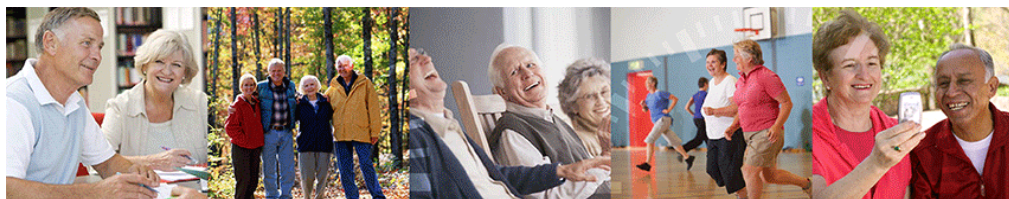




highlife
highland
na Gàidhealtachd

YOUTIME
MAKE TIME FOR YOU

Do you want to **improve your health, keep your mind active AND have a good time?** drop in to Aviemore Community Centre for some **YOU TIME**



YOUTIME
MAKE TIME FOR YOU

Library, Leisure and Archive services will bring you a seasonal programme of **physical and social activities** designed with you in mind

YOU TIME is free for High Life all inclusive members, £ 6.40/£3.20 pay as you go, £0.50 budget

£3.20 for all Over 60's *

To join us complete a booking application and return to

YOU TIME, ACC, Muirton, Aviemore, PH22 1SF

highlifehighland.com/youtime



Weekly Programme: 8th April - 7th July

Day	Class	Start Time	Duration
Monday	Aquacise *Macdonalds Highland Resort (Start 29th April)	10.00am	45 mins
Monday	Otago	1:45pm	45 mins
Tuesday	Computer Buddies (Start 30th April - 25th June)	10.00am	60 mins
Thursday	Aquacise *Macdonalds Highland Resort (Start 2 May)	10.00am	45mins
Friday	Otago	10:45am	45 mins

Aquacise: A low intensity and low resistance exercise class suitable for all fitness levels, concentrating on muscle tone & fitness.

Otago: Evidence based strength, mobility and balance programme proven to reduce falls and later life injuries.

Computer Buddies: Need a bit of support logging on, searching the internet and using email? We'll organise a 'buddy' who can assist.

Aquacise is not free for all inclusive members and will cost £6.40 for Pay as you go and £3.20 for concessions and 50p Budget.

COMPLIMENTARY REFRESHMENTS IN THE LIBRARY FOR ACTIVITIES HELD IN THE COMMUNITY CENTRE