CELEBRATING 5 YEARS AS A CHARITY

highlife highland
na gàidhealtachd

Opening Hours

Fitness Suite

Monday-Friday	7.15am-9.00pm
Saturday	9.15am-4.30pm
Sunday	10.15am-4.30pm

***Induction Required**

Sauna & Steam

Monday	7.15am-8.00pm
Monday (Ladies Session)	8.00pm-9.00pm
Tuesday-Friday	7.15am-9.00pm
Saturday	9.15am-4.30pm
Sunday	10.15am-4.30pm

Squash

(40 min session)

Monday-Friday	7.40am-9.00pm
Saturday	9.40am-4.20pm
Sunday	10.20am-4.20pm

Last Admission

Monday-Friday	**8.30pm**
Saturday & Sunday	**4.00pm**

Concessions available: If you are under 18yrs old, or in full time education, or over 60yrs old Budget option 50p per activity: If you, or members of your household are entitled to certain benefits (please ask for details)

Happy Hour £1.00 per activity
Wednesday 1.00pm-2.00pm
Friday 7.00pm-8.00pm
Sunday 3.00pm-4.00pm

Admission Prices

Fitness Suite

Adult Fitness Suite	£6.60
Concession Fitness Suite	£3.30
Adult Induction	£9.20
Concession Induction	£4.60

Sauna & Steam

Adult Sauna & Steam	£5.90
Concession Sauna & Steam	£2.95

Shower

Adult Shower	£2.70
Concession Shower	£1.35

Squash (per person)

Adult Squash	£5.30
Concession Squash	£2.65

Swimming Pool

Adult Swim	£5.90
Concession Swim	£2.95
Spectator	Free

Exercise Classes

Aerobics	£5.80
Aquacise	£5.80
Core Conditioning	£5.80
Dance Fit	£5.80
Fatburn Extreme	£5.80
Gym Start	£5.80
Indoor Cycling	£5.80
Kettlebells	£5.80
Metafit	£5.80
Otago	£5.80
Pump FX	£5.80
Tone Time	£5.80
Walking Football	£5.80
Yoga	£5.80
Zumba	£5.80
Concession Exercise Class	£2.90

Lochaber Leisure Centre
Belford Road, Fort William, PH33 6BU Telephone 01397 704359
High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.