

## Les Mills Virtual Fitness Classes

Monday	Body Pump	8.00am	60 mins	
	Body Combat	9.30am	30 mins	
	CX WORX	12.45pm	30 mins	
Tuesday	Body Combat	7.00am	30 mins	
	Body Pump	7.30am	60 mins	
	Body Pump	12.00pm	30 mins	
	CX WORX	12.30pm	30 mins	
	Body Combat	5.00pm	60 mins	
Wednesday	Body Combat	8.00am	30 mins	
	Body Pump	1.05pm	60 mins	
Thursday	Body Combat	7.00am	30 mins	
	CX WORX	7.30am	30 mins	
	Body Balance - Strength	8.00am	30 mins	
	Body Pump	9.30am	30 mins	
	Body Pump	12.30pm	30 mins	
	CXWORX	1.00pm	30 mins	
	Body Balance	2.15pm	30 mins	
	Friday	Body Combat	8.00am	30 mins
		Body Pump	4.00pm	60 mins
		Sh'Bam	5.00pm	45 mins
Saturday	Body Combat	10.00am	60 mins	
	Body Balance - Strength	11.00am	30 mins	
	Body Pump	12.00pm	30 mins	
	CXWORX	12.30pm	30 mins	
	Body Balance - Flexibility	1.00pm	30 mins	
	Sh'Bam	1.45pm	45 mins	
Sunday	Body Pump	10.30am	60 mins	
	Body Combat	11.45am	30 mins	
	CXWORX	12.15pm	30 mins	
	Body Balance	1.00pm	60 mins	
	Body Pump	2.00pm	60 mins	



You are welcome to ask for an ON DEMAND Les Mills fitness class at a time that suits you! Book for just your self or bring some friends too.

Programme may be subject to change. Find us on Facebook for the latest updates

## Party Packages

Sports specific / NERF party	£83.70	Choose your favourite coached sports or activity or ask for a mash up
Bouncy Castle and Soft Play Party	£83.70	Bounce and play away
Additional Staff / Coach	£30.00	Extra coaches can be supplied to allow bigger party numbers

High Life Highland is a company limited by guarantee registered Scottish Charity No. SC042593.



## Activity Programme and Information

Aviemore Community Centre 03 July - 13 August 2017



## Family Core Challenge!

Active kids are healthy kids! Follow our Facebook page for 15 minute LIVE FITNESS FEEDS! Get your family working out together, like, comment and show us what your team is made of.

### Leisure & Library Hours

Mon, Wed, Fri	8.00am - 10.00pm
Tue, Thurs	7.00am - 10.00pm
Saturday	10.00am - 4.00pm
Sunday	10.30am - 3.00pm

### All Inclusive Access

Membership	Annual Payment	Monthly Direct Debit
Family	£360.00	£30.00
Individual	£240.00	£20.00

Contact us: Aviemore Community Centre, Muirton, Aviemore, PH22 1SF

Phone us: 01479 813140

Email us: Aviemore.leisure@highlifehighland.com

Website: www.highlifehighland.com



**Summer Activity Programme. ONLINE BOOKING, go to:  
SUMMER.HIGHLIFEHIGHLAND.COM**

**You will need your child's member I.D and P.I.N, contact us for info.**

**Pre-school Activities 3 - 5 years**



**Week commencing: 3, 10, 17, 24, 31 July & 7 Aug**

Monday	Bookbug	11.20am - 12.00pm
Thursday	Bookbug	10.30am - 11.30am

**Week commencing: 10, 17, 24, 31 July**

Monday	Mini Ballet	10.30am - 11.00am
Wednesday	Mini Mayhem	10.00am - 11.30am
Friday	Mini Kickers	10.00am - 10.30am

**Primary Activities P1 - P7**

**Week commencing: 10, 17, 24, 31 July**

Monday	Ballet Dance (P1 -P3)	11.00am - 11.45am
Monday	Nerf Wars	2.45pm - 4.15pm
Tues / Wed/ Thurs	Summer Sports Camp	2.30pm - 4.00pm
Friday	Soccer Challenge	3.15pm - 4.45pm

**Library Activities P1 - P7**

**Week commencing: 3, 10, 17, 24, 31 July & 7 Aug**



Tues & Thurs	Lego Club	3.15pm - 4.15pm
Tuesday	Animal Agents Treasure	10.00am - 12.00pm



Bookings for term time children's activities will begin from Tuesday 15 August 2017. Consent and booking form required for block booking.

**Activities commence Monday 21 August 2017.**

**Adult Fitness Classes**

**POLAR.** \* pre booking recommended, bookable up to 7 days in advance  
Track your performance with our Bluetooth Heart Rate Monitors, £1.00

Day	Class	Start Time	Duration	Instructor
Monday	X-Train	12.00pm	45 mins	Ally
	Otago	1.45pm	45 mins	Ally
	Metafit	6.00pm	30 mins	Euan
	Core Conditioning	6.30pm	30 mins	Euan
	Indoor Cycling *	7.15pm	45 mins	Tori
	Yoga	7.00pm	55 mins	Sara
Tuesday	Yoga	8.00pm	55 mins	Sara
	Fit Plus	10.30am	55 mins	Euan
	Core Conditioning From 25 July	6.00pm	15 mins	Ally
	Pump FX	6.15pm	45 mins	Ally
	Body Balance	7.00pm	55 mins	Debbie / Virtual
	Indoor Cycling	7.15pm	30 mins	Ally
Wednesday	Callanetics	10.00am	45 mins	Julie
	Yoga	11.00am	55 mins	Julie
	Core Conditioning From 25 July	6.00pm	15mins	Euan
	Circuit Spin *	6.30pm	55 mins	Euan
	Fit Plus	10.30am	55 mins	Euan
	Metafit	12.00pm	30 mins	Euan
Thursday	Indoor Cycling *	5.30pm	30mins	Tori
	X-Train	6.15pm	45 mins	Tori
	Otago	10.45am	45 mins	Euan
	Indoor Cycling *	12.00pm	30 mins	Euan
	Core Conditioning	12.30pm	30 mins	Euan
	Box Fit	6.00pm	45 mins	Neil



**Family Core Challenge!**

Active kids are healthy kids! Follow our Facebook page for 15 minute LIVE FITNESS FEEDS! Get the family working out together, like, comment and show us what your family is made of.

This four week challenge is designed to help reduce visceral fat score (the fat around your internal organs) and improve core strength. Learn calorie-torching strength exercises to help you build a rock-solid core, the foundation of a strong body. Try a High Intensity Interval Class and a cardio class each week.

**Starts Tuesday 25th July 6pm**

Optional Core Fitness Testing

\*Professional Tanita scales to record visceral fat score and body composition.

\*(suitable for adults only)