



Do you want to **improve your health, keep your mind active AND have a good time?** If you do, then why not drop in to Dingwall Leisure Centre & Dingwall School Library for some

### **YOU TIME**

**Spinning/ OTAGO/ Gym/ Knitting/ Archives/ Music sessions/  
Family History/ Talks/ Cake Decorating/ Crafts/  
Language Taster Sessions/ Over 50's Aerobics.**

**YOU TIME** is a 2 year project that is split into 8 week programmes of events and activities designed **with you in mind.**

**YOU TIME** is free for all highlife 'all inclusive members'.

**Try something new, meet new people and have lots of fun.**

To book, please complete the booking form and return to:

**YOU TIME**, Dingwall Leisure Centre, Tulloch Avenue, Dingwall,  
IV15 9LH

For further information about High Life memberships, ask at your High Life Leisure Centre or Highland Library



**YOU**TIME  
MAKE TIME FOR YOU

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Dingwall Leisure Centre		Dingwall Library
<b>Aqua Aerobics</b> 1230-1315 hrs	<b>Spinning Class</b> 0930-1015 hrs	<b>Library</b>
Gentle Aerobics class which is held at the shallow end of the swimming pool.  <b>Every Friday</b>	Come along and try one of the most popular classes in the leisure centre.  <b>Every Tuesday</b>	<b>Feng Shui with Cheryl G</b> Wednesday, 5 September from 10.00-11.00  <b>Chair Yoga with Catherine Harry</b> Wednesday, 12, 19 Sep. & 31 Oct. from 10.00-11.00  <b>Flower Arrangements with Pat Waymouth</b> Wednesday 26 Sep. & 3 Oct. from 10.00-11.00
<b>Fit Plus:</b> Gentle mobility exercises . <b>Every Friday,</b> 1100-1200hrs	<b>Otago</b> Is an evidence based, gentle exercise programme aimed at developing strength, balance and flexibility for older adults.  <b>Every Tuesday</b> 11:00-11:45am	<b>Pamper Time for Face, Hands and Kissable Lips</b> with Anthea Atkins Wednesday, 10 Oct. From 10.00-11.00  <b>Pat's Crafts</b> with P MacLeod Wednesday, October 24 From 10-11.00  <b>Crafts for Xmas</b> with Hilary Peters Wednesday 7, 14, 21, 28 Nov at 10am  <b>Vegetarian Xmas Cooking</b> with H Peters Wednesday 5 December at 10am

**Prices List**

Class	Adult	Over 60's	Budget	High Life all inclusive
Archives activities	£5.50	£2.75	50p	free
Library activities	£5.50	£2.75	50p	free
Aqua Aerobics	£5.50	£2.75	50p	free
Spinning,	£5.50	£2.75	50p	free

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