

High Life Membership Options - There's something for everyone

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	£360.00	£30.00
Individual	£240.00	£20.00
Budget	50p per activity (Recent proof must be shown periodically)	

Class Descriptions

P90X	Cardio and strength workout for every fitness level
Body Pump	Get the rep effect - a proven formula to develop a lean athletic body using studio barbells, high reps and pumping music.
Boxing HIIT Training	High intensity body weight training with intervals of pad work.
Body Balance	Elements of Yoga, Tai-Chi and Pilates to build flexibility and strength leaving you centred, strong and calm.
Body Combat	A high-energy non-contact martial arts-inspired class. Punch and kick your way to fitness with moves from Karate, Tae kwon do, Boxing, Muay Thai, Capoeira and Kung Fu.
Otago	Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls.
Bums n Tums	Tone up, firm up and burn fat from your tummy, hips, thighs and bottom with this muscle toning, exercise to music class.
Indoor Cycling	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
Workout Plus	Gentle Toning & Conditioning.
Active Life Plus	Is a moderate intensity exercise class helping you be healthier, more energetic and able to enjoy life. Come and Join our moderate conditioning class ideal for Active 50/60+'s
Fat Burn	A 20-minute <i>workout</i> , scientifically proven, to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight.
Pilates	<i>Pilates</i> is a form of exercise that focuses on balance, posture, strength and flexibility
Strength Circuits	Circuits based session with emphasis on toning and core work
Gamefit	The 20 Minute Sports Performance Workout. Maximise results in minimum time.
T3 Circuits	HIIT using various gym equipment for an all over body strength and endurance workout

Happy Hour Options

Activities	Times
Only £1.00 for the following activities during times stated below	
Fitness Suite Badminton Group Fitness Classes	
Thursday 10.30am-11.30am Wednesday 8-9 pm Saturday 12-1pm	

Averon Leisure Centre & Library



Centre Opening Times

Monday – Friday
8.00am—10.00pm

Weekends
9.30am—4.30pm



Activity Programme

23rd Oct - 22nd Dec 17



Adult Fitness Classes

Monday	Fat Burn	Julie C	9.30	10.00	Studio	Thursday	T3 Circuits	Adelle	9.45	10.30	Main hall	
	B Pump	Sam	10.00	11.00	Main hall		B Balance	Adelle	10.30	11.30	Studio	
	B Balance	Sam	11.00	12.00	Studio		B Pump	Sam /Lynn	6.00	7.00	Main hall	
	Pilates Exc.6/11	Suzanne	12.15	1.15	Studio		Teen Gym (12-15)	Supervisor	4.00	5.00	Fitness Suite	
	Spin	Kirstin / Sharon	6.30	7.15	Studio		P90X	Sam	7.00	8.00	Main hall	
	Fatburn	Sam / Buzz	6.00	6.30	Main hall		B Balance	Gill	7.00	8.00	Studio	
	HIIT Boxing	Sam / Buzz	6.30	7.15	Main hall							
B Combat	Sam	7.15	8.00	Main hall								
Tuesday	Pilates	Suzanne	9.15	10.15	Studio	Friday NEW	Gamefit	Sam	9.30	10.00	Studio	
	Fat burn	Julie C	9.30	10.00	Main Hall		B Combat	Sam	10.00	11.00	Games hall	
	Active Life Plus	Julie B	10.15	11.15	Studio		B Balance	Sam	11.00	12.00	Studio	
	Otago	Julie B	11.30	12.30	Studio		Work Out Plus	Suzanne	11.30	12.30	Main hall	
	Parkinson's Class	By referral only	2.00	3.00	Studio		Teen Gym (12-15)	Supervisor	2.00	3.00	Fitness Suite	
	B pump	Claire	6.00	7.00	Games hall		Fat burn	Sam / Buzz	6.00	6.30	Main hall	
	B Combat	Kirstin	7.00	8.00	Games hall		Spin	Lynn	6.30	7.30	Studio	
					B Balance	Sam	7.30	8.30	Studio			
Wednesday NEW	P90X	Jenny	9.30	10.30	Main hall	Saturday	B Pump	Claire	9.45	10.45	Main hall	
	Spin	Jenny	10.30	11.15	Studio							
	NEW Gamefit	Claire	6.30	7.00	Main hall		TANGO Dancing	Tango Ness	10.00	11.30	Studio	
NEW	Spin	Lynn	7.00	8.00	Studio	Sunday	Spin	Lynn	9.45	10.45	Studio	
	Bums and Tums	Sarah A	7.00	8.00	Main hall		B Balance	Sarah	9.45	10.45	Main Hall	

Kids Activities

Mon	Kinder gym	11.30-12.00	12.15-1.00	Gym Hall
	Starts back 30th Oct	2-3 yrs	3-4 yrs	
NEW	Youth Game Fit 8-12 years	4.00-4.30pm		Games Hall
Tues	Futsal	4.00-4.30	4.30-5.15	Games Hall
	Starts 31st Oct	Nursery 4's - P1	P2 - P4	
	Gymnastics	3.30-4.15	4.15-5.15	Gym Hall
	Starts back 31st Oct	Beginners	Improvers	
	(must be attending primary)			
Thu	Gymnastics	3.30-4.15		Gym Hall
	1st session 2nd Nov	Beginners		
Thu	Youth Dance Classes	3.45-5.00		Studio
	Ages 9-12 13+	5.00-6.30		

Futsal Pricing

(Booked and paid as a term block based on number of sessions in school term exc. hols./in service days)

Futsal

All Inclusive Family Highlife: Free Budget : 50p per session

Non - High life: 1st Touch 4.00pm: £2.30 per session Box Skills 4.30pm: £2.90 per session

NEW 8-12's Game Fit

30 mins Fitness Class

A new exercise class with emphasis on sports based activity

From Monday 23rd October 4.00pm – 4.30pm 8-12yrs

Childcare Services



TIGERZ

After School Club

Mon—Fri Term -Time 2.30pm—6.00pm

School Holidays 8.15pm — 5.30pm

Full day care during school holidays for advanced bookings



During Morning Fitness Classes

Mon — Fri 9.30am—12.00pm

(Care Inspectorate Registered)

Bookings can be made up to 7 days in advance.

Argentine Tango

4 Week Introductory course

Starting Saturday 11th Nov

10.00-11.30am

Included with your all Inclusive

High Life Membership



Telephone 01349 882287

Email: AveronLeisureCentre@highlifehighland.com

Non High Life Activities

Monday	9.30—11.00am	Walking Group	For info contact reception
Monday	6.00—8.00pm	English Lessons	HLH English language classes
Monday	3.30– 6.15pm 2.00–3.00pm	Street Struck Dance	Age 2 + Call:0784 2990 392 Specific activity class contact reception
Tuesday		Parkinson's group	Specific activity class .Contact reception
Tuesday	3.45-4.30pm	Lil' Dragon's	Marital Arts for 4-7 year olds
Tuesday	6.00—9.00pm	Ross Judo	Contact Coaches: Frazer 07752 791 743
Wednesday	3.30-6.00pm	Highland Dancing	For info contact reception
Thursday	9.30—10.00am	Walking Group	For info contact reception
Thursday	3.45-5.00pm 5.00-6.30pm	Youth Dance Classes	Ages 9-12 13+ Laura.johnston@planbcreative.org