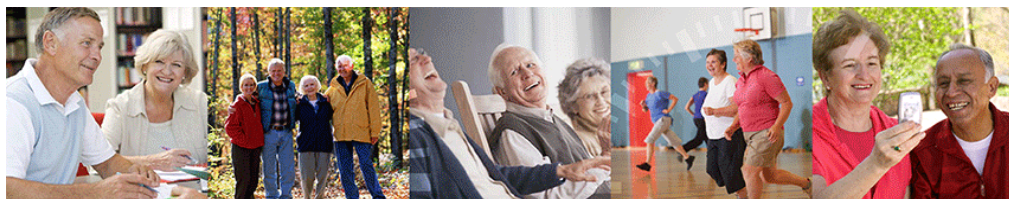




**YOU**TIME  
MAKE TIME FOR YOU

Do you want to **improve your health, keep your mind active AND have a good time?** drop in to Aviemore Community Centre for some **YOU TIME**



**YOU**TIME  
MAKE TIME FOR YOU

**Library, Leisure and Archive services will bring you a seasonal programme of physical and social activities designed with you in mind**

**YOU TIME** is free for High Life all inclusive members, £ 6.40/£3.20 pay as you go, £0.50 budget

**£3.20 for all Over 60's \***

To join us complete a booking application and return to

**YOU TIME, ACC, Muirton, Aviemore, PH22 1SF**

[highlifehighland.com/youtime](http://highlifehighland.com/youtime)



# YOU TIME

MAKE TIME FOR YOU

## Weekly Programme: 14th Oct - 20th Dec

Day	Class	Start Time	Duration
Monday	Aquacise *Macdonalds Highland Resort	10.00am	45 mins
Monday	Otago	1:45pm	45 mins
Tuesday	Computer Buddies (Re-Start 29th Oct )	11.00am	60mins
Thursday	Aquacise *Macdonalds Highland Resort	10.00am	45mins
Friday	Otago	10:45am	45 mins

**Aquacise:** A low intensity and low resistance exercise class suitable for all fitness levels, concentrating on muscle tone & fitness.

**Computer Buddies:** Need a bit of support logging on, searching the internet and using email? We'll organise a 'buddy' who can assist.

**Otago:** Evidence based strength, mobility and balance programme proven to reduce falls and later life injuries.

**Aquacise** is not free for all inclusive members and will cost £6.40 for Pay as you go and £3.20 for concessions and 50p Budget.

COMPLIMENTARY REFRESHMENTS IN THE LIBRARY FOR ACTIVITIES HELD IN THE COMMUNITY CENTRE