



# You Time Events at Black Isle Leisure Centre

You Time is a brand new programme of events and activities taking place in a number of High Life Highland sites. The programme provides lots of interesting opportunities to improve your health, keep your mind active and have a good time. All of the activities are intended to be fun filled and suitable for adults, regardless of fitness levels and they aim to be interesting, stimulating and challenging both physically and mentally.

<b>MONDAY</b>	<b>Gym Led Session</b> Supportive starter class ideal for adults easing into exercise	<b>11.00am – 12.00noon</b>
<b>THURSDAY</b> (Starts 27.09.18)	<b>Indoor Bowling, Dominoes, Table Tennis</b> Fun session of indoor activities supported by a staff member	<b>10.30am – 11.30am</b>
<b>FRIDAY</b>	<b>Otago - Avoch Parish Church Hall</b> Evidence based strength, mobility and balance programme proven to reduce falls and later life injuries	<b>3.00pm – 4.00pm</b>

**Free** to All inclusive High Life Members

**Adult £6.10**

**Concession £3.10**

**Budget 50p**

PLEASE BOOK ALL ACTIVITIES AT THE BLACK ISLE LEISURE CENTRE OR CALL US ON 01381 621252

[highlifehighland.com/youtime](http://highlifehighland.com/youtime)