



The Fingal Centre, Portree - Pool Programme

MONDAY 16TH APRIL 2018 – FRIDAY 29TH JUNE 2018

Look out for a change to the timetable for Monday 7th May (Public Holiday)

MON	7.00 9.00 Lane Swimming Happy Hour 7.00 – 8.00	9.00 12.45 School Lessons	12.45 1.15 Public Swimming	1.15 2.15 Aquacise	2.15 3:30 50+	3.50 5.20 Swimming Lessons	5.30 6.05 Public Swim (2 Lanes)	6.15 7.30 Public Swimming Private Hire 2 lanes 6.15 – 7.15pm	7.30 9.00 Public Swim		
TUE	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.00 Public Swimming (1 lane)	2.00 3.00 Swim Session for people with Disabilities	3.15 5.10 Public Swimming	5.30 6.30 Public Swimming	6.30 7.30 Aquacise	7.30 9.00 Ladies Only Swimming			
					3.50 5.10 Swimming Lessons	5.30 6.30 Train2Train (3 lanes)					
WED	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.00 Public Swimming (1 lane)	2.00 3.30 Staff Training (closed)		3.50 4.50 Swimming Lessons	5.00 6.00 Happy Hour	6.00 7.00 Aquacise	7.00 8.00 Public Swim	8.00 9.00 Adults Only Swimming	
THU	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.30 Public Swimming (1 lane from 1-2pm)	2.30 3.30 Aquacise	3.50 5.45 Swimming Lessons			6.00 9.00 Public Swim (1 private lane 6-7.30pm)			
FRI	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.00 Public Swimming (1 lane)	2.15 3.15 Family Friendly (Raised floor area only)	3.30 4.30 Swimming Lessons		4.45 5.30 Advance Swim Lessons (2 lanes)		5.30 7.00 Public Swimming	7.00 9.00 Public Swim	
					3.30 4.30 Public Swimming		4.45 5.30 Public Swim				
SAT	7.00 9.00 Public Swimming	9.00 10.00 Public Swimming	10.15 10.45 Splashy Tots/ Splashy Kidz	11.15 12.00 Family Friendly	12.15 1.15 Fun Session	1.30 2.30 Swim Session for people with Disabilities	2.30 4.00 Public Swimming				
SUN	7.00 9.00 Public Swimming			10.00 11.15 Public Swimming	11.30 12.45 Lane Swimming	1.00 1.45 Family Friendly	2.00 2.45 Family Friendly	3.00 4.00 Happy Hour			
<h3>Programme Guidance Notes</h3> <p>Public Swimming – 0-3yrs 1 child to 1 adult; 4-7 years 2 children to 1 adult Happy Hour - Activity £1 per person during the times stated. (Public Swimming ratios apply) Family Friendly – 1 Adult to 2 children aged 0-7 years. Admissions to this session must include one child less than 8 years old. Maximum of 30 bathers in this sessions and bands are issued 15 mins before session starts on a first come first served basis.</p>						<p>Sauna/Steam – Available to users 16yrs+. (closed during lessons, schools, Swimming club and Aquacise sessions) Aquacise - Team rhythmic dance and exercise steps to enhance cardiovascular fitness and muscular endurance. Splashy Tots – Low impact exercises for parents and water confidence for baby. Fun for all! (Limited space. Must book) Splashy Kidz - For children registered for lessons and starting school in August 2018 (Limited space. Must book) PAY AS YOU GO Adult Swim £6.20 Concession £3.10 Budget 50p Aquacise £6.10 Concession £3.10</p>					



The Fingal Centre, Portree – Fitness Class Activities Programme

MONDAY 16TH APRIL 2018 – FRIDAY 29TH JUNE 2018

High Life Membership - Individual £20.00/month, Family £30.00/month

Day	Time	Activity	Instructor	Intensity		LOW INTENSITY	MEDIUM INTENSITY	HIGH INTENSITY
Monday	7.00am – 7.30am	Fatburn Extreme	Karen/Joan	High	M	YOGA	Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures a series of movements designed to increase strength and flexibility.	
	1.15pm – 2.15pm	Aquacise	Joan/Karen	Medium				
	6.00pm – 7.00pm	Step	Evelyn	Medium				
	6.00pm – 7.00pm	Pilates	Niki	Low				
	5.15pm – 5.45pm	Fatburn Extreme	Joan	High	M	AQUACISE	Water-based Aerobics.	
	7.00pm – 8.00pm	Yoga	Niki	Low				
Tuesday	7.00am – 7.45am	Indoor Cycling	Garry	Medium	M	INDOOR CYCLING	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats and sprints designed to build strength and endurance	
	5.45pm – 6.30pm	Zumba	Niki	Medium				
	6.30pm – 7.30pm	Indoor Cycling	Garry	Medium				
	6.30pm – 7.30pm	Aquacise	Alan/Karen/Joan	Medium	L	FIT PLUS	Supportive starter class ideal for adults easing into exercise	
	6.45pm – 7.45pm	Pilates	Niki	Low				
Wednesday	7.00am – 7.45am	Metafit	Karen	High	H	METAFIT	The 30-45 minute bodyweight training revolution. A high intensity interval training class with metabolic burn effects last 24 hours.	
	5.15pm – 6.00pm	Indoor Cycling	Joan	Medium				
	5.15pm – 5.45pm	Fatburn Extreme	Karen	High	M	ZUMBA	Latin inspired, easy to follow calorie burning dance fitness party	
	6.00pm – 7.00pm	Aquacise	Karen	Medium				
					L	PILATES	A system that focuses on stretching and strengthening the whole body to improve balance, strength, flexibility and posture	
Thursday	2.30pm – 3.30pm	Aquacise	Karen	Medium	M	STEP	Aerobic exercise amped up by using an elevated step to target CV fitness and lower body conditioning.	
	6.00pm – 6.45pm	Indoor Cycling	Sarah	Medium				
	6.10pm – 6.55pm	Zumba	Niki	Medium				
	6.00pm – 7.00pm	Pilates	Hazel	Low				
	7.00pm – 8.00pm	Pilates	Hazel	Low	H	FATBURN EXTREME	20 minute, maximum intensity rest based workout. Less time, more effect, rapid results	
Friday	7.00am – 7.30am	Fatburn Extreme	Karen/Joan	High				
	5.15pm – 6.15pm	Pilates	Catherine	Low				
	5.15pm – 6.00pm	Indoor Cycling	Garry	Medium				
Saturday	2.30pm – 3.15pm	Fit Plus	Niki/Karen/Hazel	Low				

Fitness Suite Opening Hours:

Monday, Wednesday 7am – 8.30am & 4pm – 9pm
 Tuesday & Thursday 7am – 8.30am & 6pm – 9pm
 Friday 7am – 8.30am & 4pm – 7pm
 Saturday 9.00am - 4pm Sunday 10.00am – 4pm

Fitness Suite	Standard	£7.00	Concession	£3.50	Budget 50p
Fitness Class	Standard	£6.10	Concession	£3.10	
Fitness Suite Induction	Standard	£9.70	Concession	£4.60	(booking is essential)
Climbing Wall	Standard	£8.20	Concession	£4.10	

All advertised classes are included in High Life Highland Membership

Due to limited places, please ensure you pre book today. Class times include any set up times.

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