



# YOU TIME

MAKE TIME FOR YOU

**YOU TIME** is a project that is split into quarterly 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.

## Active Classes-weekly classes starting on the dates below

Individually bookable activities at a cost of £6.10, £3.05 (60yrs+), £0.50 budget High Life card holders or FREE for High Life Highland All Inclusive members

### Active Classes

**Aquacise** - keep fit class in the pool...fabulous fun!

**Pilates** - incredibly popular class aimed at improving balance, flexibility and core strength.

Aquacise	Weekly sessions	Thursday	14:30-15:30	Fingal Centre Pool
Pilates	Weekly sessions	Friday	17:15-18:15	Fingal Centre Venue

For booking information, please call the Fingal Centre on 01478 614819  
Fingal Centre, Portree High School, Viewfield Road, Portree, IV51 9ET



# 2018 YOU TIME Aug—Oct

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!

Leisure centres, libraries and archives offer a programme of physical and social activities and events designed with you in mind.

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

To book, contact the Fingal Centre, Portree High School, on Tel 01478 614819

