

Dingwall Leisure Centre - Current Fitness Class Programme

w/c 24th February

	Cardio Based			Resistance Based			Flexibility Based		
MON	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	Parkinsons Exercise 3.00-4.00pm* Activity Hall	Circuits 5.00-5.45pm 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 *
TUE	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 ***
WED	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 *		Body Attack 6.00-6.45pm Games Hall ***	Indoor Cycling 7.15-8.00pm Activity Hall ***	
THU	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 **	Highland Hustle 7.30-8.30pm Activity Hall**	Body Balance 7.15-8.15pm Games Hall *	
FRI	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 ***		
SAT		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 ***				
SUN			HIITNRIDE 9.15-10.00am Activity Hall ***		Yoga 10.30-11.30am Activity Hall *	Yoga 11.45-12.45pm 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

HIITNRIDE Intense HIT workout using indoor cycling bikes

Parkinsons Exercise: Functional Exercise Class specifically for people with Parkinson's

Highland Hustle: Fun dance workout, mix of highland dancing, ceilidh and aerobics (16+)

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

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

Body Attack: A high energy, cardio workout, designed to build strength and stamina

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

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

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

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

