



# YOU TIME

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](http://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**