

BLACK ISLE LEISURE CENTRE GROUP FITNESS CLASSES



DAY	ACTIVITY	TIME	INSTRUCTOR	CLASS INFORMATION
MONDAY	Body Pump	6.00 - 6.45pm	Sarah	Barbell class that shapes, tones & strengthens the body
	Spinning	7.00 - 7.45pm	Charles	Indoor cycling, high calorie burner
	Body Attack	7.00 - 8.00pm	Sarah	Cardiovascular interval training, rapid calorie burner
	Body Balance	8.15 - 9.15pm	Angela	Combination of Yoga, Tai Chi and Pilates
TUESDAY	Body Vive	7.00 - 8.00pm	Kimberley	Low-impact, whole body group fitness workout
	Spinning	8.00 - 8.45pm	Laura	Indoor cycling, high calorie burner
	Body Pump	8.15 - 9.15pm	Fiona	Barbell class that shapes, tones & strengthens the body
WEDNESDAY	Zumba Gold	10.00 - 11.00am	Fiona	Gentle mobility exercise *Non highlife activity in Town Hall
	Spinning	7.00 - 7.45pm	Angela	Indoor cycling, high calorie burner
	Body Attack	7.00 - 8.00pm	Sarah	Cardiovascular interval training, rapid calorie burner
	Body Balance	8.15 - 9.15pm	Angela	Combination of Yoga, Tai Chi and Pilates
THURSDAY	Body Pump	10.00 - 11.00am	Sarah	Barbell class that shapes, tones & strengthens the body
	Spinning	6.30 - 7.15pm	Charles/Laura	Indoor cycling, high calorie burner
	Zumba	8.00 - 9.00pm	Fiona	Latin inspired, calorie burning dance fitness
FRIDAY	Body Vive	10.00 - 11.00am	Angela	Low impact, whole body group fitness workout
	Body Balance	11.15am - 12.15pm	Angela	Combination of Yoga, Tai Chi and Pilates
SUNDAY	Spinning	10.15 - 11.00am	Laura/Charles/Stephen	Indoor cycling, high calorie burner
	Circuit Training	11.15 - 12.00 noon	Laura/Charles	An excellent way to simultaneously improve mobility, strength & stamina

All above activities are included in Highlife All Inclusive membership and must be pre booked at reception.

+ Instructors subject to change +

Black Isle Leisure Centre, Deans Road, Fortrose, IV10 8TJ, Tel No: 01381 621252

*** PLEASE CHECK WITH RECEPTION FOR CHANGES DURING SCHOOL HOLIDAYS ***

BLACK ISLE LEISURE CENTRE

GROUP FITNESS COACHES PORT FOLIO



ANGELA TEASE

Body Balance Instructor, Spinning Instructor, RPM Instructor, Gym Level 2 Instructor. Angela has 6 years experience in the Black Isle Leisure centre working as a coach and supervisor.

SARAH MCFEE

Gym Level 2 Instructor, Body Attack Instructor, Body Pump Instructor. Sarah changed her work in retail for work in leisure and has been instructing our high energy Body Attack for just over 2 years. If you want to see the calories drop off you need to visit one of these classes.

LAURA MCCALLUM

Spinning Instructor, various coaching certificates including trampolining and pre school gymnastics, HND sports coaching with sports development, first aid trainer/assessor. Laura has over 10 years experience in leisure from starting as a leisure assistant in Dingwall Leisure Centre then moving to supervisor then changing location to the Black Isle Leisure Centre.

STEPHEN MACNAMARA

Spinning Instructor. Stephen is one of the original spinning instructors still at the leisure centre. He takes time out of his busy working life to instruct classes for us.

CHARLES BUCHAN

Gym Level 2 Instructor, Spinning Instructor, Concept 2 Instructor. Charles worked in the police force for 28 years and then joined us as a coach and relief supervisor. If you need to get motivated you go and see him as he will give you no option!!

KIMBERLEY SPENCE

Gym Level 2 Instructor, Body Balance Instructor, Body Vive Instructor, RPM Instructor. Kimberley has over 10 years of experience in instructing classes and has recently re joined our team.

FIONA MACKAY

Body Attack Instructor, Body Pump Instructor, Spinning Instructor & Zumba Instructor. Fiona is our newest recruit to the Leisure Centre Team. She will be leading our Zumba and Body Pump classes but will also be a relief coach for other activities - e.g. Circuits, Spinning & Body Attack.