

<b>MON</b>	<b>NEW</b> Strength and Conditioning 7.15-8.00 Lochaber Leisure Centre		Zumba 6.00 – 6.40 Lochaber High School		<b>NEW TIME</b> Indoor Cycling 6.15 – 7.00 Lochaber High School		<b>NEW TIME</b> Pump 7.15 – 8.10 Lochaber High School	
<b>TUE</b>	Aquacise 12.30 – 1.10 Lochaber Leisure Centre	You Time Otago 1.30 – 2.15 Lochaber Leisure Centre	Dynamic Wellbeing Level 2 5.45 – 6.45 Lochaber Leisure Centre <i>Phone for details before booking</i>	Indoor Cycling 6.00 – 6.40 Lochaber High School	Circuits 7.00 – 7.45 Lochaber High School	Yoga Flow 7.00 – 7.45 Lochaber Leisure Centre	<b>NEW</b> Strength and Conditioning 8.00-8.45 Lochaber Leisure Centre	
<b>WED</b>	Yoga Flow 10.00 – 10.45 Lochaber Leisure Centre		Low Impact Aerobics 11.00 – 11.45 Lochaber Leisure Centre		Indoor Cycling 6.00 – 6.40 Lochaber High School	Pump 6.50 – 7.35 Lochaber High School		
<b>THU</b>	Fit Plus 11.00 – 12.00 Lochaber Leisure Centre		Indoor Cycling 6.00 – 6.40 Lochaber High School		Aquacise 6.20 – 7.00 Lochaber Leisure Centre		Circuits 6.50 – 7.30 Lochaber High School	
<b>FRI</b>	<b>NEW</b> Strength and Conditioning 9.30-10.15 Lochaber Leisure Centre		Yoga Flow 11.00 – 12.00 Lochaber Leisure Centre	Aquacise 12.30 – 1.10 Lochaber Leisure Centre	Dynamic Wellbeing Level 1 1.30 – 2.30 Lochaber Leisure Centre <i>Phone for details before booking</i>		Please book online : <a href="http://online.highlifehighland.com">online.highlifehighland.com</a>	

## 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.
- **Circuits** – Cardio, resistance, and strength training activities at various stations.
- **Dynamic Wellbeing** – Class will facilitate support for people with various long term health conditions (such as cancer, chronic pain, Parkinson's disease, type 2 diabetes, people at risk of falling, neurological conditions, and people with respiratory conditions).
- **Fit Plus** – Gentle mobility, flexibility and strength class aimed at older adults.
- **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.
- **Strength and Conditioning** – A wide range of exercises, with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance.
- **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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