

## Prices

Activity	Adult £	Concession £	Budget £
Swim	8.55	5.15	0.50
Swimming Lesson (each)	13.40	7.90	0.50
Fitness Room	9.75	5.80	0.50
Gym Induction	13.40	7.90	0.50
Centre Classes	8.55	5.15	0.50
Racquet Sports	7.80	4.60	0.50
Shower	4.00	2.35	0.50
Gameshall	61.05	36.65	N/A
Room Hire	21.50P/H	12.90P/H	N/A
Pool Hire—1hr	107.20		
Pool Party — 1hr pool 0.5hr room	117.60		

## Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	£515.88	£42.99
Individual	£347.88	£28.99
Budget	50p per activity ( <b>Proof must be shown</b> )	

## Personal Training

	1:1 60 minutes	1:1 30 minutes
<b>All Inclusive</b>	£34.85	£17.45
<b>Non member / PAYG</b>	£43.65	£21.90

## Love 2 swim lessons

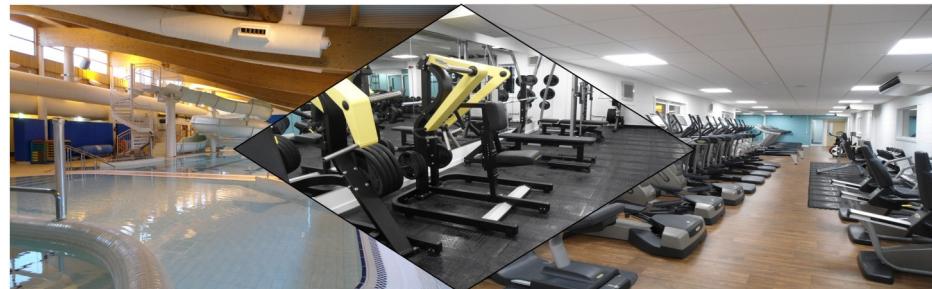
	1:1 30 minutes	1:2 30 minutes
<b>All Inclusive</b>	£25.15	£17.55p/p
<b>Non member / PAYG</b>	£32.75	£25.15p/p

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



## Invergordon Leisure Centre Dry side Timetable

Monday 5th January —Sunday 5th April 2026



### Opening Hours

Monday – Wednesday- Friday

07:00 – 21:00

Tuesday & Thursday

09:00 – 21:00

Saturday & Sunday

9:00am - 13.30pm



Contact us: Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB  
Phone us: 01349 781561

## Adult Fitness Classes (Spaces limited so should be booked in advance.)

Day	Class	Time	Duration	Area
Mon	Pilates	12.30	13.30	STUDIO
	Cardiac Rehab (Medical Referral Only)	14:00	2hr	STUDIO
	Fat Burn	17:30	30 min	STUDIO
	Zumba	18:15	45min	STUDIO
Tue	Aqua Aerobics	10.00	45 min	POOL
	Functional Training	09.00	1hr	S/C SUITE
	Otago	11:15	1hr	STUDIO
	Body Attack	18:00	45 mins	STUDIO
	Indoor Cycling	19:00	1 hr	STUDIO
Wed	Functional training	09.30	1 hr	S/C SUITE
	Les Mills Pilates	9:00	45min	STUDIO
	Body Balance	10:00	1hr	GAMESHALL
	Indoor Cycling	17:45	30mins	STUDIO
	Body Pump	19:00	1hr	STUDIO
	Technique Class	18:00	30 min	S/C SUITE
	Functional Training	18:30	1hr	S/C SUITE
Thurs	Aqua Aerobics	09.15	45 min	POOL
	Dynamic Wellbeing	11:15	1hr	STUDIO
	Cardiac Rehab (Medical Referral Only)	15:00	1.5hr	STUDIO
	Teen Gym	16:30	1hr	GYM
	Body Attack	18:00	45 mins	STUDIO
	Functional Training	17:30	1hr	S/C SUITE
Fri	Functional Training	09:30	1hr	S/C SUITE
	Teen Gym	13:30	1hr	GYM
	Zumba	17.00	1hr	GYM
	Body Pump	18:00	1hr	STUDIO
Sun	Body Balance	10:00	1hr	STUDIO

## CLASS DESCRIPTION

**Zumba** — Interval style dance fitness , that contains low-intensity and high intensity moves. Fun for all Age 16 +

**Functional training** — A fun full body workout using functional exercises in the new strength and conditioning suite. Scaling options available to accommodate all different abilities and fitness levels . Age 16 +

**Les Mills Body Pump** — A Barbell workout that will sculpt, tone and strengthen your entire body fast . Age 16 +

**Body Balance** — Is a class Ideal for anyone and everyone Body Balance \* is the yoga based class that will improve , your mind your body and your life. Age 16+

**Aqua Aerobics** — A fun enjoyable low impact water based Exercise class for all abilities . Age 16 +

**Body attack** — The sports inspired cardio workout that's all about improving your speed, fitness, strength and agility. Age 16+

**Indoor Cycling** — An energetic cycling class to music. An aerobic and cardiovascular workout that will burn fat. Increase muscle strength and improve fitness . Age 16 +

**Fat Burn** — A continuous aerobics cardiovascular conditioning class to prolong and maintain fat burning .with intervals of Intensity. Age 16 +

**Otago** - Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls.

**Les Mills Pilates**— Low impact, core focused workout that blends traditional Pilates principles with modern fitness techniques for improved strength, posture and flexibility.

**Technique Class** - This session is designed for customers who want to build confidence and refine their technique before joining our main strength classes. Age 16 +