

Les Mills Virtual Fitness Classes

Monday	Body Combat	8.00am	30 mins
	Body Pump	8.30am	60 mins
	Body Combat	9.00am	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
	Body Pump	6.00pm	30 mins
Wednesday	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	12.00pm	30 mins
	CXWORX	12.30pm	30 mins
	Body Combat	1.00pm	30 mins
	Body Balance	2.15pm	30 mins
	Sh'Bam	7.00pm	45 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 14 August - 8 October 2017

Craig Maclean Leisure Centre JUNIOR TRIATHLON & FAMILY FUN DAY

Sun 10 Sep 2017
10.30am to 3.00pm



JUNIOR TRIATHLON BOOKING

Bookings and payments should be made online by visiting <https://booking.highlifehighland.com/>.

Important: High Life Highland Member ID and PIN number required. Please contact the leisure team on 01479 870281 for more details.

Closing date for entry is Friday 8th Sept 2017.

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



Pre-school Activities

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

Weekly booking – children must be accompanied on a max ratio of 1 adult to 2 children

**** Booking for mini mayhem & mini kickers on a week to week basis**

Day	Activity	Time	Age group	Description
Monday	Mini Kickers **	10.30am - 11.00am	3 - 5 years	Soccer skills and drills
	Book Bug Story Time	11.20am - 11.50am	Accompanied Under 5's	Story time, songs and rhymes in the library
Tuesday	Minis Drop-in soft play	9.15am - 10.00am	Accompanied Under 5's	Active play
Thursday	Baby Book Bug	10:30am - 11:30am	Accompanied Under 5's	Story time, songs and rhymes in the library
		11.00am - 11.30am	Accompanied Under 5's	Story time, songs and rhymes in the library
Friday	Mini Mayhem **	10.00am - 10.30am	3 - 5 years	Games, races and lots of fun

Primary Activities

Booking application and consent required

Day	Activity	Time	Age	What's it all about?
Monday	Outdoor Football	3.15pm - 3.45pm	P1 - P3	Soccer skills, drills & games on 3G pitch
	Outdoor Football	3.45pm - 4.30pm	P4 - P7	Soccer skills, drills & games on 3G pitch
Tuesday	Learn to Swim	3.30pm - 5.00pm	P1 - P7	Levels 1-5 delivered at Macdonald Resort
	Lego Club *	3.30pm - 4.30pm	P1 - P7	Be creative with themed Lego sessions
Wednesday	Uni - Hoc	4.30pm - 5.00pm	P1 - P3	Indoor skills, drills and games
	Uni - Hoc	5.00pm - 5.45pm	P4 - P7	Indoor skills, drills and games
Thursday	Learn to Swim	3.30pm - 5.00pm	P1 - P7	Levels 1-5 delivered at Macdonald Resort
	Lego Club *	3.30pm - 4.30pm	P1 - P7	Be creative with themed Lego sessions
Friday	Fit Kids	3.15pm - 3.45pm	P1 - P3	Races, relays and fun games
	Fit Kids	3.45pm - 4.30pm	P4 - P7	Races, relays and fun games

Learn to Swim enrolment for NEW, NON-SWIMMERS 15 August, 2017. Aviemore Community Centre. 4.00pm - 5.00pm. Places filled on a first come, first served basis. Consent form required. Lessons commence Tuesday 22 August.



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
Tuesday	Yoga	7.00pm	55 mins	Sara
	Yoga	8.00pm	55 mins	Sara
	Fit Plus	10.30am	55 mins	Euan
	Pump FX	6.15pm	45 mins	Ally
	From 22 Aug	Body Balance	7.00pm	55 mins
Wednesday	Indoor Cycling	7.15pm	30 mins	Ally
	Callanetics	10.00am	45 mins	Julie
	Yoga	11.00am	55 mins	Julie
	Circuit Spin*	6.30pm	55 mins	Euan
	Fit Plus	10.30am	55 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
Friday	Box Fit	6.00pm	45 mins	Neil

Pay as You Go Activities

Day	Class @ Macdonald Dalfaber	Start Time	Duration	Instructor
Monday	Aquacise From 4th September	10.00am	45 mins	Angie
Thursday	Aquacise From 7th September	10:00am	45 mins	Angie

Swimming



AVIEMORE - Macdonald Aviemore Highland Resort, PH22 1PN

Swimming, sauna, steam room, waves, flume

Monday - Sunday 8.00am - 8.00pm

High Life All Inclusive members free access,

High Life Pay As You Go members Adult £8.00, U18/Over 60 £4.00

GRANTOWN-ON-SPEY - Craig Maclean Leisure Centre

*** NOW OPEN *** Brand new for August 2017

Refurbished swimming pool and changing village.

For public swimming timetable, go to:

www.highlifehighland.com/craig-maclean-leisure-centre/timetables/

