

PRICES

Class	Adult	Over 60's	Budget	HLH Members	Sports club members
Strong After 50					
Tone Time	£6.40	£3.20	50p	Free	Free
Body Conditioning					
Line Dancing	£5.00	£5.00	50p	Free	Free
Otago	£2.00	£2.00	50p	Free	Free

BOOKING INFORMATION

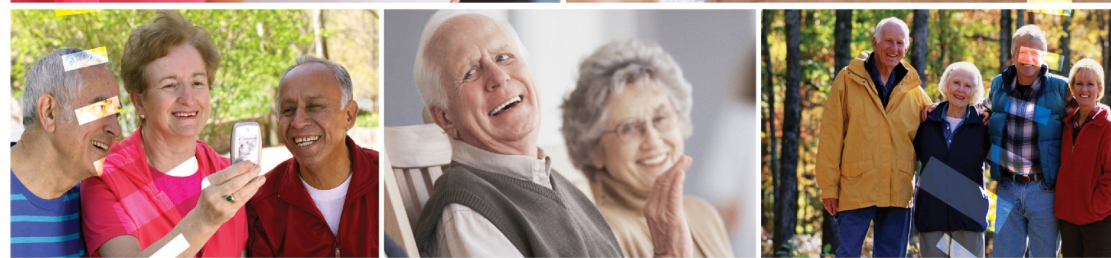
For Strong After 50, Tone Time and Body Conditioning, please book through Nairn Leisure Centre by calling 01349 781 500 or book online at www.highlifehighland.com

Please book through Nairn Sports Club on 01667 454 523 for Line Dancing and Otago

For further information or any queries, please email us on nairnleisurecentre@highlifehighland.com or email our You Time Coordinator Mel directly on Melanie.Hillis@highlifehighland.com.

If you are unable to email, then please contact us on 01349 781 500.

'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



YOU TIME

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/you time



Contact us: Nairn Leisure Centre, Marine Road, Nairn, IV12 4EA
Phone us: 01349 781500
Website: www.highlifehighland.com / For Latest: facebook.com/NairnLeisureCentre

FITNESS CLASSES

Spaces are limited so should be booked in advance.

Activity	Day	Time	Venue
Strong after 50	Wednesdays	11-11:45am	Nairn Leisure Centre
Tone Time	Wednesdays	1-2pm	Dunbar Hall, Auldearn
Body Conditioning	Thursdays	10:30-11:30am	Dunbar Hall, Auldearn
Line Dancing	Thursdays	1:15-2:15	Nairn Sports Club
Otago	Thursdays	2:30-4:30	Nairn Sports Club

SWIMMING TIMES

Day	Time	Type
Monday	12-1pm	50+
	8-9pm	Adult only
Tuesday	8-9pm	Adult only
Thursday	7:30-9pm	Adults only
Friday	12:15-1:15	Adults only

For further swimming times, please refer to our swimming timetable

ACTIVITY DESCRIPTIONS

STRONG AFTER 50: A 45 minute gym-based class which aims to strengthen your muscles and provide you with confidence when using the gym equipment.

STONE TIME: is a full body workout, focussing on strengthening your joints and muscles. Suitable for all ages and levels of fitness.

BODY CONDITIONING: Using gentle body weight exercises to help tone and strengthen your body. A class to help improve your physical and mental health. Suitable for all ages and abilities.

LINE DANCING: A fun way to exercise through dance. Come along, meet new people and have a great time.

OTAGO: A light exercise class aimed to help prevent falls, injuries and improve co-ordination amongst older people. This class is suitable for people with medical conditions, including mobility issues, which require gentle exercise and rehabilitation.