

Black Isle Leisure Centre – Chatterbox 3 – May 2011

Three – When I started writing this article the title ‘Three’ made perfect sense so bare with me while I try and remember why that was! There are three sections, there are three key words from some of our Instructors and this just happens to be the third article I have done.

Many of you will have seen the advert regarding product placement in television programmes so here is my version just for you,

P Highlife – Value, Choice and Ease P

Value – I think we covered that the last time. Choice – 27 venues of which 19 have swimming facilities throughout the Highlands with numerous activity choices and Ease – One card, one swipe and you’re in!

Part 1 – What’s been going on.

A full schedule of classes has been running over the last few months but there have also been some new additions. A ‘Salsa’ class started in April, a Pilates class in May and the incredibly popular Highlife covered ‘Zumba’ also started in May. These are great additions to our schedule but we continue to look at our programme, try to find ways of freshening it up and making more things available at the Centre. This may mean dropping some classes or just re-jigging our schedule. We want to give you choices in activities. We want to give you choices in timings. Again any suggestions please just let us know.

April 2011 saw the return of our Easter Playscheme. This proved very popular once more and we found ourselves oversubscribed on most of the activities within days of opening up for registration. I hope that all who attended enjoyed their time with us and are ready for the Summer Playscheme in July – Don’t tell May but as you read this, it will probably only be 3 or 4 weeks until it starts! As well as saying a big ‘Thank you’ to all who attended, I would like to express my thanks to all the staff involved – May who takes the primary lead, Loraine who tirelessly does much of the necessary paper work associated with this type of activity and to all our Leisure Attendants without whom we just couldn’t provide such a programme.

The Survey - The Results. All the results, with some pretty pictures, were posted in the front foyer of the Centre. I hope you managed to see them and our response to some of the points raised by yourselves. You have given us a very positive response to many of the things we do, it is up to us to ensure that at the very least we maintain this standard.

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Part 2 – Training and Classes

I decided to ask some of our Instructors to try and sum up their activity in just three words. Now let me tell you, it is difficult for some of them to just say three words but here we go,

Sarah - Challenging, Exhilarating, Rewarding.

Kimberley – Fizzle Your Dizzle.

Angela – Strengthen, Rejuvenation, Unwind.

And our very own Big Mac – Energetic, Encouraging, Rhythmic

What has made me smile is that you could inter-change these words or phrase into each of the other activities. I believe that this is what you get from our Instructors - Classes that can stand-alone or work as a complement to one another. So if you have tried one but not some of the others why not give them a go, you might be pleasantly surprised. Remember these are all covered by Highlife.

Now back to this 'Three'. Whether an experienced athlete or a complete novice remember the acronym F.I.T. – Frequency (how often), Intensity (how hard) and Time (how much time do you have). Training or getting fit needs a balance of all of these criteria and I believe that at the Centre we provide a choice of activities designed to attack whatever your goal may be. Triathlon, Marathon or Cycling Sportive to 5km run or just getting started, the words are just a bit of fun but the inspiration comes from the Instructors above who will help you whatever your goal may be....

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Part 3 – The News

We have been fortunate over the last few months to have had most of the public areas painted and I hope you feel, as I do, that this has freshened the whole building up. It is now up to us at the Centre to maintain the building and its equipment at a high standard of cleanliness and operational efficiency. I hope by doing so we will address some of the points raised in the recent survey.

I am also hoping that by the time you read this our new gym equipment will have arrived. There was much discussion about what equipment we should get and in what numbers. We have tried to strike a balance between our selection of Cardio-Vascular and the Resistance equipment. We have also taken the chance to move the equipment around. We would be delighted with any feedback once it is up and running.

There was a very successful animation workshop held in April and we are actively trying to organize a block of classes to further develop what is available at the Centre.

Well, that's it for this month. If we can help in any way with your 'goal'... and it doesn't have to be some grandiose race or run but purely to improve both your health and fitness please tell our Instructors and I'm sure we would be able to help you on that journey. For now take care and stay fit.