



Prices for all the activities (per session)

Class	Adult	Over 60's	Budget	High Life all
Library activities	£6.10	£3.10	50p	Free
Aqua Aerobics	£6.20	£3.10	50p	Free
Otago / Pilates	£6.10	£3.10	50p	Free

For Leisure & Library activities, please contact Invergordon Leisure Centre to book places.

For more information call or visit:

Invergordon Leisure Centre, 01349 853689

Invergordon Library, 01349 852698

For Ranger Organised Activities:

To book please go to www.highlifehighland.com/rangers

For more information about any of these events, contact Marcia Rae, 07788387634 marcia.rae2@highlifehighland.com

INVERGORDON YOU TIME PROGRAMME

January—April 2019

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 Invergordon Leisure Centre or Invergordon Library for some **YOU TIME**.

Otago, Pilates, Aqua Aerobics, Armchair Yoga & Walks are on offer.

YOU TIME is a programme of physical and social activities and events designed with you in mind to keep you fit, flexible and fabulous.

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

To book or for more information please contact:

Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB. Tel: 01349 853689

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



ORGANISED BY INVERGORDON LEISURE CENTRE

OTAGO: is an exercise class aimed to prevent falls, injuries and improve co-ordination amongst older people. Working on increasing strength, balance and flexibility. This class is also suitable for people with medical conditions which require gentle exercise and rehabilitation, while building up confidence at the same time. And why not stay for a natter and a cup coffee at the end of the class?

AQUA AEROBICS: A fun and enjoyable low impact water based exercise class for all abilities.

PILATES: Is a mind and body exercise technique that can help improve posture, balance and joint mobility & flexibility. It aims to strengthen the body and improve general fitness & well-being. Suitable for all ages and levels of fitness

ORGANISED BY INVERGORDON LIBRARY

ARMCHAIR YOGA: Come along to the six sessions of yoga for some relaxing exercise, good company and a cuppa.

ORGANISED BY COUNTRYSIDE RANGERS

GO SLOW—A WALK & A BLETHER: A series of short walks at Milton Woods, for those wanting to start walking again for health or social reasons. Perhaps you are rehabilitating after illness or injury or just looking to have a short guided walk. As with all ranger walks we will be enjoying fresh air, company and wildlife sights and sounds. Booking essential. Meet outside the Mercat Centre in Milton.

Activity	Dates	Time	Venue
Armchair Yoga	Wednesday 6 th , 13 th , 20 th & 27 th Feb & 6 th , 13 th March	11am – 12noon	Invergordon Library
Go Slow—A Walk & A Blether	Wed 16th Jan Wed 13th Feb Wed 13th March	12.30-1pm	Milton Woods (Meet at Mercat Centre)
Otago	Tuesdays	11.30-12.30pm	Invergordon Leisure Centre
Aqua Aerobics	Thursdays	10-11am	Invergordon Leisure Centre
Pilates	Thursdays	11.30-12.30pm	Invergordon Leisure Centre