

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
Skill X Power	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	Skill X Speed	06:00-07:00	LTT-Gym	Skill X Power	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	Indoor Cycling ***	08:15-08:45	S3
Body Pump **	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Circuits***	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Yoga Level 1*	08:15-09:15	S1
Sculpt & Tone**	09:15-10:00	S1	Aqua Aerobics *	09:45-10:30	CP	Aqua Zumba*	10:15-11:00	CP	Body Combat ***	09:30-10:15	S1	Body Attack***	06:45-07:30	S1	Body Pump **	09:00-09:45	S3
Body Pump **	09:30-10:20	S3	BodyCombat ***	09:20-10:05	S1	Body Pump **	09:30-10:30	S3	Beginners Indoor Cycling *	09:30-10:15	S3	Body Pump **	09:30-10:30	S3	Skill X Stamina	09:00-10:00	LTT-Gym
50+ Fitness Session*	10:00-10:45	SH1	Body Step ***	09:25-10:10	S3	Piyo (in) **	09:15-10:00	S1	Cardiac Rehab Class	10:00-12:00	Gym	Cardiac Rehab Class	10:00-12:00	S1	Yoga Level 2*	09:25-10:25	S1
PiYo(b) *	10:10-10:50	S1	Olympic Weightlifting **	09:00-11:00	S&C	50+ Fitness Session*	10:00-10:45	SH1 3&4	Kettlebells **	10:20-11:05	S1	Female Weight Lifting*	11:00-12:00	S&C	Metafit ***	09:45-10:15	S2
Abs Attack *	10:30-11:00	S3	Pilates *	10:00-11:00	S2	Skill X Stamina	10:15-11:00	LTT-Gym	Indoor Cycling ***	10:30-11:00	S3	50+ Fitness Session*	10:15-11:00	SH1	Kids Karate *	10:00-11:00	S3
Bums & Tums	10:55-11:20	SH1	Kettlebells **	10:10-10:55	S1	Body Attack ***	10:40-11:10	S3	Body Balance *	11:15-12:00	S3	Body Attack ***	10:40-11:25	S3	Body Combat ***	10:35-11:25	S1
Tai Chi (i) *	11:00-12:00	S1	Ultimate Abs *	10:20-10:50	S3	Dynamic Wellbeing L2	11:10-12:10	SH1 3&4	Strap & Strength **	11:15-12:00	S1	PiYo (ad)***	11:10-12:00	SH1A 3&4	Karate **	11:00-12:30	S3
Dynamic Wellbeing L1	11:10-12:00	S2	Aerobics *	11:00-11:40	S1	Easyline *	11:15-12:00	S3	Indoor Cycling***	12:30-13:15	S3	Bums & Tums *	11:35-12:05	S3	Body Balance *	11:30-12:15	S1
Easyline *	11:30-12:10	SH1 3&4	Pilates *	11:10-12:10	S2	Abs Attack *	11:20-11:50	S1	Dynamic Wellbeing, L2	12:45-13:35	S1	Skill X Stamina	12:15-13:15	(LTT-Gym)			
Indoor Cycling ***	11:15-12:00	S3	Indoor Cycling ***	11:00-11:45	S3	Circuits ***	12:10-12:55	S & C	Otago *	13:45-15:00	S1	Beginners Weightlifting	12:30-13:30	S&C			
Beginner Weightlifting	12:30-13:30	S&C	Functional Weightlifting**	11:00-12:00	S&C	Zumba *	12:15-13:00	S1	Cancer Rehab	13:30-14:30	LTT-Gym	Indoor Cycling***	12:30-13:15	S3			
Strap & Stretch **	12:15-12:55	S1	Highland Hustle	11:45-12:20	S1	Indoor Cycling ***	12:30-13:00	S3	Qigong *	13:30-14:30	S2	Line Dancing (I) *	13:40-14:50	S1			
Qigong	12:15-13:15	S2	Stretch & Flow *	12:20-13:05	S2	Parkinson's Plus *	12:45-13:40	SH1 3&4	Tai Chi *	14:40-15:40	S2	Ultimate Abs *	17:00-17:30	S3			
Skill X Speed	12:15-13:15	(LTT-Gym)	Line Dancing (B) *	12:30-13:30	S1	Stretching Session*	13:10-13:40	S3	Escape Pain Course	15:00-16:15	S1	Grit Cardio ***	17:35-18:05	S3			
Zumba *	12:20-13:10	S3	Cancer Rehab	13:30-14:30	S3	Line Dancing (I+) *	13:30-14:30	S1	Body Attack ***	17:10-17:50	S3	Body Pump **	18:15-19:00	S3			
Parkinsons*	13:10-13:50	S1	Dynamic Wellbeing L2	13:45-14:45	S1	Parkinsons*	13:50-14:45	S3	Strong Nation ***	18:00-18:40	S1	Female Weightlifting*	19:00-20:00	(LTT-Gym)			
Otago *	15:10-16:25	S1	Escape Pain Course	15:00-16:15	S1	Otago *	14:45-16:00	S1	Body Pump **	18:00-18:50	S3	Body Balance *	19:10-19:50	S3			
Body Balance*	16:45-17:30	S1	Teen Weightlifting *	16:30-17:30	LTT-Gym	Strap & Strength **	16:40-17:10	S1	Kids Karate	18:00-19:00	SH1 1&2						
Youth Olympic Weightlifting	17:00-18:00	S&C	Strap & Tone **	16:45-17:15	S1	Functional Weightlifting	17:00-18:00	LTT-Gym	Escape Pain Course	18:00-19:15	S2						
Bums & Tums*	17:30-18:00	S2	Body Attack ***	17:10-17:50	S3	Youth Olympic Weightlifting	17:00-18:00	S&C	Dance Fit *	19:00-19:45	S1						
Grit Cardio ***	17:30-18:00	S3	Kettlebells **	17:20-18:00	S1	Beginners Olympic W/L	18:00-19:00	S&C	Indoor Cycling ***	19:00-19:45	S3						
Fitness Pilates*	17:30-18:00	S1	Body Pump **	18:00-18:50	S3	Pilates*	17:00-17:45	S3	Skill X Speed	19:00-20:00	LTT-Gym						
Body Combat ***	18:05-18:50	S3	Body Step ***	18:10-18:50	S1	Abs Attack*	17:15-17:45	S1	Karate **	19:00-20:30	SH1 1&2						
Functional Weightlifting**	18:00-19:00	LTT-Gym	Body Balance *	19:00-19:45	S1	Kettlercise**	17:50-18:30	S1	Body Balance *	20:00-20:45	S1						
Kettlercise**	18:20-18:55	S1	Escape Pain Course	18:30-19:45	S2	Body Step***	17:50-18:35	S3									
Metafit ***	18:15-18:45	S2	Indoor Cycling ***	19:00-19:45	S3	Bums & Tums*	18:45-19:15	S1									
Body Balance *	19:00-19:55	S1	Metafit ***	19:55-20:25	S3	Indoor Cycling***	18:45-19:30	S3									
Olympic Weightlifting**	19:00-21:00	S&C	Skill X Power	19:00-20:00	LTT-Gym	Circuits ***	19:15 - 20:00	SH1 1& 2									
Skill X Stamina	19:00-20:00	(LTT-Gym)	Line Dancing (In)*	20:00-20:50	S1	Olympic Weightlifting**	19:00-21:00	S&C									
Body Pump **	19:00-19:50	S3	Line Dancing (Ad)*	20:50-21:40	S1	Body Balance*	19:30-20:15	S1									
Line Dancing (B) *	20:00-20:45	S1				Body Pump **	19:40- 20:25	S3									
Indoor Cycling ***	20:00-20:45	S3															
Aqua Aerobics *	20:15-21:00	CP															

Running from 1st July 2024



- S1: Studio 1
- S2: Studio 2
- S3: Studio 3
- SH1: Sports Hall 1
- CP - Competition Pool
- DS - Dryside Locker Area
- S&C - Strength and Conditioning Room
- ACP - Astro Car Park
- LTT- Love To Train Room

BOOKING POLICY:

Booking for classes can be made up to 7 days in advance at reception, through the kiosks or online at www.invernessleisure.co.uk/activities/onlinebookings

CANCELLATION POLICY:

Please notify us of any cancellations as soon as possible prior to the class starting.

DISHONOURMENT POLICY:

*Be aware that Studio 3 contains strobe lighting effects.
If you have epilepsy or other light sensitive conditions,
please make the instructor aware before the class starts.
They are able to set the system to accommodate for this
so that it does not impact on your enjoyment*

Mind/Body	Indoor Cycling	Cardio	Core	Resistance	You Time Gentle
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3 Star Table
 * Easy
 ** Moderate
 *** Hard
 All Classes can be Adapted
 to suit All levels of Fitness

CLASS DESCRIPTIONS

AQUA AEROBICS – Fun, Energetic Class suitable for all fitness levels and abilities. Get ready to tone up, burn fat and most of all Have Fun in this non weight bearing class. This class is also very beneficial to those rehabilitating from injury.

AQUA ZUMBA- Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Age 12+

AEROBICS – This class is led by a qualified instructor who will take you through a variety of fun energetic moves that will raise your heart rate and get blood and oxygen flowing more quickly. Age 12+

ABS ATTACK- A class of hardcore abdominal work that focuses on toning and defining the abs while strengthening the back to improve posture and core strength. Age 12+

BEGINNERS CYCLE – An introductory class for those who are new to Indoor cycling.

BEGINNERS WEIGHTLIFTING – Learn how to Snatch, Clean and Jerk and the main accessory movements for Olympic Weightlifting. Starting with a broom handle and working up to the barbell. Technique focussed session. Great for improving coordination and power development which transfers into all sports. Suitable for complete beginners. Age 11+

BODY COMBAT - a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. Age 16+

BODY BALANCE -is a unique workout which incorporates Yoga, Tai Chi and Pilates to help improve flexibility, build strength and leave you feeling relaxed and calm. The class will help you learn how to control your breathing and focus your mind. Age 16+

BODY STEP a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Using simple movements on, over and around the step, to build lower body strength. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Age 16+

BODY PUMP a fast-paced, barbell-based workout that's specifically designed to help you sculpt, tone and strengthen your entire body. Age 16+

BODY ATTACK- is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Age 16+

BUMS AND TUMS A full body aerobic workout that aims to tone up bum and stomach. Bums and tums help improve your fitness level. Exercises include squats, small weights and bodyweight, all to the beat of music. (some classes use medicine balls) Age 12+

CIRCUITS. Circuit training is a high intensity, fast-paced workout that can help tone your body and shed fat. Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.

CANCER Rehab is a programme of exercise sessions for people affected by cancer. If you are pre-treatment, undergoing treatment or have completed your cancer treatment, then this programme is available to you via a GP or health professional referral.

CLASS DESCRIPTIONS

DANCE FIT Is a fun dynamic dance fitness class suitable for all ages and fitness levels. Mixing fun and feel-good dance styles such as Commercial, Afrobeat's, Soca, Latin routines and more with body weight exercises. Age 11+

DYNAMIC WELLBEING classes are who Have minimal or no difficulties with activities of daily living; Are independently mobile; Have **good** balance but may need additional support (a chair or wall) ...

ESCAPE PAIN – This class is a group education and tailored exercise programme for people with chronic joint pain or osteoarthritis which aims to increase physical function and improve quality of life.

FUNCTIONAL WEIGHTLIFTING – Learn, refine and advance your deadlift, squat and bench press, plus a strength and conditioning circuit each session that targets common weaknesses and imbalances. Great for injury prevention and power transfer into any sport. Suitable for all levels and abilities. Age 11+

Female Weightlifting – Learn how to lift weights properly. This class will show you why weight training is brilliant for losing weight and burning fat.

GRIT is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. Age 16+

HIGHLAND HUSTLE IS a unique Scottish dance-based workout with a feel-good factor! It's accessible, with ranges from beginner to advanced – two left feet ...? It really doesn't matter. It is all about having fun. Age 12+

50+ FITNESS – This class is a gentle dynamic movement class and is ideal for improving mobility and flexibility.

INDOOR CYCLING will take you through different speeds, resistance and interval training. The music will be loud, but it's designed to get you focused and immersed into the exercise.

KETTLEBELL training requires you to hold the weight in one or both hands and go through a variety of swings, presses or pulling motions. Some movements have you changing the Kettlebell between hands - as the weight swings or as you move laterally, you are required to stabilize your body.

KETTLERCISE smaller Kettlebell weights for ladies 2kg to 8kg and for men 4kg to 10kg and uses 37 blood pumping Kettlebell exercises in a set class routine that works every major and minor muscle group, it's the only exercise class that gives participants a complete body workout.

KARATE /KARATE KIDS - is a Japanese martial art whose physical aspects seek the development of defensive and counterattacking body movements. The themes of traditional karate training are fighting and self-defence, though its mental and moral aspects target the overall improvement of the individual. Age 8+

LINE DANCING A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. These lines usually face all in the same direction, or less commonly face each other.

METAFIT – This class is an intense total body 30 mins workout.

CLASS DESCRIPTIONS

OTAGO an exercise class aimed to prevent falls, injuries and improve co-ordination amongst older people. Work on increasing strength, balance and flexibility. This class is also suitable for those with medical conditions who require gentle exercise and rehabilitation, whilst building up confidence.

OLYMPIC WEIGHTLIFTING – Learn, refine and advance your Snatch, Clean and Jerk, accessory lifts and conditioning. Great for improving coordination and power development which transfers into all sports. This is a 2hr class, so some experience of general weightlifting or good level of general fitness is desirable but not essential. Age 11+

PARKINSON`S – This class has been created specifically for people with Parkinson`s. Class consists of functional exercises, some of which are chair-based, and some will use a range of simple equipment.

PILATES Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

PIYO – This class combines muscle-sculpting, and core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use your body weight to perform a series of continuous targeted moves to define all your muscles.

QIGONG – This is an ancient Chinese system of coordinated physical postures, movement, breathing techniques and meditation that is designed to promote health, spirituality and physical fitness. The system traces its origin to Traditional Chinese Medicine, philosophy and martial arts.

STRAP AND STRENGTH TONE STRETCH - This class uses suspension straps to train the body for strength balance flexibility and core low impact with high impact results.

SCULPT N TONE – This is a functional and fun class, focusing on full body fitness using equipment such as gym balls, kettlebells, and suspension straps.

SKILL X CLASSES - Gives you a technologically advanced, performance-oriented, more personable group training experience. It develops multiple components of physical performance for a balanced and complete training profile.

SKILL X STAMINA – This class offers specific workouts to engage multiple muscle groups, either at a constant pace or with intense intervals.

SKILL X POWER – This class is a power-centric workout, focussing on different types of strength training (heavy explosive, ballistic and plyometric) performed at sub-maximal loads and maximum speed to improve your overall strength.

SKILL X AGILITY – This class offers a variety of different exercises to challenge your coordination at speed and different positions, participants will need to adapt continuously, while repetitions enable them to progress towards maximum efficiency.

SKILL X SPEED – This class will focus on enhancing acceleration, stride, rate of movement, and speed endurance using targeted exercises.

STRENGTH AND BALANCE This class is aimed at preventing falls, injuries improving cognition and can help build balance and confidence.

CLASS DESCRIPTIONS

STRETCHING SESSION – This class is a designated full body stretching session for those looking to improve on their flexibility.

STRONG NATION combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.
Age 12+

TAI CHI – This class is a powerful full body workout that improves balance, flexibility, circulation and core strength. It addresses the health of mind and spirit as well as the body, reducing stress, anxiety and depression and self esteem.

TEEN WEIGHTLIFTING – Learn how to deadlift, squat and bench in a safe and fun environment with other teens. Ideal for building confidence in the gym. Every session has a strength and conditioning circuit that targets common weaknesses and imbalances. Great for injury prevention and power transfer into any sport. Age 11+

YOGA IS a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Today, most Westerners who do yoga do it for exercise or to reduce stress.

ZUMBA classes combine Latin and international music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body.