

MON	Zumba 6.00 – 6.40 Lochaber High School	Indoor Cycling 6.50 – 7.20 Lochaber High School	Pump 7.30 – 8.25 Lochaber High School
TUE	Aquacise 12.30 – 1.10 Lochaber Leisure Centre	You Time Otago 1.30 – 2.15 Lochaber Leisure Centre	Indoor Cycling 6.00 – 6.40 Lochaber High School
			Metafit 6.50 – 7.20 Lochaber High School
WED	Yoga Flow 10.00 – 10.45 Lochaber Leisure Centre Take your own Yoga/Exercise mat	Low Impact Aerobics 11.00 – 11.45 Lochaber Leisure Centre	Indoor Cycling 6.00 – 6.40 Lochaber High School
			HIIT 6.50 – 7.20 Lochaber High School
			Pump 7.30 – 8.15 Lochaber High School
THU	Fit Plus 11.00 – 12.00 Lochaber Leisure Centre	Pump 6.00 – 6.40 Lochaber High School	Indoor Cycling 6.50 – 7.30 Lochaber High School
FRI	Yoga Flow 11.00 – 12.00 Lochaber Leisure Centre Take your own Yoga/Exercise mat	Aquacise 12.30 – 1.10 Lochaber Leisure Centre	Please book online : online.highlifehighland.com

All advertised classes are included in High Life Membership



ALL-INCLUSIVE access to all High Life leisure centres is just £34.30 per month for the family or £22.80 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £411.60 or an individual membership for £273.60



- **Aerobics** – A dance based low impact workout followed by strength and toning exercises.
- **Aquacise** – Water based impact free exercise using the resistance and buoyancy of the water.
- **Fit Plus** – Gentle mobility, flexibility and strength class aimed at older adults.
- **HIIT** – Interval training alternating short periods of intense cardiovascular exercise with less intense recovery periods.
- **Indoor Cycling** – Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
- **Pump** – Barbell class which will sculpt and strengthen. A fast way to a strong lean physique.
- **Metafit** – The 30 minute bodyweight training revolution. A high intensity interval training class with metabolic burn effects lasting 24 hours.
- **Yoga Flow** – Get your flow on in this dynamic yoga practice that links movement and breathing together.
- **You Time Otago** – evidence based exercise aimed for older adults, proven to improve mobility and reduce falls.
- **Zumba** – Ditch the workout join the party. A Latin inspired dance fitness class.

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