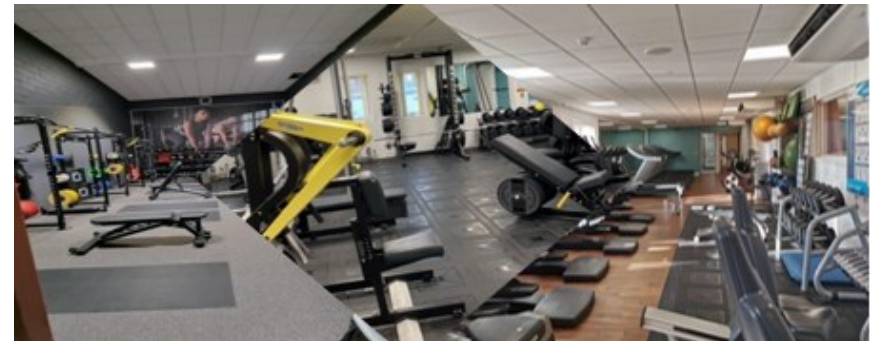




## Invergordon Leisure Centre Timetable

**Monday 24th April — Sunday 2nd July**



### **Normal opening Hours**

Monday - Wednesday- Friday

07:00 — 21:00

Tuesday & Thursday

09:00 — 21:00

Saturday & Sunday

9:00am - 13.30pm

### **May bank holiday closures**

<b>Monday 1st</b>	<b>CLOSED</b>
<b>Monday 8th</b>	<b>CLOSED</b>

Contact us: Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB  
Phone us: 01349 781561  
Website: [www.highlifehighland.com](http://www.highlifehighland.com)

## Group Fitness Classes

Day	Class	Time	Duration	Area
Monday	Functional training	06:30	1hr	S&C SUITE
	Cardiac Rehab	15.00	1hr	STUDIO
	Functional training	18.00	1hr	S&C SUITE
Tuesday	Zumba	18.15	1hr	STUDIO
	Functional training	10.00	1hr	S&C SUITE
	**Otago	11:00	1hr	STUDIO
	Body Attack	18:00	45mins	STUDIO
Wednesday	Indoor Cycling	19:00	1 hr	STUDIO
	Body Balance	10:00	1hr	STUDIO
	Indoor Cycling	17:45	30mins	STUDIO
	Body Pump	18:45	1hr	STUDIO
	Barre	09:00	1hr	STUDIO
Thursday	Pilates	10:00	1hr	STUDIO
	Dynamic Wellbeing	11:15	1hr	STUDIO
	Teen Gym	16.30	1 hr	GYM
	Body attack	18.00	45 mins	STUDIO
	Zumba	18.15	45 mins	GAMES HALL
	Body Balance	19:00	1 hr	STUDIO
	Functional training	17.45 & 19.00	1hr	S&C SUITE
Friday	Functional training	10.00	1hr	S&C SUITE
	Dynamic Wellbeing	14.00	1hr	STUDIO
	Body Pump	18:00	1hr	STUDIO
Saturday	Functional Pairs	10:00	1hr	S&C SUITE

Spaces for group fitness classes are limited so it is recommended that classes are booked in advance.

\*\*cardiac rehab will be on the Wednesday on the week beginning the 1st and 8th may

## Prices

Activity	Adult £	Concession £	Budget £
Swim	7.50	4.50	0.50
Swimming Lesson (each)	11.65	7.00	0.50
Fitness Room	8.50	5.10	0.50
Gym Induction	11.65	7.00	0.50
Centre Classes	7.50	4.50	0.50
Racquet Sports	6.75	4.05	0.50
Shower	3.45	N/A	0.50
Gameshall	53.35	32.00	N/A
Room Hire	18.80	11.30	N/A
Pool Hire—1hr	102.80		
Pool Party — 1hr pool 0.5hr room	112.15		

## Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	448.80	37.40
Individual	298.20	24.85
Budget	50p per activity (Proof must be shown)	

## Personal Training

	1:1 60 minutes	1:1 30 minutes
All Inclusive	£30.50	£37.40
Non member / PAYG	£38.15	£27.25

## Love 2 swim lessons

	1:1 30 minutes	1:2 30 minutes
All Inclusive	£22	£15.35p/p
Non member / PAYG	£28.60	£22p/p

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