

Àrainn Fhinn



The Fingal Centre

At Portree High School

High Life

## EXERCISE CLASSES

ALL SESSIONS MUST BE PRE BOOKED AT RECEPTION

01478 614819

	MON	TUES	WED	THURS	FRI	SAT
SPIN	-	6pm	5.15pm*	6pm	-	9.15am*
ZUMBA	-	6pm	-	-	-	-
AQUACISE	1.15pm	6.30pm	6pm	-	-	-
BOXERCISE	6pm	-	-	-	-	-
YOGA	-	-	6pm	-	-	-
JOGGING	6pm	-	-	-	-	-
STEP	7.15pm	-	-	-	-	-
CIRCUITS	-	-	-	7pm	-	-

ALL CLASSES are 1 hr duration except \* which are 45min sessions and Yoga which is 1.5 hrs. Bookings can be made no earlier than 7 days in advance.

ZUMBA - Dance/Air sole footwear recommended.

PRICES: Adult £4.45/Half Standard £2.25/Budget 50p

Half Standard - Customers under 18 years, over 60 years, people in full time education, customers with a registered disability and members of Highland Institute of Sport.

Budget - Customers on disability living allowance, attendance allowance and also those on income support/income based jobseekers allowance and for their children. Evidence required on application. 50p admission

High Life All Inclusive - All inclusive monthly subscription for swim sessions, swim lessons, group exercise classes, badminton, climbing wall, tennis & fitness suite. (See leaflet for full details)

### HIGH LIFE

Remember that you get all **13** of these classes included in a High Life

All Inclusive deal.

Starts from only **£16.80** per month!