



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



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, £ 6.10/£3.10 pay as you go, £0.50 budge

£3.10 for all Over 60's *

To join us complete a booking application and return to

YOU TIME,Badenoch Centre, Spey st, PH21 1EH, Kingussie



YOUTIME
MAKE TIME FOR YOU

Weekly Programme: 20th Aug - 14th Oct

| Day | Class | Start Time | Duration | Instructor |
|-----------|-------------------|------------|----------|------------|
| Monday | *Yoga | 11.00am | 60 mins | Judy |
| Monday | *Yoga | 12.00pm | 60 mins | Judy |
| Monday | *Chair Based Yoga | 1.30pm | 60 mins | Judy |
| Tuesday | Easy line | 09.30 am | 30 mins | Finlay |
| Tuesday | OTAGO | 1.30 pm | 45 mins | Josh |
| Wednesday | Fit Plus | 10.15am | 45 mins | Finlay |
| Thursday | OTAGO | 1.15 pm | 45 mins | Marina |
| Friday | Fit Plus | 9.30am | 45 mins | Finlay |

Otago & Chair Based Yoga: Evidence based strength, mobility and balance programme proven to reduce falls and later life injuries.

COMPLIMENTARY REFRESHMENTS IN THE LIBRARY FOR ACTIVITIES HELD IN THE COMMUNITY CENTRE.

For more information please call: 01540 662485

highlifehighland.com/youtime