

<b>MON</b>	<b>Fit Plus Studio</b> 11.00-12.00 Lochaber Leisure Centre	<b>Aquacise</b> 12.30 – 1.10 Lochaber Leisure Centre	<b>Zumba</b> 6.00 – 6.40 Lochaber High School	<b>Metafit</b> 6.10 – 6.45 Lochaber High School	<b>Indoor Cycling</b> 7.00 – 7.40 Lochaber High School			
<b>TUE</b>	<b>Fit Plus Gym</b> 12.30-1.30 Lochaber Leisure Centre		<b>Indoor Cycling</b> 6.00 – 6.40 Lochaber High School		<b>Circuits</b> 6.50 – 7.30 Lochaber High School			
<b>WED</b>	<b>Circuits</b> 9.30-10.15 Lochaber Leisure Centre	<b>Low Impact Aerobics</b> 11.00-12.00 Lochaber Leisure Centre	<b>You Time Otago</b> 1.30 – 2.15 Lochaber Leisure Centre	<b>You Time Otago</b> 2.30 – 3.15 Lochaber Leisure Centre	<b>Indoor Cycling</b> 5.50 – 6.20 Lochaber High School	<b>Ashtanga Light Yoga</b> 6.30-7.15 Lochaber High School	<b>Strength and Conditioning</b> 6.40-7.25 Lochaber High School	<b>Power Flow Yoga</b> 7.30-8.30 Lochaber High School
<b>THU</b>	<b>Qigong</b> 10.00-11.00 Lochaber Leisure Centre <b>Starts 11<sup>th</sup> July</b>		<b>Fit Plus Gym</b> 12.00-1.00 Lochaber Leisure Centre		<b>Indoor Cycling</b> 6.00 – 6.40 Lochaber High School	<b>Metafit</b> 6.50 – 7.25 Lochaber High School		
<b>FRI</b>	<b>Strength and Conditioning</b> 9.30-10.15 Lochaber Leisure Centre		<b>NEW</b> <b>Stretch &amp; Tone</b> 10.30 – 11.30 Lochaber Leisure Centre	<b>Aquacise</b> 12.30 – 1.10 Lochaber Leisure Centre	<b>Please book online: <a href="https://online.highlifehighland.com">online.highlifehighland.com</a></b>			

## All advertised classes are included in High Life Membership



**ALL-INCLUSIVE access to all High Life leisure centres is just £39.99 per month for the family or £26.60 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £479.90 or an individual membership for £319.20**



- **Aquacise** – Water based impact free exercise using the resistance and buoyancy of the water.
- **Ashtanga Light Yoga** – It incorporates postures from the Ashtanga full primary series, at a gentle pace with plenty of modifications. Suitable for all abilities, including beginners.
- **Circuits** – Cardio, resistance, and strength training activities at various stations.
- **Fit Plus** – Gentle mobility, flexibility and strength class aimed at older adults or ideal for those easing into exercise.
- **Indoor Cycling** – Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
- **Metafit** – Tone the muscles, boost the metabolism and BURN THE FAT!
- **Power Flow Yoga** – An intermediate class for those with some previous experience in yoga or wanting a dynamic strength session. This class is a fusion of yoga and fitness, it is faster-paced and will get you sweating, stretching, and energised.
- **Pump** – Barbell class which will sculpt and strengthen. A fast way to a strong lean physique.
- **Qigong** – A gentle, flowing exercise to balance the body and mind using calm, flowing exercises in time with breathing to help you relax and feel rejuvenated.
- **Strength and Conditioning** – A wide range of exercises, with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance.
- **Stretch & Tone** – Strengthen your core, increase your flexibility, and tone your body. An upbeat, low intensity class focused on full body movement and increasing your heart rate.
- **Yoga** – A system of positional exercise to improve all components of fitness and promote overall wellbeing.
- **You Time Otago** – evidence based exercise aimed for older adults, proven to improve mobility and reduce falls.
- **Zumba** – Ditch the workout join the party. A Latin inspired dance fitness class.