



YOUTIME

MAKE TIME FOR YOU

Improve your health, keep your mind active AND have a good time!

Leasaich do shlàinte, cùm d' inntinn beothail AGUS gabh tlachd às!

A programme of physical and social activities and events designed with you in mind to keep you fit, flexible and fabulous.

highlifehighland.com/youtime



**Otago
Aerobics
Zumba**

**Monday
Wednesday
Thursday**

**2.30pm – 3.15pm
12.00pm – 12.45pm
2.30pm – 3.15pm**

Lochaber Leisure Centre, Belford Road, Fort William, PH33 6BU

Tel: (01397) 704359

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity no. SC042593.