



YOU TIME
MAKE TIME FOR YOU

YOU TIME
MAKE TIME FOR YOU

Prices for all the activities (per session)

Location	Class	Adult	Over 60's	Budget	High Life all inclusive
Inverness Leisure	Otago/Easy line/ Senior Cycle & Senior Circuits	£6.10	£3.20	50p	Free
Hilton Community Centre	Magic Movers & Silver Surfer Circuits	£6.10	£3.20	50p	Free
Inverness Library	Historic Tours of Inverness	£6.10	£3.10	50p	Free

To book on to an activity, please contact the relevant facility by either phoning, emailing, or popping into your local High Life branch to speak to a member of staff.

To join the High Life membership as an all inclusive member, please visit :

www.highlifehighland.com/join-high-life

Or join by visiting your local High Life centre or library

INVERNESS YOU TIME PROGRAMME

August—October 2018

Do you want to **improve your health, keep your mind active AND have a good time?**

If you do, then why not drop in to one of our facilities for some **YOU TIME.**

Otago, Senior Spinning, Senior Circuits, Historic walks, and other activities are all on offer.

YOU TIME is a programme of physical and social activities and events designed with you in mind to keep you fit, flexible and fabulous.

Try something new , meet new people and have lots of fun.

For further information about High Life memberships, ask at your High Life Leisure Centre or Highland Library.



YOUTIME

MAKE TIME FOR YOU

YOUTIME

MAKE TIME FOR YOU

A Brief Description

Activity	Dates	Time	Venue
Senior Cycle	Every Monday	08.50-09.25am	Inverness Leisure
Otago	Every Tuesday	11.15-12.15am	James Cameron Community Centre
Otago	Every Wednesday	11.15am-12.30pm	Inverness Leisure
Senior Circuits	Every Wednesday	12.45-13.15pm	Inverness Leisure
Easy Line	Every Thursday	12.45-13.15pm	Inverness Leisure
Light Hearted Magic Movers	Every Thursday	9.30-10.00am	Hilton Community Centre
Magic Movers	Every Thursday	10.15-11.15am	Hilton Community centre

Otago	An exercise class aimed to prevent falls, injuries and to improve co-ordination amongst older people. You will work on increasing strength, balance and flexibility while building confidence at the same time.
Easy Line	If you are searching for a circuit class with a friendly, informal atmosphere, Easy Line is for you. Each piece of equipment uses hydraulic resistance pistons to provide extra support whilst exercising. Combining cardio and strength training exercises, this class is ideal for beginners and for those rehabilitating from injury.
Senior Cycle	The main focus of this indoor cycling class might be on fun and camaraderie but you will also benefit from the increases to your cardio vascular fitness and muscle tone.
Senior Circuits	A varied and fun class which will combine cardio, strength and balance exercises to keep your bones and muscles strong with the aim of making daily activities easier.
Silver Surfer Circuits	Basic, gentle exercises with a fun atmosphere- ideal for beginners or those recovering from injury or illness
Magic Movers	Open to more mature ladies and gentlemen or those looking to get back into fitness, this circuits class is an intermediate exercise class with fun and motivation promised! Light Heated is an easier version of this class.
Historic Tours of Inverness	A guided walk exploring the history and architecture of Inverness

For more information or to book, please contact

Inverness Leisure : 01463 667500 E: inverness.leisure@highlifehighland.com

Hilton Community Centre: T: 01463 712844 E: hiltoncc@highlifehighland.com

Inverness Library: T: 01463 236463, E: Inverness.library@highlifehighland.com