

<b>MON</b>	<b>NEW TIME</b> Jump Start <b>9.45 – 10.45</b> Lochaber Leisure Centre	Fit Plus Studio 11.00 – 12.00 Lochaber Leisure Centre	Aquacise 12.30 – 1.10 Lochaber Leisure Centre	<b>NEW TIME</b> Yoga Flow <b>1.30 – 2.30</b> Lochaber Leisure Centre	Zumba 6.00 – 6.40 Lochaber High School	Metafit 6.10 – 6.45 Lochaber High School	Indoor Cycling 7.00 – 7.40 Lochaber High School
<b>TUE</b>	<b>POP UP</b> Strength and Conditioning 6.45 – 7.30 Lochaber Leisure Centre	Fit Plus Gym 12.30 – 1.30 Lochaber Leisure Centre	Indoor Cycling 6.00 – 6.40 Lochaber High School		Yoga Mindful Movement 6.45 – 8.15 Lochaber High School	Circuits 6.50 – 7.30 Lochaber High School	
<b>WED</b>	<b>NEW TIME</b> Circuits <b>9.45 – 10.30</b> Lochaber Leisure Centre	Low Impact Aerobics 11.00 – 12.00 Lochaber Leisure Centre	You Time Otago 1.30 – 2.15 Lochaber Leisure Centre	<b>NEW TIME</b> Yoga Flow <b>5.30 – 6.30</b> Lochaber Leisure Centre	Indoor Cycling 5.50 – 6.20 Lochaber High School	<b>NEW</b> Wall Yoga 6.30 – 8.00 Lochaber High School	Pump 6.40 – 7.25 Lochaber High School
<b>THU</b>	Fit Plus Gym 12.00 – 1.00 Lochaber Leisure Centre	<b>Thursday LHS evening classes will be added in the next few weeks!</b>					
<b>FRI</b>	Strength and Conditioning 9.30 – 10.15 Lochaber Leisure Centre	<b>NEW TIME</b> Stretch & Tone <b>11.00 – 12.00</b> Lochaber Leisure Centre		Aquacise 12.30 – 1.10 Lochaber Leisure Centre	<b>Please book online:</b> <a href="https://online.highlifehighland.com">online.highlifehighland.com</a>		

## 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.
- **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.
- **Jump Start** – New to fitness or it's been a while. Join our fun class to jump start your fitness journey with strength and cardio moves, designed especially for those wanting to have fun and get fit.
- **Metafit** – Tone the muscles, boost the metabolism and BURN THE FAT!
- **Pop Up Strength and Conditioning** – Available when we have an instructor free, class dates will be advertised on Facebook.
- **Pump** – Barbell class which will sculpt and strengthen. A fast way to a strong lean physique.
- **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.
- **Wall Yoga** – Strengthen your yoga practice through mindful alignment supported by the wall, enhancing body awareness.
- **You Time Otago** – evidence based exercise aimed for older adults, proven to improve mobility and reduce falls.
- **Yoga** – A system of positional exercise to improve all components of fitness and promote overall wellbeing.
- **Zumba** – Ditch the workout join the party. A Latin inspired dance fitness class.