

Crèche Availability (For 0-7 yr olds)

Monday, Tuesday, Wednesday & Thursday	10.00 - 11.00 19.00 - 20.00	Crèche can be booked 1 day in advance
Fridays	18.00 - 19.00	

Children's Party Options

Bouncer Party (1hr bouncer & ½hr crèche)	£67.50
Sports Party (1hr gameshall & ½hr crèche)	£61.20

Prices

Activity	Standard	Concession	Budget
Swim	£5.00	£2.50	£0.50
Swimming Lesson (each)	£7.80	£3.90	£0.50
Swim/Steam	£5.60	£2.80	£0.50
Fitness Room	£5.60	£2.80	£0.50
Gym Induction	£7.80	£3.90	£0.50
Centre Classes	£4.90	£2.45	£0.50
Happy Hour	£0.50	£0.50	£0.50
Racquet Sports (per person)	£4.40	£2.20	£0.50
Equipment Hire	£1.70	£1.70	£0.50
Shower	£2.10	£2.10	£0.50
Crèche (must be booked)		£2.20	£0.50
Gameshall	£37.90	£18.95	
Room Hire	£11.20		
Pool Hire—1hr	£66.20		
Bouncer Hire—1hr	£55.10		

Membership Options

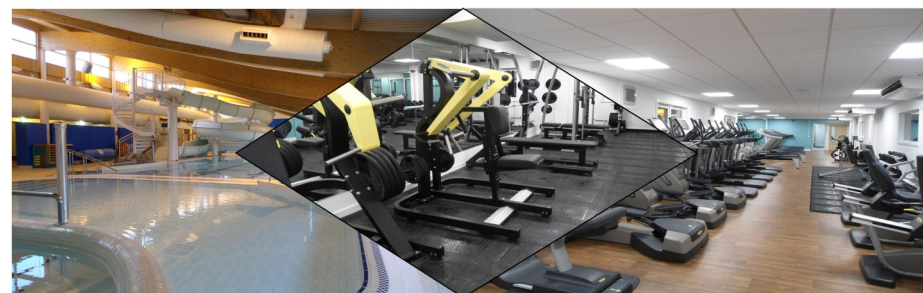
All Inclusive	Annual Payment	Monthly Direct Debit *
Family	£324	£27.00
Individual	£228	£19.00
Budget	50p per activity (Proof must be shown)	

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



Invergordon Leisure Centre Dryside Timetable

Monday 9th Feb - Fri 2nd April 2015



Dryside Opening Hours

Monday & Wednesday 7am-10pm

Tuesday & Thursday 9am-10pm

Friday: 7am-9pm

Sat / Sun: 9am-4pm



Contact us: Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB
Phone us: 01349 853689
Website: www.highlifehighland.com

Dryside Facilities

4-Court Gameshall - Available for hire for various sports including football, basketball, hockey and badminton

Squash Courts - 2 heated courts available for hire. Equipment also available.

Studio - Where most of our group fitness classes take place.

Crèche / Meeting Room - For multi purpose use. This area includes a kitchen area and TV screen for presentations.

Fitness Zone - Recently refurbished, High Life Highlands biggest and best fitness room! We have a cardio and resistance area as well as a pure strength area, all with state of the art Technogym equipment.

Fitness Room Inductions

Day	Time & Type of Induction	
Mondays	09.00 Full Induction	15.45-16.45 12-15yr olds CV only
	20.15 Full Induction	
Tuesdays	14.00 Full Induction	
Wednesdays	18.00 Full Induction	
Thursdays	13.00 Full Induction	15.45-16.45 12-15yr olds CV only
	20.15 Full Induction	
Fridays	13.00 Full Induction	
Other slots can be arranged if the above do not suit, please ask at reception.		

Teen Gym Sessions

Mondays from 3.45pm-4.45pm & Thursday 3.45-4.45pm.

Come and join in our supervised gym sessions for 12-15yr olds. Cardio machines only. Please ask at reception for more information. Places must be booked.

Personal Training

Personal Training sessions are available. For more information or to register your interest, please ask at reception.

Accessibility

We have an accessible changing area on dryside. This includes a height adjustable bed and hoist. We also have a lift that can assist customers accessing the fitness room or viewing area on the first floor.

Adult Fitness Classes

Day	Class	Time	Duration	Area
Mon	Fitness Room Circuits*	7.15am	30mins	Fitness Room
	Metafit	10am	30mins	Studio
	CX Worx*	10.30am	30 mins	Studio
	Ladies Strength & Conditioning Class*	5.15pm	1hr	Fitness Room (Strength area closed to public)
	Zumba*	6.15pm	45mins	Studio
	Body Balance	7pm	1hr	Gameshall
	Body Pump*	8pm	1hr	Studio
Tue	Body Pump*	10am	1hr	Studio
	Otago*	11.15am	45mins	Studio
	Insanity*	6pm	50mins	Studio
	Body Attack	7pm	1hr	Gameshall
	Spinning*	8pm	1hr	Studio
Wed	Body Balance	10am	1hr	Gameshall
	Spinning*	1pm	30mins	Studio
	Zumba*	6.30pm	1hr	Studio
	Body Pump*	7pm	1hr	Gameshall
	Cardio Cycle*	8pm	1hr	Studio
Thur	Aqua Aerobics	10am	1hr	Pool
	Easy Start Fitness	12noon	45mins	Studio
	CX Worx*	6pm	30mins	Studio
	Metafit	6.30pm	30mins	Studio
	Body Attack	7pm	1hr	Gameshall
	Cardio Cycle*	8pm	1hr	Studio
Fri	Spinning*	7.15am	30mins	Studio
	Ab Blast	1pm	30mins	Studio
	Body Pump*	6pm	1hr	Studio
Sat	Metafit	9.30am	30mins	Studio
Sun	Body Conditioning	10am	1hr	Studio
* - Spaces should be booked in advance.				