



Workout Timetable

1st January - 31st March 2012

Parish Wharf Leisure Centre

Strode Leisure Centre

Strode Leisure Centre

Monday

0930-1030	BODY ATTACK	3,4	Jo	✳
1035-1205	Yoga	1,2,3,4	Paula	
1800-1900	BODY ATTACK	3,4	Gemma	
1900-2000	Low Impact Aerobics	1,2,3	Clare	
2000-2100	Aqua Aerobics	1,2	Tara	

Tuesday

0930-1030	Body Blast	2,3	Tara	✳
1130-1300	Pilates	1,2,3,4	Carol	✳
1800-1900	BODY COMBAT	3,4	Amy	
1900-2000	Circuits	2,3,4	Clare	
1900-2030	Yoga	1,2,3,4	Paula	
2030-2130	Zumba	1,2,3	Candy	

Wednesday

0915-1015	Pilates	1,2,3,4	Justine	✳
0915-1015	BODY ATTACK	3,4	Jo	✳
1015-1115	BODY BALANCE	1,2,3	Jo	✳
1015-1115	Aqua Aerobics	1,2	Tara	✳
1800-1900	Pilates	1,2,3,4	Carol	
1900-2000	Zumba	1,2,3	Candy	
1900-2000	Legs, Bums & Tums	3	Tara	

Thursday

0930 - 1030	Body Blast	1234	Pauline	
1800-1900	Step	3,4	Tara	
1900-2000	BODY COMBAT	3,4	Amy	✳
1900-2030	Yoga	1,2	Paula	

Friday

0930-1030	Body Attack	234	JO	
1100-1200	Aqua Aerobics	1,2	Clare	
1700-1800	Pilates	1,2,3,4	Justine	✳
1800-1900	Circuits	2,3,4	Clare	

Saturday

1030-1130	Zumba	1,2,3	Antonia	
-----------	-------	-------	---------	--



Please note:

- Classes are open to everyone.
- Your instructor will provide exercise option.
- If you are attending a class for the first time, we advise you to arrive 5 min early to introduce yourself to the instructor.
- Individuals may be required to attend a technique session prior to inclusion in a body training system class.

- If you are new to exercise or have any doubts about your suitability you are advised to take advice from your GP.
- All class times include set up/take down time.

Minimum age for Body Pump & Studio Cycling classes is 16, all other classes 14. No admittance for late attendees.

£ Kinetika members have to pay for this class or course

✳ Crèche available during these sessions

✓ Low Impact Classes – suitable for those looking to get back into exercise

FITNESS RATINGS

- 1 = Not exercised before or for a long time.
- 2 = Some experience of exercise.
- 3 = Regular exercise, looking to step it up a gear.
- 4 = Looking to push your body to achieve maximum results.

Parish Wharf Leisure Centre

Monday

9.30am – 10.30am	Post Natal	123	Becky	
9.30am – 10.30am	50+	1234	Norma	✓
9.30am – 10.15am	Studio cycling	1234	Beth	✓
10.30am – 11.30am	Beginners Step	1234	Norma	✓
10.30am – 11.30am	Zumba	1234	Martine	✗
6.00pm-6.45pm	Circuits	1234	Mark	✗
7.00pm – 7.30pm	Kettle Bell Blast	34	Emma	✗
7.30pm – 8.30pm	Legs, Bums & Tums	1234	Becky	✗
8.30pm – 9.15pm	Studio Cycling	234	Steve	✓

Tuesday

9.30am – 10.30am	Body BALANCE	1234	Jo	✓
10.30am – 11.30am	50+	1234	Jo	✗
12.00pm – 12.45pm	Studio Cycling	234	Justine	✗
6.00pm – 7.00pm	Body COMBAT	1234	Chelle	✗
6.30pm – 7.15pm	Studio Cycling	234	Beth	✓
7.00pm – 8.00pm	Legs, Bums & Tums	1234	Chelle	✗
7.00pm – 8.00pm	Circuits	1234	Louise	✗
8.15pm – 9.15pm	Aqua Aerobics	1234	Chelle	✓
8.15pm – 9.15pm	Body BALANCE	1234	Louise	✗

Wednesday

9.30am – 10.30am	Legs, Bums & Tums	1234	Chelle	✓
9.30am – 11.00am	Yoga	1234	Tilly	✗
10.30am – 11.30am	50+	1234	Chelle	✓
12.00pm – 12.40pm	Shallow Water Aqua	1234	Chelle	✓
12.40pm – 1.20pm	Deep Water Aqua	1234	Chelle	✓
6.00pm – 6.45pm	Studio Cycling	234	Amy	✓
6.00pm – 7.00pm	Body ATTACK	1234	Chelle	✗
7.00pm – 8.00pm	Body JAM	1234	Chelle	✗
7.00pm – 8.00pm	Pilates	1234	Beth	✓

Thursday

9.30am – 10.30am	Yoga	1234	Justine	✗
10.30am – 11.30am	Pilates	1234	Justine	✗
12.00pm – 1.00pm	Zumba	1234	Martine	✗
6.00pm – 7.00pm	Fit Ball	1234	Clare	✗
6.00pm – 7.00pm	Body COMBAT	1234	Chelle	✗
7.00pm – 7.45pm	Studio Cycling	234	Emily	✓
7.15pm – 8.15pm	Body PUMP	1234	Chelle	✗

Friday

9.30am – 10.30am	Step & Tone	1234	Norma	✗
9.30am – 11.00am	Yoga	1234	Tilly	✗
10.30am – 11.30am	50+	1234	Norma	✓
6.00pm-6.45pm	Box circuits	1234	Ben	✗
6.00pm – 7.00pm	Zumba	1234	Candy	✗

Saturday

9.00am – 9.30am	Kettle Bell Blast	34	Emma	✗
9.30am – 10.00am	Kettle Bell Blast	34	Emma	✗
9.00am – 10.00am	Total Body Conditioning	1234	Louise	✗
10.00am – 11.00am	Legs, Bums & Tums	1234	Louise	✗
11.30am – 12.15pm	Studio Cycling	1234	Beth	✓

Sunday

9.00am – 10.00am	Body PUMP	1234	Chelle	✗
10.00am – 11.00am	Body COMBAT	1234	Chelle	✗
10.15am – 11.00am	Studio Cycling	234	Justine	✓



(see back page for details)

Class Type

Description

50+

Low impact class to improve flexibility, muscular strength and cardiovascular system.

Aqua Aerobics

A fun, non – impact workout that uses water for resistance to tone and strengthen.

Pilates*

Gentle exercise for the lower back and abdomen.

Beginners Step

A great class to get you started, giving you a fun all over body workout.

Body Blast

High Intensity Weights Workout hitting each muscle group

Body Pump

A repetition weight training class to help you tone up, lose weight and ultimately change your body shape in record time

Body Attack

WARNING! This is no dance class. Back to old skool aerobics. It's simple, it's effective, appealing to men & women. Be prepared to be energised, take up the challenge and get active.

Body Balance

Core strength & flexibility training, combined with breathing & relaxation techniques developed from Yoga, Pilates and Tai Chi all added to a moving soundtrack.

Body Combat

An exhilarating workout, combining powerhouse moves and stances developed from a range of self – defence disciplines, including Karate, Tai Chi and Tae kwon – Do.

Body Jam

A total body workout that gives you the chance to polish your dance floor moves.

Body Sculpt

Upper body workout to tone and define the arms, chest, back and abs.

Body Vive

A low impact class integratig aerobic exercise for heart fitness, resistance training for strength and ability. Includes stretch and mobility work.

Cardiofunk

A lively class combining aerobics with some funky choreography.

Circuits

A challenging, simple but effective intensive body workout.

Fit Ball

Core strength workout using stability ball. A fun Challenging class to give you a total workout.

Kettle Bell Blast

A high energy workout applying Kettlebell techniques to energise your body and to hit all areas of your fitness *(Must have completed Beginner & Intermediate courses in order to attend - contact reception for details).

Legs, Bums & Tums

Intensive conditioning for tightening your abdominals, legs and bum.

Post Natal

An enjoyable class that works on improving abdominal strength as well as helping towards a full and enjoyable fitness.

Step

Get your heart and lungs pumping to the ultimate workout for toning legs & bum.

Step & Tone

Any level of fitness. High/low impact routines. Toning and relaxing concludes the class.

Studio Cycling

A motivating, instructor led group class on stationary bikes. For the ride of your life!

Total Body Conditioning

Shape up and tone using light, hand weights to exercise every muscle group in the body.

Yoga

Gentle exercise to enhance the union of mind and body for better health.

Zumba

Zumba is the latest latin dance fitness craze. Using merengue, cumbia, salsa, samba, reggaeton, calypso music and dance moves this unique fitness class is set to get your heart pumping and your feet tapping.

20/20/20

A class which offers everything 20 minutes of Aerobics, 20 minutes conditioning and 20 minutes toning.

All sessions are £5.15 apart from:

Pilates, Body Pump, Body Jam, Combat, Attack, Balance & Vive are £6.00, Yoga £6.90

50+ £4.40 Parish Wharf Monday Session £2.95, Kettle Bell Blast £4.00



Harbour Road, Portishead / 01275 848 494



Operated by DC Leisure Management Ltd on behalf of North Somerset Council



Strode Road, Clevedon / 01275 879 242