

# Dingwall Leisure Centre - Current Fitness Class Programme

	Cardio Based		Resistance Based			Flexibility Based			
<b>MON</b>	Indoor Cycling 7.00-7.45am Activity Hall ***		Metafit 12.15-12.45pm Activity Hall ***	My Kind of Yoga 1.00-2.00pm Activity Hall*	Dynamic Wellbeing 2.15-3.00pm* Activity Hall	Circuits 5.00-5.30pm Games Hall **	Body Pump 6.00-6.45pm Games Hall ***	Indoor Cycling 7.00-7.45pm Activity Hall ***	Body Balance 7.00-8.00pm Games Hall *
<b>TUE</b>	Indoor Cycling 7.00-7.45am Activity Hall ***	Indoor Cycling 8.00-8.45am Activity Hall ***	P90 9.15-10.00am Activity Hall **	"You Time" Otago 10.45-11.30am Activity Hall *	Teen Gym 3.45-5.15pm Fitness Suite **	Pilates 5.00-6.00pm Activity Hall *	Body Pump 6.00-6.45pm Games Hall ***	Learn to Lift 6.00-7.00pm Strength Room ** Ladies only	Indoor Cycling 7.15-8.00pm Activity Hall ***
<b>WED</b>	Indoor Cycling 7.00-7.45am Activity Hall ***		Body Conditioning 9.00-10.00am Activity Hall **	Pilates 10.15-11.15am Activity Hall *	Pilates 11.30-12.30pm Activity Hall *			Indoor Cycling 7.15-8.00pm Activity Hall ***	
<b>THU</b>	Indoor Cycling 7.00-7.45am & 8.00-8.45am Activity Hall ***	Kettlebells 9.15-10.00am Activity Hall **	Pilates 10.30-11.30am Activity Hall *	Pilates 11.45-12.45pm Activity Hall *	Teen Gym 3.45-5.15pm Fitness Suite **	Circuits 6.00-6.45pm Games Hall **		Body Balance 7.15-8.15pm Games Hall *	
<b>FRI</b>	Indoor Cycling 7.00-7.45am Activity Hall ***		Body Balance 9.45-10.45am Activity Hall *	Dynamic Wellbeing 12.15-1.00pm Activity Hall*	Teen Gym 3.00-4.30pm Fitness Suite **	Metafit 5.15-5.45 pm Activity Hall ***	Indoor Cycling 6.15-7.00pm Activity Hall ***		
<b>SAT</b>		Indoor Cycling 8.15-9.00am Activity Hall ***	Learn to Lift 9.00-10.00am Strength Room ** Mixed Class	Indoor Cycling 9.15-10.00am Activity Hall ***	Body Pump 10.15-11.15am Games Hall ***				
<b>SUN</b>			Indoor Cycling 9.15-10.00am Activity Hall ***		Yoga 11.30-12.30pm Activity Hall *	Yoga 12.45-1.45pm Activity Hall *			

**All Classes are included as part of the Highlife scheme (booking required for all classes)**

**Dynamic Wellbeing** Improve strength, balance and + flexibility for older adults.

**Yoga:** Traditional yoga moves

**Circuits:** A whole body workout using different equipment

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

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

**Metafit:** High intensity body weight-based workout

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

**Body Pump:** Aerobic, endurance & strength workout class using a barbell.

**Teen Gym:** Gym qualified staff session to supervise those with u16's gym inductions.

**Learn to Lift:** Learn how to use equipment in the strength room safely and effectively.

**Pilates:** Improves flexibility, builds strength, and develops control.

**Fitness Suite Opening Hours:**

Monday – Friday 7.00am – 9.00pm  
Saturday + Sunday 9.00am -2.30pm

**All advertised classes are included in High Life Highland Membership**

**Cardio Based** **Resistance Based** **Flexibility Based** **Supervised Gym Use**

\* Low Intensity \*\* Medium Intensity \*\*\* High Intensity

