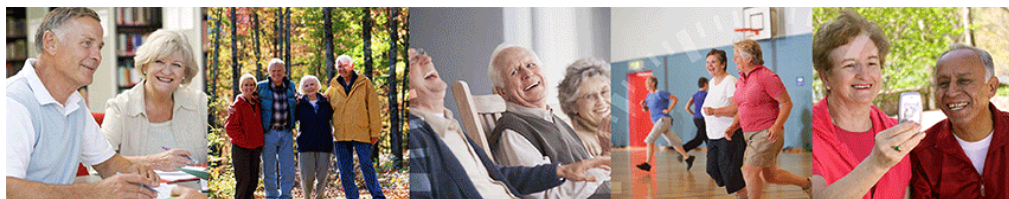




YOUTIME
MAKE TIME FOR YOU

Do you want to **improve your health, keep your mind active AND have a good time?** drop in to Aviemore Community Centre for some **YOU TIME**



YOUTIME
MAKE TIME FOR YOU

Library, Leisure and Archive services will bring you a seasonal programme of **physical and social activities** designed with you in mind

YOU TIME is free for High Life all inclusive members, £ 5.20/£2.60 pay as you go, £0.50 budget

£2.60 for all Over 60's *

To join us complete a booking application and return to

YOU TIME, ACC, Muirton, Aviemore, PH22 1SF

highlifehighland.com/youtime



Weekly Programme: 05 January - 24 March 2016

Day	Class	Start Time	Duration
Monday	Aquacise *Macdonald Highland Resort *	10:00am	45 mins
Monday	Otago	1:45pm	45 mins
Tuesday From 12.01.16	Computer Buddies	10:00am	60 mins
Thursday From 07.01.16	Aquacise *Macdonald Highland Resort	10:00am	45 mins
Friday	Otago	10:45am	45 mins

Aquacise: A low intensity and low resistance exercise class suitable for all fitness levels, at Macdonald Highland Resort Aviemore Pool *

Otago: Evidence based strength, mobility and balance programme proven to reduce falls and later life injuries

Computer buddies: Need a bit of support logging on, searching the internet and using email? We are here to help! We'll organise a 'buddy' who can assist you with all these tasks increasing your computer confidence.

*Aquacise is not free for all inclusive members and will cost £5.20 for Pay as you go and £2.60 for concessions.

COMPLIMENTARY REFRESHMENTS IN THE LIBRARY AFTER ACTIVITIES

highlifehighland.com/youtime