



YOU TIME
MAKE TIME FOR YOU

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Prices for all the activities (per session)

Class	Adult	Over 60's	Budget	High Life all
Library activities	£6.40	£3.20	50p	Free
Aqua Aerobics	£6.40	£3.20	50p	Free
Otago / Pilates	£6.40	£3.20	50p	Free

INVERGORDON YOU TIME PROGRAMME

October—December

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 Invergordon Leisure Centre or Invergordon Library for some **YOU TIME**.

Otago, Pilates, Aqua Aerobics, Active + & Armchair Yoga are 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.

To book or for more information please contact:

Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB. Tel: 01349 781561

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

For Leisure & Library activities, please contact Invergordon Leisure Centre to book places.

For more information call or visit:

Invergordon Leisure Centre, 01349 781561
Invergordon Library, 01349 852698



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ORGANISED BY INVERGORDON LEISURE CENTRE

Activity	Dates	Time	Venue
Armchair Yoga	1st,8th,15th Nov. 6th,13th,20th Dec	10am—11am	Invergordon Library
Otago	Tuesdays	11.30-12.30pm	Invergordon Leisure Centre
Aqua Aerobics	Tuesdays Thursdays	9:15-10am 10-11am	Invergordon Leisure Centre
Active +	Thursdays	10-11am	Invergordon Leisure Centre
Pilates	Thursdays	11.30-12.30pm	Invergordon Leisure Centre

OTAGO: is an exercise class aimed to prevent falls, injuries and improve co-ordination amongst older people. Working on increasing strength, balance and flexibility. This class is also suitable for people with medical conditions which require gentle exercise and rehabilitation, while building up confidence at the same time. And why not stay for a natter and a cup coffee at the end of the class?

AQUA AEROBICS: A fun and enjoyable low impact water based exercise class for all abilities.

PILATES: Is a mind and body exercise technique that can help improve posture, balance and joint mobility & flexibility. It aims to strengthen the body and improve general fitness & well-being. Suitable for all ages and levels of fitness

ORGANISED BY INVERGORDON LIBRARY

ARMCHAIR YOGA: Come along to the eight sessions of yoga for some relaxing exercise, good company and a cuppa.