



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
Aqua Aerobics 1230-1315 hrs	Spinning Class 0900-0945 hrs	Library
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>Head, shoulders and head massage</b> with Peta Gwyther Wednesday 23 January at 10am  <b>Harmonising your home and your life from the inside out the Feng Shui way</b> with Cheryl G. Wednesday 30 January at 10am  <b>Macramé for beginners</b> with Jill McClelland Tuesday 5 & 12 February at 10am  <b>Family History for beginners</b> Wednesday 20 at 10am  <b>Archives for Family History</b> Wednesday 27 February at 10am
<b>Fit Plus:</b> Gentle mobility exercises . <b>Every Tuesday, 1200-1300hrs</b>	<b>Otago</b> Is an evidence based, gentle exercise Programme aimed at developing strength, balance and flexibility for older adults.  <b>Every Tuesday 11:00-11:45am</b>  <b>Every Friday 11:00 – 12:00</b>	

### Prices List

Class	Adult	Over 60's	Budget	High Life all inclusive
Archives activities	£6.10	£3.10	50p	free
Library activities	£6.10	£3.10	50p	free
Aqua Aerobics	£6.10	£3.10	50p	free
Spinning,	£6.10	£3.10	50p	free

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