



Workout Timetable

January – March 2010

The Pavilions In The Park
Broadbridge Heath Leisure Centre
Steyning Leisure Centre
Billingshurst Leisure Centre

The Pavillions In The Park

Workout Class Programme

MONDAY

9.30 – 10.25am	Body Pump	美
9.30 – 10.25am	Stability Ball	美 B
10.35 – 11.30am	Pilates	美
6.05 – 7.00pm	Body Combat	
7.05 – 8.00pm	Aerobics	
8.00 – 9.00pm	Body Pump	
8.05 – 9.00pm	Body Balance	B

TUESDAY

9.30 – 10.25am	Legs, Bums & Tums	美
10.30 – 11.30am	Body Pump	美
5.50 – 6.45pm	Body Pump	
6.15 – 6.30pm	Body Balance Technique	
6.30 – 7.30pm	Body Balance	B
7.00 – 7.55pm	Super Circuits	
7.35 – 8.30pm	Pilates	B

WEDNESDAY

9.15 – 9.30am	Body Pump Technique	美
9.30 – 10.25am	Body Pump	美
10.35 – 11.30am	Back to Basic Aerobics	美
12.30 – 1.15pm	Yoga	美
6.00 – 6.55pm	Dance Style Aerobics*	
7.00 – 7.55pm	Body Combat	
7.45 – 8.45pm	Body Balance	B

THURSDAY

9.30 – 10.30am	Aerobics	美
10.30 – 11.25am	Yoga	美 B
12.15 – 1.00pm	Body Pump	美
1.00 – 1.30pm	Ab Fit	美
6.00 – 6.55pm	Legs Bums & Tums	
7.00 – 8.00pm	Body Balance	B
7.00 – 8.00pm	Body Combat	
8.05 – 9.05pm	Pilates	B
8.05 – 9.00pm	Body Pump	

FRIDAY

9.30 – 10.25am	Body Step	美
10.30 – 11.30am	Stability Ball	美 B
10.35 – 11.30am	Body Balance	美
4.00 – 4.45pm	Teen Yoga	B
5.45 – 6.00pm	Body Balance Technique	
6.00 – 6.55pm	Body Balance	B



SATURDAY

9.00 – 9.55am	Body Pump	
9.00 – 9.55am	Pilates	B
10.00 – 10.55am	Pilates	B
10.00 – 10.55am	Aerobics	
11.00 – 11.25am	Ab Fit	
11.30 – 12.30pm	Body Balance	

SUNDAY

9.00 – 10.00am	Yoga	B
9.15 – 9.30am	Body Pump Technique	
9.30 – 10.25am	Body Pump	
10.00 – 11.00am	Yoga	B
10.30 – 11.25am	Legs Bums & Tums	

Location key:

-  Activity Hall
-  Dance Studio

Please note:

- All beginners for Body Balance and Body Pump must attend a technique session prior to attending any classes
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced
- All classes are subject to availability, please check in advance to avoid disappointment
- Payment for classes is non refundable (non transferable within 48 hours)
Creche available for children aged 8 weeks – 4 years. Please book in advance
- B Booking essential for classes indicated
- Teen classes are for those 12-16 years old. All other classes are for 16 years +

Bookings & Cancellations Policy

Late cancellations or non attendance is unfair on customers who wish to attend a class but can not do so if it is fully booked. Therefore a cancellation fee of £5.25 will be charged for those customers who fail to attend/cancel before the specified time frame – for more detailed information please see our workout cancellation policy leaflet.

POOL WORKOUT SESSIONS

MONDAY

12.30 – 1.00pm Swim 4 Health

TUESDAY

8.00 – 9.00am 50+ Aqua Aerobics

WEDNESDAY

9.30 – 10.30am Aqua Natal

10.30 – 11.15am Aqua Fit*

7.45 – 8.30pm Aqua Fit



THURSDAY

7.00 – 8.00am Swim 7

8.00 – 8.45pm Deep Aqua Fit

B

FRIDAY

1.30 – 2.00pm Swim 4 Health

SATURDAY

8.45am – 9.30am Aqua Fit

SUNDAY

8.45 – 9.30am Deep Aqua Fit

* This class will run at the earlier time of 9.45am - 10.30am during school holidays

STUDIO CYCLING

MONDAY

9.30 – 10.15am B

5.15 – 6.00pm* B

6.15 – 7.00pm* B



TUESDAY

12.15 – 1.00pm B

6.15 – 7.00pm B

7.15 – 8.00pm B



WEDNESDAY

7.00 – 7.45am B

6.00 – 6.45pm B

7.45 – 8.30pm B

THURSDAY

9.30 – 10.15am B

6.45 – 7.30pm B



FRIDAY

7.00 – 7.45am B

9.30 – 10.15am B

6.00 – 7.00pm* B



SATURDAY

10.30 – 11.15am B

SUNDAY

10.30 – 11.30am – Cycle and Abs B

BACK TO BASICS AEROBICS

This class is designed for all levels of fitness with easy to follow choreography and hi/low impact options. Perfect for those new or returning to exercise.



BODY STEP

Body step is an energizing step workout that has simple movements on, over and around the step and is designed to burn fat. This class also has body conditioning exercises that shape and tone your body.



AQUA FIT

This low impact water based class is designed to burn calories, increase fitness and is kind on your joints.



YOGA COURSE

Mondays 4th January – 29th March
6.30pm – 7.45pm
£78.00

This course must be booked in advance at reception. No session Monday 15th February 2010.



Broadbridge Heath Leisure Centre Workout Timetable

MONDAY

9.30am – 10.25am	Aerobics	美 美
10.30am – 11.30am	Body Pump	
5.00pm – 6.00pm	Teen Street Dance	
6.10pm – 7.05pm	Legs Bums & Tums	
7.15pm – 8.10pm	Boxercise	
7.45pm – 8.40pm	Pilates	
8.30pm – 9.30pm	Circuits	
8.30pm – 9.30pm	Adult Trampolining	

TUESDAY

9.30am – 10.25am	Legs Bums & Tums	美 美
10.30am – 11.30am	Pilates	
6.15pm – 7.10pm	Choreography Step*	
7.10pm – 8.10pm	Body Balance	
7.15pm – 8.10pm	Dance Aerobics	
8.15pm – 9.10pm	Legs Bums & Tums	

WEDNESDAY

9.30am – 10.25am	Step/Aerobics	美 美
10.30am – 11.25am	Body Balance	
6.15pm – 7.10pm	Body Pump	
7.10pm – 8.10pm	Body Jam	
8.15pm – 9.10pm	Body Attack	
8.30pm – 9.30pm	Adult Trampolining	

THURSDAY

6.15pm – 7.10pm	Body Pump
7.15pm – 8.10pm	Aerobics
8.15pm – 9.10pm	Body Balance

FRIDAY

9.15am – 10.00am	Latin Flava	美 美
10.00am – 11.00am	Body Pump	

SATURDAY

9.15am – 9.30am	Body Pump Technique
9.30am – 10.30am	Body Pump

SUNDAY

9.30am – 10.30am	Body Attack
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Location Key:

- HDC Suite
- Committee Room
- Tube

Please note:

- All beginners for Body Pump must attend a technique session prior to attending any classes
 - If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
 - No admittance to any class will be allowed after it has commenced
 - All classes are subject to availability, please check in advance to avoid disappointment
 - Payment for classes is non refundable (non transferable within 48 hours)
 - Teen Classes are for 14 – 16 year olds only
 - 美 Crèche available for children aged 8 weeks – 4 years. Please book in advance
- B Booking essential for classes indicated
* These classes are not suitable for beginners

STUDIO CYCLING

MONDAY

9.30 – 10.15am
6.45 – 7.30pm

美 B
B

TUESDAY

6.20 – 7.05pm

B

WEDNESDAY

9.30 – 10.15am
6.45 – 7.30pm

美 B
B

THURSDAY

6.45 – 7.45pm

B

FRIDAY

9.15 – 10.00am

美 B

SATURDAY

9.15 – 10.15am

B

SUNDAY

5.30 – 6.15pm

B

(1st October 2009 – 28th February 2010 only)



Core Fit

Using the popular stability balls, this class will challenge and improve your core stability and strength with a variety of exercises.

Please contact reception for more details.



Ski & Board Fit

Coming Soon this class focuses on improving strength and stamina to get you ready for the slopes!

To register your interest please speak to a member of the fitness team.



Steyning Leisure Centre

Workout Timetable

MONDAY

9.30am – 10.30am	Body Pump	美
10.30am – 11.30am	Body Balance	美
3.30pm – 4.45pm	14+ Junior Gym	
6.00pm – 7.00pm	Body Step	
7.00pm – 8.00pm	Body Pump	
8.00pm – 9.30pm	Yoga	

TUESDAY

9.25am – 10.25am	Body Step	美
9.30am – 10.30am	Gym Fit	美
10.30am – 11.30am	Pilates	美
7.00pm – 8.00pm	Circuits	

WEDNESDAY

10.45am – 11.45am	Gym Fit	
11.30am – 12.30pm	50+ Movement to Music/Tai Chi	
3.30pm – 4.45pm	14+ Junior Gym	
6.00pm – 7.00pm	Body Pump	
7.00pm – 8.00pm	Pilates	
8.00pm – 9.00pm	Boxercise	

THURSDAY

9.15am – 10.15am	Body Step	美
9.30am – 10.30am	Gym Fit	美
7.00pm – 8.00pm	Legs, Bums & Tums	
8.00pm – 9.00pm	Body Balance	

FRIDAY

9.30am – 10.30am	Body Pump	美
10.35am – 11.30am	Body Balance	美

SATURDAY

9.15am – 9.30am	Body Pump Technique Class
9.30am – 10.30am	Body Pump
10.30am – 11.30am	Body Balance

SUNDAY

11.00am – 12noon Teen Fit 14+
Get fit with various forms of exciting exercise

Location key:

- Studio
- Fitness Suite

Please note:

- All beginners for Body Balance and Body Pump must attend a technique session prior to attending any classes.
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced.
- All classes are subject to availability, please check in advance to avoid disappointment.
- Payment for classes is non refundable (non transferable within 48 hours).
- ✳ Crèche available for children aged 8 weeks – 4 years. Please book in advance.

POOL WORKOUT SESSIONS

MONDAY

9.30am – 10.30am Aqua Fit 美

TUESDAY

7.00pm – 8.00pm Aqua Fit

FRIDAY

10.30am – 11.30am Aqua Fit 美

STUDIO CYCLING

TUESDAY

6.05pm – 6.50pm Studio Cycling

WEDNESDAY

10.00am – 11.00am Studio Cycling

THURSDAY

6.05pm – 6.50pm Studio Cycling



Billingshurst Leisure Centre

Workout Timetable

MONDAY

9.30am – 10.30am	Easy Aqua
6.00pm – 6.15pm	Body Pump Technique clinic
6.15pm – 7.10pm	Body Pump
6.30pm – 7.30pm	Run Fit
7.00pm – 8.00pm	Aqua Fit
7.15pm – 8.10pm	Aerobics
8.15pm – 9.10pm	Yoga

TUESDAY

7.00pm – 9.00pm	L.A.Y (Look After Yourself)
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WEDNESDAY

6.30pm – 7.25pm	Body Blitz
7.30pm – 8.25pm	Yoga
8.30pm – 9.25pm	Circuit Training

THURSDAY

6.15pm – 7.10pm	Body Pump
7.30pm – 8.25pm	Pilates
8.00pm – 9.00pm	Aqua Fit

FRIDAY

9.30am – 10.30am	Aqua Fit
7.15pm – 8.10pm	Body Pump

SATURDAY

9.00am - 9.55am	Step/Step Circuits
10.00am – 10.55am	Yoga

SUNDAY

9.00am – 9.55am	Body Combat
10.00am – 10.55am	Pilates

Body Pump

Our new Friday evening class is a great way to start your weekend. Burn some calories with this resistance training programme that is suitable for men and women of all abilities.

Fridays 7.15pm – 8.10pm

Feature Class

Class Descriptions

Aerobics

A fat burning class with inspiring routines.

Aqua Fit

Water based aerobics class incorporating conditioning and aerobic exercises.

Easy Aqua

A gentle session perfect for those wanting a light workout which can also be suitable for both pre/post natal mothers.

Body Blitz

Combining aerobic and conditioning exercises this class will improve fitness and strength.

Body Combat

An explosive mix of techniques from the martial arts world set to motivational music.

Body Pump

Get in shape fast with this world famous resistance training programme, suitable for men and women of all abilities.

Circuit Training

An all round conditioning class to help improve cardio fitness as well as improving strength and tone.

L.A.Y

A social session that includes an hour of keep fit followed by an hour of sports. Try Badminton, volleyball plus many more.

Pilates

Focussing on core strength, stability, flexibility and stamina to improve posture.

Run Fit

Whether you are training for a local race or the London Marathon run fit can help. Sessions include technique, speed & endurance with a focus on achieving your goals.

Step/Step Circuits

An easy to follow step class combining basic step moves with a little flair.

Yoga

A subtle blend of yoga postures and breathing patterns that help to develop flexibility and strength.



The Pavilions In The Park
Hurst Road
Horsham
West Sussex
RH12 2DF
Tel: 01403 219200
Type Talk: 18001 01403 219200
Fax: 01403 219203

enquiries@thepavilionsinthepark.co.uk
www.thepavilionsinthepark.co.uk

Prices

	kinetika	Pay As You Go	LAC**
All classes*	£0.00	£5.25	£3.35
* with the exception of			
Pilates	£0.00	£5.55	£3.35
Studio Cycling	£0.00	£5.85	£3.35
Core Stability	£0.00	£5.55	£3.35
Abfit	£0.00	£2.75	
Aquafit (45mins)	£0.00	£4.00	£3.35



Broadbridge Heath Leisure Centre
Wickhurst Lane
Horsham
West Sussex
RH12 3YS
Tel: 01403 211311
Type Talk: 18001 01403 211311
Fax: 01403 273970

enquiries@broadbridgeheathleisurecentre.co.uk
www.broadbridgeheathleisurecentre.co.uk

Prices

	kinetika	Pay As You Go	LAC**
All classes*	£0.00	£5.00	£3.35
* With the exception of:			
Pilates	£0.00	£5.55	£3.35
Studio cycling (45min)	£0.00	£5.85	£3.35
Studio cycling (1 hr)	£0.00	£6.35	£3.35



Steyning Leisure Centre
Horsham Road
Steyning
West Sussex
BN44 3AA
Tel: 01903 879666
TypeTalk: 18001 01403 879666
Fax: 01903 879469

Prices

	kinetika	Pay As You Go	LAC**
All classes*	£0.00	£5.25	£3.35
* With the exception of			
Aqua Fit	£0.00	£5.35	£3.35
Yoga/Pilates	£0.00	£5.90	£3.35
14+ Junior Gym Session	£0.00	£2.60	
Studio Cycling (1 hr)	£0.00	£5.85	£3.35

enquiries@steyningleisurecentre.co.uk
www.steyningleisurecentre.co.uk



Billingshurst Leisure Centre
Station Road
Billingshurst
West Sussex
RH14 9RY
Tel: 01403 787500
Type Talk: 1800101403 787500

www.billingshurstleisurecentre.co.uk
enquiries@billingshurstleisurecentre.co.uk

Prices

	kinetika	Pay As You Go	LAC**
All Classes*	£0.00	£5.25	£3.35
Pilates/Yoga	£0.00	£5.55	£3.35
Aquafit	£0.00	£5.35	£3.35

Timetable available in large format. Contact reception to request your copy.

***LAC- Horsham District Council Leisure Access Card. Contact on 01403 215263 for further information
Please note Our timetables can change at anytime without prior notice to our customers.