

MON	HYROX 6.45 – 7.30 Lochaber Leisure Centre	HYROX 7.45 – 8.30 Lochaber Leisure Centre	Foundations of Fitness 9.30 – 10.30 Lochaber Leisure Centre	Fit Plus Studio 11.00 – 12.00 Lochaber Leisure Centre	Aqua Fit 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	Functional Fitness 6.45 – 7.30 Lochaber Leisure Centre	NEW "Pre & Post Natal Aqua Fit" 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		Functional Fitness 6.45 – 7.30 Lochaber High School
WED	Circuits 9.45 – 10.30 Lochaber Leisure Centre	Aerobics (Low Impact) 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	Functional Fitness 9.30 – 10.15 Lochaber Leisure Centre			Stretch & Tone 11.00 – 12.00 Lochaber Leisure Centre		Aqua Fit 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



Aerobics (Low Impact) – A cardio workout using rhythmic, full-body movements set to music. Combines low impact exercises to improve cardiovascular fitness, coordination, and endurance in a lively group setting.

Aqua Fit – A shallow water workout combining cardiovascular, strength, and flexibility exercises. Uses water resistance and equipment to tone muscles and improve endurance while reducing joint strain. Suitable for all fitness levels.

Circuits – A full-body workout rotating through timed exercise stations. Combines bodyweight, resistance, and cardio movements to build strength, stamina, and agility while keeping heart rate elevated.

Fit Plus – A low-impact movement class for adults. Focuses on improving mobility, flexibility, balance, and overall wellbeing through guided exercises that support joint health, coordination, and muscle tone.

Foundations of Fitness – Start your fitness journey with Foundations of Exercise. Learn simple techniques in a calm, friendly environment, build confidence, and improve health. Perfect for beginners or anyone returning to exercise.

Functional Fitness – A fast-paced, full-body workout that combines strength, cardio, and mobility. Using varied, high-intensity, functional movements, it builds overall fitness and performance. Every session is different, challenging, and scalable for all levels.

HIIT – A time-efficient workout alternating intense exercise with short recovery periods. Uses bodyweight and functional movements to improve cardiovascular fitness, build strength, and boost metabolism.

HYROX – A full-body workout inspired by the HYROX fitness race. Combines running with functional exercises like sled pushes, rowing, and wall balls to build stamina, strength, and resilience.

Indoor Cycling – An indoor cycling class simulating real terrain with climbs, sprints, and intervals. Improves cardiovascular fitness, lower-body strength, and endurance through varied speeds and resistance levels.

Otago – A gentle exercise class designed to improve strength, balance, and flexibility in older adults. Uses controlled movements to support fall prevention, mobility, and independence. Suitable for those with long-term health conditions.

NEW Pre & Post Natal Aqua Fit – 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.

Stretch & Tone – A low-impact class blending stretching with toning exercises to improve flexibility, posture, and muscle strength. Uses dynamic and static movements with bodyweight or light resistance to support joint mobility and build strength.

Yoga – A holistic practice combining physical postures, breathwork, and meditation. Improves flexibility, strength, balance, and mental clarity through mindful movement and focused breathing techniques.

Zumba – A dance fitness class using Latin and international music to create a cardio workout. Combines fast and slow rhythms with choreographed steps to improve endurance, tone muscles, and support cardiovascular health.