

MONDAY

Alness Walking Group	10.00am
BodyPump (crèche available)	10.00-11.00am
Kindergym 2-3years	11.45-12.30pm
Kindergym 3-5years	12.30.1.15pm
Little Kickers	3.20- 4.00pm
Gymnastics (Junior)	3.30-4.15pm
Gymnastics (Junior)	4.15-5.00pm
Gymnastics (Intermediate)	5.00-5.45pm
Gymnastics (Elite)	4.00-7.00pm
Spin Cycling	6.30-7.30pm
Bums, Legs & Tums	7.00-8.00pm
Men's Circuit Training	8.00-9.00pm

TUESDAY

Aero-Tone (crèche)	10.00-11.00am
Spin (Term Time only)	10.00-10.45am
Body Balance (Term Time only)	1.00-2.00pm
P1-P4 Football	3.30-4.30pm
Lil Dragons	3.45-4.30pm
Gymnastics (Development)	4.00-5.30pm
Slimming world	6.00pm
Judo	6.45-9.45pm
BodyPump	6.00-7.00pm
Body Combat	7.15-8.15pm

WEDNESDAY

Body Combat (Crèche)	10.00-11.00am
Spin (Term Time only)	1.00-1.45pm
Anne Noble Highland Dancing	3.30pm-6.30pm
Zumbatomic (Juniors)	4.30 - 5.30pm
Spin (Spin Wae Lynn)	6.45-7.45pm
Bums, Legs & Tums	7.00-8.00pm
Body Balance	8.00-9.00pm

THURSDAY

Zumba with Dance in Action From	9.30am-10.30am
Body Balance (crèche)	10.30-11.30am
Over 50s Walking Club	9.30-11.00am
BodyPump (Creche)	1.00-2.00pm
Indoor Football (P5 - 7)	3.30-4.30pm
Gymnastics (Junior)	3.30pm-4.15pm
Gymnastics (Intermediate)	4.15pm-5.00pm
BodyPump	6.00-7.00pm
Body Balance	7.00-8.00pm
Body Combat	7.15-8.15pm

FRIDAY

Easy Start Aerobics (Creche)	10.00-11.00am
Body Combat (Term Time only)	10.00-11.00am
Gymnastics (Elite)	4.00 - 5.30pm
Spin Cycling	6.30-7.30pm
Body Combat (Term Time only)	7.00pm-8.00pm

SATURDAY

Gymnastics (Elite)	9.45m-3.30pm
Body Pump	10.00-11.00am
Gymnastics (Petite Elite)	11.00am-12.00pm
Boys Only Gymnastics	11.30-12.30pm

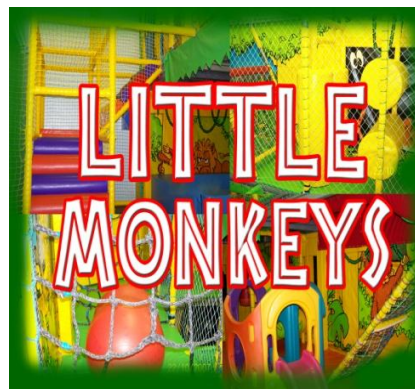
SUNDAY

Spin Cycling	10.00-11.00am
Body Balance	11.30-12.30



The **HOT SPOT** is an Interactive Play Facility suitable for almost anybody and costs £3 per visit. The room consists of a **Dance Machine** with 8 wireless dance mats and projected image on a screen of multiple game levels and tracks to try.

Interactive Wall is similar to the floor only the unit is fixed on a wall for hand to wall or strike with ball or bean bags etc. The wall panel can be used for 1 – 4 players and can be used for team games great for party fun. The limit in this room is 12 people maximum at any one time.



All Young Scot Activities - £1

Little Monkeys Soft Play

The soft play centre is available for use at any time that the centre is open at £2.50 for under 2's and £3.00 for 2 years and over.

This gives them the freedom to monkey around for an hour and burn off some of that surplus energy.

Parental/Guardian supervision is required for this facility which is ideal from toddlers to age 10. It is worth phoning first to check if there are any birthday parties on.

Children's Birthday Party Options

Please phone or check the website for details

Creche Available

Monday – Friday 9.45-11.45am
Thursday 12.50 – 2.00pm
to coincide with fitness classes and fitness suite use

TIGERZ

After School Club
Mon – Fri 2.30-6.00pm + School Holidays
(see in centre or web site for details)

OPENING HOURS

Monday- Friday 08:00-22:00
Saturday & Sunday 09:30-16:30
Phone 01349 882287



KIDS PARTIES
CLUBS
GYMNASTICS

FITNESS SUITE
MEETING FACILITIES
FITNESS CLASSES
SOFT PLAY CENTRE



JUDO KIDS KEMPO
DANCING
CHILDCARE
KIDS ACTIVITIES

Your Leisure Centre
At The Heart Of The
Wider Community

All Your Health & Fitness, Sports, Childcare, Clubs, Groups, Meetings & Conference Facilities & Library Needs Under One Roof

www.averonleisurecentre.co.uk
 Your Passport To Leisure Throughout Highland

It makes sense to live the *High Life*



www.averonleisurecentre.co.uk

WELCOME
 To



WEEKLY ACTIVITY
PROGRAMME

October 2011

