



MOBILITY SESSIONS

Wednesday 4th January to Sunday 26th February 2023



The water in the pool is approximately 33°C, allowing your muscles to relax and easing the pain in your joints. When in the water there is a feeling of weightlessness, reducing stress on joints and allowing freedom of movement. The Hydrotherapy Pool can accelerate healing and provide a general sense of well-being. A medical form must be completed before booking!

Monday 2.00pm – 2.40pm

Tuesday 10.00am – 10.40am

Wednesday 10.00am – 10.40am

Thursday 12.00pm – 12.40pm NEW TIME

Thursday 6.15pm – 6.55pm NEW TIME *STARTS 19.01.23

Please book online : online.highlifehighland.com

High Life Highland Registered office 12–13 Ardross Street, Inverness IV3 5NS
Telephone 01463 663800 Email info@highlifehighland.com

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