



**YOU TIME**  
MAKE TIME FOR YOU

**YOU TIME IS A PROGRAMME OF PHYSICAL AND SOCIAL ACTIVITIES DESIGNED TO IMPROVE YOUR HEALTH, KEEP YOUR MIND ACTIVE AND HAVE A GOOD TIME!**

**Listed below is a timetable of classes held at Inverness Leisure:**

Day	Class	Time
Monday	Senior Cycle	0915 – 0945
	50+ Fitness Session	1015 – 1100
	Tai Chi	1100 – 1200
	Easyline	1125 – 1205
	Qigong	1215 – 1315
	Otago	1500 – 1615
	Aqua Aerobics	2015 – 2100
Tuesday	Aqua Aerobics	0945 – 1030
	Aerobics	1100 – 1145
Wednesday	Aqua Aerobics	0945 – 1030
	50+ Fitness Session	1015 – 1100
	Easyline	1115 – 1200
	Senior Light Hearted	1315 – 1345
	Otago	1500 – 1615
Thursday	Beginners Indoor Cycling	0930 – 1015
	Otago	1500 – 1615
Friday	50+ Fitness Session	1015 – 1100

For further information or to book, please contact Inverness Leisure on 01463 667500

#### **COSTS ARE**

All Inclusive Highlife Member	No Charge
Adult Non-Member	£6.50
Over 60	£3.25
Budget	£0.50

[highlifehighland.com/youtime](http://highlifehighland.com/youtime)