + Sunday 9.00am -2.30pm

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

