

MON	HYROX 6.45 – 7.30 Lochaber Leisure Centre	HYROX 7.45 – 8.30 Lochaber Leisure Centre	Jump Start 9.30 – 10.30 Lochaber Leisure Centre	Fit Plus Studio 11.00 – 12.00 Lochaber Leisure Centre	Aquacise 12.30 – 1.10 Lochaber Leisure Centre	HYROX 5.30 – 6.15 Lochaber Leisure Centre	Zumba 6.00 – 6.40 Lochaber High School	HIIT 6.10 – 6.45 Lochaber High School	Indoor Cycling 7.00 – 7.40 Lochaber High School		
TUE	Strength and Conditioning 6.45 – 7.30 Lochaber Leisure Centre	NEW “Pre & Post Natal Aquacise” 12.15-1.00 Lochaber Leisure Centre		Fit Plus Gym 12.30 – 1.30 Lochaber Leisure Centre		Indoor Cycling 6.00 – 6.30 Lochaber High School		Yoga – Mindful Movement 6.00 – 7.30 Lochaber High School		Strength & Conditioning 6.45 – 7.30 Lochaber High School	
WED	Circuits 9.45 – 10.30 Lochaber Leisure Centre	Low Impact Aerobics 11.00 – 12.00 Lochaber Leisure Centre		You Time Otago 1.30 – 2.15 Lochaber Leisure Centre		Indoor Cycling 5.50 – 6.30 Lochaber High School			Circuits 6.45 – 7.25 Lochaber High School		
THU	HYROX 6.45 – 7.30 Lochaber Leisure Centre		HYROX 7.45 – 8.30 Lochaber Leisure Centre		Fit Plus Gym 12.00 – 1.00 Lochaber Leisure Centre		Yoga – Mindful Movement 5.30 – 6.45 Lochaber High School		HYROX 6.00 – 6.45 Lochaber High School		
FRI	Strength and Conditioning 9.30 – 10.15 Lochaber Leisure Centre			Stretch & Tone 11.00 – 12.00 Lochaber Leisure Centre		Aquacise 12.30 – 1.10 Lochaber Leisure Centre			Please book online: https://hlh.gladstonego.cloud/book		

All advertised classes are included in High Life Membership



ALL-INCLUSIVE access to all High Life leisure centres is just **£42.99** per month for the family or **£28.99** per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for **£515.88** or an individual membership for **£347.88**



- **Aquacise** – Water based impact free exercise using the resistance and buoyancy of the water.
- **Circuits** – Cardio, resistance, and strength training activities at various stations.
- **Fit Plus** – Gentle mobility, flexibility and strength class aimed at older adults or ideal for those easing into exercise.
- **HIIT** – High intensity interval training with short recovery periods. It offers a fast-paced, effective way to get in shape, lose weight, and improve overall fitness.
- **HYROX** – Combines running with functional exercises i.e. SkiErg, sled push, sled pull, burpees, rowing, farmers carry with kettlebells, sandbag lunges and wall balls.
- **Indoor Cycling** – Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
- **Jump Start** – Jump start your week with a fun, full-body workout! Combining cardio and strength, this 9:30 Monday class targets every muscle - push yourself as hard as you want with expert guidance and motivation. See you there!
- **Body Pump** – Barbell class which will sculpt and strengthen. A fast way to a strong lean physique.
- **NEW Pre & Post Natal Aquacise** – Low impact exercise which is gentle on the joints. The buoyancy in the water supports the body, reducing strain on muscles and joints. A great way to meet mums to be and new mums.
- **Strength and Conditioning** – A wide range of exercises, with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance.
- **Stretch & Tone** – Strengthen your core, increase your flexibility, and tone your body. An upbeat, low intensity class focused on full body movement and increasing your heart rate.
- **You Time Otago** – evidence based exercise aimed for older adults, proven to improve mobility and reduce falls.
- **Yoga** – A system of positional exercise to improve all components of fitness and promote overall wellbeing.
- **Zumba** – Ditch the workout join the party. A Latin inspired dance fitness class.