

Photo Copying and Printing

A4 Black and White 10p	2 sided 20p
A4 Colour 50p	2 sided £1
A3 Black and White 15p	2 sided 30P



Children's Birthday Party Options

Toddlers to 10 Years

BOUNCY CASTLE PARTY	FOR UP TO 20 CHILDREN	£108.90
LITTLE MONKEYS PARTY	FOR UP TO 20 CHILDREN	£108.90
BOUNCY CASTLE + LITTLE MONKEYS	FOR UP TO 30 CHILDREN (Max. 20 children on Bouncy Castle at any one time)	£145.00

Little Monkeys £4.20 PER CHILD (pop in session)

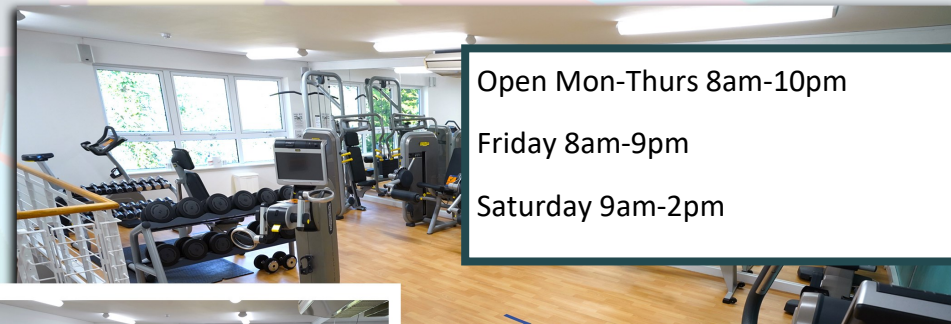
5 A Side Bookings £57.10

Discount price for U18 £34.25



Averon Leisure Centre

Fitness Suite



Open Mon-Thurs 8am-10pm
Friday 8am-9pm
Saturday 9am-2pm



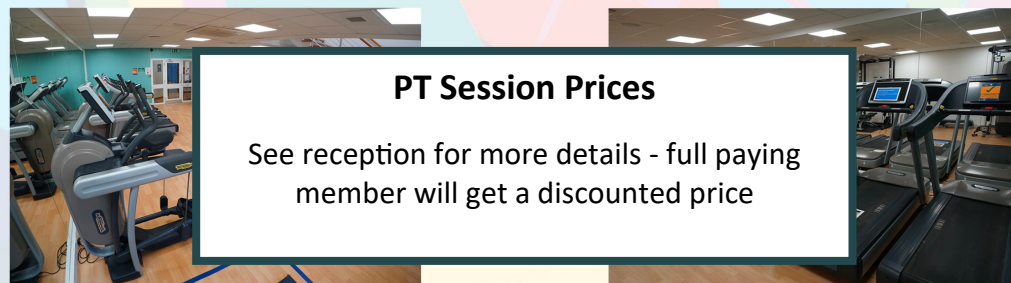
Induction times
Monday– Wednesday
10.30am and 6.30pm
Booking Required

TEEN GYM SESSIONS

Monday Wednesday and Thursday 4-5pm

Exc. 8th—18th July (Advanced booking only)

No Inductions will be done during Teen Gym sessions, this must be done in advance. Advance booking required.



PT Session Prices

See reception for more details - full paying member will get a discounted price

Averon Leisure Centre & Library

Children's LEGO CLUB



Saturday mornings

10am—11am P1—P3

11am—12pm P4—P7

No need to book, just come along and build your creation from the theme of the week.



LIBRARY

Enjoy unlimited book shelf browsing during our opening hours. For help with ordering books, please call

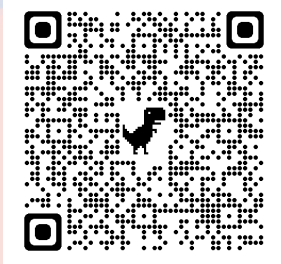
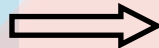
reception on ; 01349 781 751

Bookbug A **FREE**, fun and friendly event for babies, toddlers, pre-schoolers and their families to enjoy together. Wednesdays at 10.30am

Wednesdays 10.30am just come along with your little one, no need to book.



IF VIEWING ONLINE!
[CLICK HERE OR SCAN THE QR CODE](#)
[For photos of LEGO CREATIONS made at the club](#)

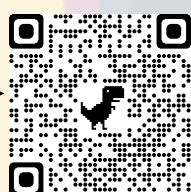


Highlife Membership Page

Point your camera phone or QR code scanner at the QR code, to go directly to the Membership Plans page on the highlife highland website.

Individual £26.90 per month

Family £39.99 per month



integrity community accountability respect example

Averon Leisure Centre & Library



1st JULY — 18th AUG 2024



Mon - Thurs	08:00—22:00
Friday	08:00—21:00
Saturday	09:00 – 14:00

Tel: 01349 781 751

Monday	B Pump	Julie C	09:30	10:30	Games Hall
	B Balance	Sarah A	10:45	11:45	Rec Hall
	Bums N Tums	Sarah A	18:00	18:45	Games Hall
	Yoga	Sarah A	19:00	20:00	Rec Hall
	Spin	Sharon / Sam	18:00	19:00	Lounge
	Body Combat	Julie C	19:00	20:00	Games Hall
Tuesday	Pilates	Suzanne	09:15	10:15	Studio
	Spin Exc. 16/7 23/7	Sam G	09:30	10:30	Rec Hall
	Yoga	Sarah A	10:30	11:30	Rec Hall
	Active Life Plus	Julie B	10:30	11:30	Studio
	Otago	Julie B	12:00	13:00	Studio
	Parkinson's Class	Liz	14:00	15:00	Studio
	B Pump	Sarah	18:00	19:00	Games Hall
	B Balance	Sarah A	19:15	20:15	Games Hall
Wednesday	Body Combat	Sam G	09:30	10:30	Games Hall
	Fat Burn	Morag	18:00	18:30	Rec Hall
Thursday	B Pump	Sarah A	09:30	10:30	Games Hall
	B Balance	Sarah A	10:45	11:45	Rec Hall
	B Pump	Claire R	18:00	19:00	Games Hall
	B Balance	Sarah A	19:15	20:15	Rec Hall
Friday	B Combat (HIIT CARDIO ON 19/7)	Sam G	09:30	10:30	Games Hall
	B Balance	Sam G	10:45	11:45	Rec Hall
	Workout Plus	Suzanne	11:30	12:30	Games Hall
	Fat Burn Exc. 19/7	Sam	17:30	18:00	Gameshall
	Spin	Jenny	18:15	19:15	Rec Hall
Saturday	HIIT Spin Exc. 6/7 13/7 20/7	Sam	09.15	09.45	Lounge
	B Pump Exc. 6/7 13/7 20/7	Sam	10.00	10.45	Main hall
	B Balance Exc. 6/7 13/7 20/7	Sam	11:00	12:00	Studio

School's Out Summer Activity Programme

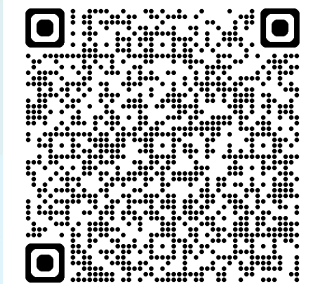
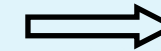
We have a fun filled list of activities running over 4 weeks throughout the School Summer Holidays.

1st to 5th July 15th—19th July 22nd—24th July
29th—2nd Aug

Ages 5-7 and 8 –12 years 10.30am—12.20pm

ALL SESSIONS FREE TO ALL—INCLUSIVE FAMILY
HIGHLIFE MEMBERS

Scan the QR code for a list of activities
and their descriptions



IF VIEWING ACTIVITY GUIDE AS PDF!

THESE LINKS ARE TO PAGES ON THE WEBSITE

[Home Page:](#) [Soft Play \(Little Monkeys\)](#) [Fitness Suite](#) [Library](#)

[Health and Wellbeing](#) [Book Online](#)

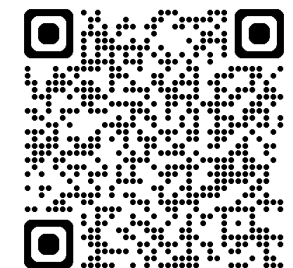
[Rooms /Halls Booking Form](#) [Children's Activities](#)

CHILDREN'S PARTY BOOKING FORMS

[Little Monkeys Booking Form 2024](#)

[Bouncy Castle Booking Form 2024](#)

[Bouncy Castle & Little Monkeys Booking Form 2024](#)



Adult Group Fitness Class Descriptions

Body Pump	Get the rep effect - a proven formula to develop a lean athletic body using studio barbells, high reps and pumping music.
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	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 workout; scientifically proven to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight.
Pilates	A form of exercise that focuses on balance, posture, strength and flexibility.
Yoga	Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

Classes For The More 'Mature' Adult

Tuesday	Pilates	09:15 - 10:15	Pilates is a form of exercise that focuses on balance,
	Active Life +	10:30 - 11:30	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 60+ This session is bookable.
	Otago	12:00– 13:00	Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls. This session is bookable.
	Parkinson's Group class	14:00—15:00	
Friday	Workout +	11:30 - 12:30	Gentle Toning & Conditioning. This session is bookable

Facility Booking Prices

	Community		Semi - Commercial	
	Adult	Conc	Adult	Conc
Games Hall	£57.10	£34.25	£74.55	£41.80
Non - Sporting				
Dance Studio/ Recreation Hall /non sporting	£25.75	£15.45	£38.10	£21.35
Party Room	£20.10	£12.06	£30.55	£17.15