



# Dingwall Leisure Centre – Fitness Programme

Monday 3<sup>rd</sup> October to Sunday 27<sup>th</sup> November 2016

	Cardio Based			Resistance Based			Flexibility Based		
<b>MON</b>	Indoor Cycling 07.00 – 07.45	Pump FX 10.00 – 11.00 Starting 10 <sup>th</sup> October	Power Chi Yoga 11.00 – 12.00		CX Works 17.15 – 17.45	Pump FX 18.00 – 19.00	Indoor Cycling 18.45 – 19.30	Body Balance 19.00 – 20.00	
<b>TUE</b>	"You Time" Indoor Cycling 09.30 – 10.15	P90X 10.30 – 11.30	"You Time" Otago 11.00 – 11.45	Fit Plus 12.00 – 13.00	Body Balance 1.05 – 1.50 & 17.30 – 18.30		Group Personal Training 17.30 – 18.30	Pump FX 18.30 – 19.15	
<b>WED</b>	Indoor Cycling 07.00 – 07.45	Body Conditioning 09.45 – 10.45		Insantiy 17.00 – 17.30	CX Works 17.45 – 18.15	Body Attack 18.30 – 19.30	Body Balance 19.30 – 20.30		Indoor Cycling 19.45 – 20.30
<b>THU</b>	Indoor Cycling 09.00 – 09.30	Kettlebells 09.45 – 10.30		Metafit 10.45 – 11.30		Indoor Cycling 17.00 – 17.45		Pump FX 18.00 – 18.45	Body Tone 19.00 – 19.45
<b>FRI</b>	Indoor Cycling 07.00 – 07.45	Body Balance 10.00 – 11.00		"You Time" Fit Plus 11.00 – 12.00	"You Time" Aqua Fitness 12.30 – 13.15	Insanity 17.00 – 17.30	P90X 17.30 – 18.00	Indoor Cycling 18.15 – 19.00	
<b>SAT</b>	Indoor Cycling 08.00 – 09.00								
<b>SUN</b>		Indoor Cycling 09.30 – 10.30		Body Balance 11.00 – 12.00					

**All Classes are included as part of the High Life scheme (booking required for all classes, these can be made 7 days in advance)**

**Body Attack:** Cardio-vascular interval training, rapid calorie burner

**Metafit:** Intense whole body workout to boost metabolism

**Group Personal Training:** Self-development circuit class

**P90X:** Ultimate fat burning, full body workout

**Fit Plus: Tue** – low impact Aerobics / **Fri** – Circuits for everyone

**CX Works:** Tightens and tones core muscles & improves functional strength for balance, mobility and injury prevention

**Kettlebells:** Perform dynamic moves to target aspect of fitness

**Body Balance:** Combination of Yoga, Tai Chi and popular Pilates

**Boxfit:** High intensity body weight training with intervals of pad work

**Body Tone:** A class designed to tone and shape the legs, bum and tum

**Body Pump/Conditioning:** Aerobic, endurance & strength workout class

**Insanity:** High Intensity ultimate cardio workout

**Otago:** Helps improve strength, balance and flexibility for older adults

**Power Chi Yoga:** Traditional Tai Chi with powerful yoga moves

### Fitness Suite Opening Hours:

Monday – Friday            7.00am – 9.30pm  
Saturday & Sunday        8.00am - 4.00pm

All advertised classes are included in High Life Highland Membership

Due to limited places, please ensure you pre book today.

**Cardio Based** **Resistance Based** **Flexibility Based**