

The Fingal Centre, Portree - Dry side Programme

Monday 17th May 2021 – Sunday 27th June 2021

Booking Essential For All Activities

Day	Time	Activity	Instructor	Intensity		LOW INTENSITY	MEDIUM INTENSITY	HIGH INTENSITY	
Monday	7.00am – 7.45am	Fatburn Extreme	Karen/Joan	High	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		
	1.00pm – 2.00pm	Aquacise	Joan/Karen	Medium					
	5.30pm – 6.00pm	HIIT Step	Joan	High					
	6.30pm – 7.30pm	Indoor Cycling	Fiona	Medium					
						M	METAFIT	The 30-45 minute bodyweight training revolution. A high intensity interval training class with metabolic burn effects last 24 hours.	
Tuesday	7.00am – 7.45am	Indoor Cycling	Various	Medium					
	5.30pm – 6.30pm	Zumba	Niki	Medium	M	ZUMBA	Latin inspired, easy to follow calorie burning dance fitness party		
	6.00pm – 7.00pm	Aquacise	Karen/Joan	Medium					
	6.45pm – 7.45pm	Indoor Cycling	Various	Medium	L	PILATES	A system that focuses on stretching and strengthening the whole body To improve balance, strength, flexibility and posture		
	6.45pm – 7.45pm	Pi / Yo	Niki	Low					
Wednesday	7.00am – 7.45am	Metafit	Karen/Joan	High	M	Hiit STEP	Aerobic exercise amped up by using an elevated step to target CV fitness and lower body conditioning.		
	5.15pm – 5.45pm	Fatburn Extreme	Karen	High					
	6.00pm – 7.00pm	Aquacise	Karen/Joan	Medium					
	6.15pm – 7.15pm	Indoor Cycling	Various	Medium	H	FATBURN EXTREME (FBX)	20 minute, maximum intensity rest based workout. Less time, more effect, rapid results		
Thursday	1.00pm – 2.00pm	Aquacise	Karen	Medium	L	Pi/Yo	Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The class crosses elements of yoga with pilates designed to increase strength and flexibility.		
	6.00pm – 7.00pm	Zumba	Niki	Medium					
	7.15pm – 8.15pm	Indoor Cycling	Angus	Medium					
	7.15pm – 8.15pm	Pilates	Niki	Low					
Friday	7.00am – 7.45am	Fatburn Extreme	Karen/Joan	High	Please arrive class ready. Changing rooms and showers will not be available.				
	5.15pm – 6.15pm	Indoor Cycling	Various	Medium					
	5.30pm – 6.30pm	Pilates	Neil	Low					

Fitness Suite - 1 hour sessions available unless stated

Monday & Wednesday

7.15am and 4.30pm, 5.45pm, 7.00pm

Tuesday & Thursday

Friday

7.15am and 4.30pm & 5.45pm

Saturday

9am, 10.15am & 11.30am

Bookings

- **No drop in** visits will be accepted so please do not turn up at the facility without booking.
- All activities must be booked in advance. Bookings via online or by telephone. All-inclusive and budget members can book up to 7 days in advance, Pay as you go members can book up to 3 days in advance, payments must be paid in advance.
- Please arrive on time for bookings. Avoid being early as queues should be avoided and if late access may be denied.

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