



# Averon

# YOU TIME

MAKE TIME FOR YOU

CLASS	ACTIVITY DESCRIPTION		
<b>Pilates</b> Monday 12.30 - 1.30pm	Pilates is a body conditioning routine that will help build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back. This class will be tailored for the more typical older age related postural issues. <b>MUST BE BOOKED IN ADVANCE</b>		
<b>Active Life</b> Tuesday 10.30 - 11.30am	Is a moderate intensity exercise class. It will burn calories, stretch and strengthen your muscles whilst improving your balance, co-ordination and posture.		
<b>Otago</b> Tuesday 11.45 - 12.45pm	Working on preventing falls and improving coordination and increasing strength balance and flexibility. This class is also suitable for people with medical conditions that requires gentle exercise and rehabilitation whilst building up confidence at the same time		
<b>Pilates</b> Tuesday 9.15 - 10.15pm	Pilates is a body conditioning routine that will help build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back. This class will be tailored for the more typical older age related postural issues. <b>MUST BE BOOKED IN ADVANCE</b>		
<b>Workout+</b> Friday 11.30 - 12.30pm	Gentle Toning & Conditioning		
Non High Life £6.40	Senior Citizen £3.20	Budget 50p	All Inc. High Life FREE
<p><b>FREE</b> to All inclusive High Life members, Standard charge £6.40, Concession 50p            PLEASE BOOK ALL ACTIVITIES AT THE AVERON LEISURE CENTRE &amp; LIBRARY            OR CALL US ON 01349 781751</p>			

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