



## The Fingal Centre, Portree - Pool Programme

**MONDAY 18<sup>th</sup> SEPTEMBER – TUESDAY 19<sup>th</sup> SEPTEMBER (IN-SERVICE DAYS)**  
 High Life Membership - Individual £20.00/month, Family £30.00/month

<b>MON</b>	7.00 9.45 Lane Swimming Happy Hour 7.00 – 8.00	10.00 10.45 Family Friendly (Raised floor only)	11.00 1.15 Public Swimming	1.15 2.15 Aquacise	2.15 3:30 50+	3.45 4.45 Fun Session	5.00 6.05 Lane Swimming	6.15 9.00 Public Swimming (Private Hire, 2 lanes – 6.15 – 7.15pm)
<b>TUE</b>	7.00 9.45 Lane Swimming	10.00 10.45 Family Friendly (Raised floor only)	11.00 2.00 Public Swimming (1 lane)	2.00 3.00 Swim Session for people with Disabilities	3.15 4.15 Fun Session	4.30 6.30 Public Swimming	6.30 7.30 Aquacise	7.30 9.00 Ladies Only Swimming

### Programme Guidance Notes

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.

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)**

### **PAY AS YOU GO**

**Adult Swim £5.90; Concession £2.95    Budget 50p**

**Aquacise £5.80; Concession £2.90**

**Open 7am – 9pm**  
**Fitness Suite**  
**Fitness Classes**  
**Badminton, Short Tennis,**  
**Table Tennis**  
**Climbing Wall**  
**For bookings, please call 01478 614819**



The Fingal Centre | Viewfield Road, Portree IV51 9ET | TEL: 01478 614819/614810

**High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.**

# The Fingal Centre, Portree – Fitness Class Activities Programme

MONDAY 18<sup>th</sup> SEPTEMBER & TUESDAY 19<sup>th</sup> SEPTEMBER 2017 (IN-SERVICE DAYS)

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	Sarah	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) and breathing	
	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 – 7.45pm	Indoor Cycling	Garry	Medium				
	6.30pm – 7.30pm	Aquacise	Joan/Karen	Medium	L	FIT PLUS	Supportive starter class ideal for adults easing into exercise	
	6.45pm – 7.30pm	Pilates	Niki	Low				
Wednesday	7.00am – 7.45am	Circuit/Metafit	Sarah	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/Sarah	High	M	ZUMBA	Latin inspired, easy to follow calorie burning dance fitness party	
	6.00pm – 7.00pm	Aquacise	Karen	Medium				
	6.00pm – 7.00pm	Circuits	Sarah	High	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				
	6.00pm – 6.45pm	Indoor Cycling	Sarah	Medium	M	STEP	Aerobic exercise amped up by using an elevated step to target CV fitness and lower body conditioning.	
	6.10pm – 6.45pm	Zumba	Niki	Medium				
	7.00pm – 8.00pm	Pilates	Niki	Low				
Friday	7.00am – 7.30am	Fatburn Extreme	Karen	High	H	CIRCUITS	Great if you're looking for a class to challenge you, work your whole body, help you lose weight, tone up, get stronger, faster and fitter!	
	5.15pm – 6.15pm	Pilates	Catherine	Low				
	5.15pm – 6.00pm	Indoor Cycling	Garry	Medium	H	FATBURN EXTREME	20 minute, maximum intensity rest based workout. Less time, more effect, rapid results	
Saturday	2.30pm – 3.15pm	Fit Plus	Niki/Karen	Low				

## Fitness Suite & Climbing Wall Opening Hours:

Monday & Tuesday  
7am - 9pm

Fitness Suite Standard £6.60 Concession £3.30 Budget 50p  
Fitness Class Standard £5.80 Concession £2.90  
Fitness Suite Induction - Adult £9.20; Concession £4.60 (booking is essential)

**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.

The Fingal Centre

Viewfield Road, Portree IV51 9ET

TEL: 01478 614819/614810

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.