

kinetika Journey

FREE to kinetika All-inclusive & Gym members

All new kinetika members will begin their journey with a 5 step programme. The kinetika Journey will take you through each stage and is designed to dramatically increase your chance of success in your pursuit for a healthier lifestyle. Each step is booked in advance with your qualified fitness instructor and will include a lifestyle appraisal, an introduction to the gym, two motivational sessions and a review session.

At the end of your kinetika Journey you will have a personalised fitness programme and a thorough understanding of an effective workout.

STEP 1 CHECK IN (30-45 MINS)

This 1st session with your instructor is used to discuss your personal goals and health needs. Benchmarks will be set in order to assess your progress throughout the journey. With the remaining 20 minutes you will be given an introduction to our cardiovascular fitness equipment.

STEP 2 PERSONAL PROGRAMME (30 MINS)

Your instructor will start by re-confirming the cardiovascular equipment and introduce you to resistance training. After this step has been completed you will be able to use our kinetika fitness suite.

STEP 3 MOTIVATION SESSION 1 (30 MINS)

Monitoring your performance and understanding the equipment is key to your progress. Your instructor will ensure that these aspects are monitored along with providing feedback on your technique and development throughout the programme.

STEP 4 MOTIVATION SESSION 2 (30 MINS)

Aiming to increase your fitness knowledge by taking you through alternative exercises to ensure that your progress and workouts are continuous.

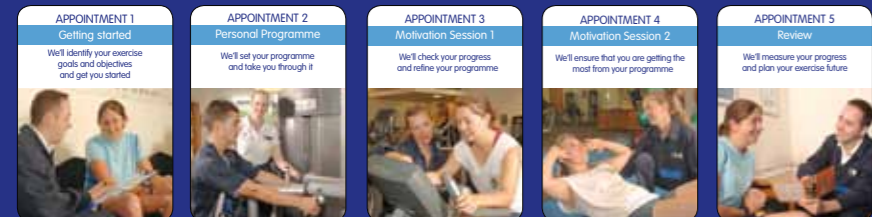
STEP 5 REVIEW

The review session is to identify your achievement by comparing current results to your previous benchmarks and to also ensure that you are happy with your programme. Your instructor will then help you decide the best way to continue to achieve your goals.

Whether you are new to exercise or a regular exerciser, the kinetika Journey will get you results in 30 days*... or your money back.

RESULTS GUARANTEED OR YOUR MONEY BACK*

*Conditions apply



Stepping towards looking & feeling your very best.

Improvements in how our members feel after 30 days exercise with kinetika Journey

88% Improved fitness levels
93% Increased levels of energy

90% Improved quality of sleep
95% Overall confidence improved

kinetika Journey programme is based on the latest techniques. You can get results faster than ever before. Most of our participants get excellent results in as little as 30 days.

Children's Holiday Activities



Sports Day Camps for Children aged 5 - 14 years*.

Our Ofsted registered Day Camps run through all School Holidays. They are led by qualified supervisors and assisted by our coaches.

Children will take part in fun but structured activities varying from indoor football to arts and crafts and Trampolining to cake making.

To find out more about the Camps run at your local Centre look out for the Holiday Brochures or ask at Main Reception.

Holiday Day Camps run at:

*Ages 5 - 12 years at Braintree Leisure Centre. Not all activities are available at all Centres. Please check with your local Centre for more details.



Swimming Academy

All of our lessons are taught by qualified instructors who will help to develop confidence both in and around the water. Please ask at your local centre for enrolment details.

Adult and Child Lessons

4 month - 3 years

These lessons go from introducing your child to the water to learning the basics of becoming a confident swimmer.

Junior Lessons

3 yrs and over

Swimming lessons are taught by using the nationally recognised ASA National Plan for Teaching Swimming helping your child develop into a confident swimmer.

Individual Lessons

3 yrs and over

Individual lessons are available for children and adults helping you to learn at your own pace. Available for all abilities at a time to suit you.

Adult Lessons

Learn to swim or develop your stroke technique.

Rookie Lifeguard Lessons

Rookie Lifeguard is for children interested in lifeguarding and lifesaving. Rookies learn survival and rescue skills, life support and first aid.

Diving Lessons

Learn diving from the basics to flips and turns from the poolside and off the 1 metre spring board.



Please contact the Swimming Co-ordinator at your local centre to find the right lesson for you and/or your child.

Other Aquatic Activities

We also offer synchronised swimming and competitive swimming through associated clubs. Contact your local centre for details.

Not all lessons may be available at all centres. Check with your local centre.



kinetika memberships

Join our kinetika Gym and enjoy...

...a lifetime of great days

The benefits of an All-inclusive membership include:

- Unlimited use of 3 kinetika gyms
- kinetika Journey
- Access to a wide range of Group exercise classes
- Swimming in 3 pools
- Free use of Sauna and steam room (Bramston only)
- Freedom to suspend the membership for 1 - 6 months (monthly charge £5)
- Guest passes for your friends and family



Other Membership Categories available:

- Joint All-inclusive, Family All-inclusive, Junior Membership, Student Membership, Corporate All-inclusive, Swim only.

So why not come along and experience the benefits of kinetika - we will be delighted to show you around. Please contact a Customer Advisor at your local centre for more information or to get started

2 months FREE on annual memberships

Casual Gym & Prices

With easy to use equipment you will be able to exercise in a comfortable and friendly environment. Combined with excellent instruction we can help you reach and maintain your goals and fitness objectives. The 6 kinetika gyms within the contract boast the latest machines, and combined with fully trained staff and a motivating atmosphere make exercising more rewarding.

Beginners and athletes alike will feel comfortable and welcome in our gyms, where you can run, cycle, row, step, tone and weight train.

Gym Induction & Casual User Card

Customers who wish to use the gym on an Ad Hoc Basis can get a Gym Casual User Card. This entitles the Customer to Steps 1 & 2 of the kinetika journey.



Casual user card holders are subject to an annual renewal fee and are advised to have an exercise programme review, please contact reception for details

Junior kinetika Users

We are committed to ensuring that our younger generation is a healthy and active one. Our junior kinetika sessions are ideal for those aged 11 – 15 years. These sessions provide an introduction to health and fitness in a safe environment.

All junior users must participate in an junior induction sessions prior to using the fitness suite and are only permitted to exercise during these sessions.

Win 1 Months FREE membership

Complete this slip and hand into reception to enter our monthly draw to win one month's free membership. The monthly winner will be notified by the 10th of each month. Good Luck.

Name:

Address:

Tel Number:

Email Address:

* Prize draw open to non members only. kinetika members who refer a friend that joins will receive 1 month free.

Tick here to opt out of our marketing list. DC Leisure Management Ltd and its subsidiary companies holds your data in accordance with it's data protection policy. Contact reception for details.

kinetika Fitness Courses

Regular exercise, along with good nutrition, is key to a healthy lifestyle. kinetika is our brand of specially designed health and fitness facilities, which are recognised for their high standards and great value for money.



Ab Attack

This 5 week course will help improve abdominal strength, body shape and posture.



Back Fit

This 4 week course will help strengthen and mobilise your back and help reduce the risk of future back problems.



Box Fit

Box your way to fitness during this 4 week course. This course helps you learn basic boxing moves, tone up and improve your fitness.



Core Fit

Improve you abdominal strength, body shape and posture with this 4 week core stability course.



Kett Fit

Using kettlebells this 4 week course is a new way to get fit. This fresh way of training reduces body fat, increases strength and power as well as flexibility.



Snow Fit

Increase hip and thigh strength, core stability and cardiovascular endurance through circuit based activity during this 4 week course.

Courses may vary across centres. Contact your nearest centre for more information.

kinetika Membership Options

Regular exercise, along with good nutrition, is key to a healthy lifestyle. kinetika is our brand of specially designed health and fitness facilities, which are recognised for their high standards and great value for money.



All-Inclusive

Enjoy UNLIMITED Gym, Workout Classes, Swimming and Health Suites at all the Braintree District Leisure Centres. You will also receive the kinetika Journey.

Joint All-Inclusive

Help motivate yourself by training with your partner or a friend, and get all the benefits of 2 kinetika All-Inclusive memberships at a reduced rate. Choose a monthly membership, payable through one bank account, or an annual membership.

Family All-Inclusive

Whilst 2 adults benefit from the All-Inclusive membership, all children residing at the main members address can enjoy:

- Free Swimming
- Free Junior Gym (11 – 17 years only) and Loads more...

Corporate All-Inclusive

We offer an excellent Corporate package to suit companies & businesses of all sizes. For full details of the best option for your business, or for a list of companies that currently enjoy a Corporate membership, please contact a Customer Advisor at your nearest centre.

Junior Membership

This is a membership for those young & active 11-17 year olds. With this membership, you can enjoy unlimited use of the Gym and Swimming.

Ask at reception to get started

* during junior gym hours only

Student Membership

Students in full and part-time education can enjoy all the benefits of an all-inclusive kinetika membership at a discounted rate. For further details please speak with a Customer Advisor at your nearest centre.

* proof of student id will be required to receive discounted rate.

Group Workout Classes

A great range of workout classes available for various fitness levels.

Most classes included in all-inclusive memberships.

2 months free*

*When you join on an Annual Membership

kinetika MOT Fitness Assessment

Fitness assessments are an excellent tool to help you monitor the progress in your exercise programme.

We can now highlight your weaknesses and tailor your exercise programme to help you achieve your goals.



Swim Membership

Family and individual memberships available for those who enjoy using just the Swimming Pool. You will benefit from:

- Unlimited swimming at all the Braintree District pools
- Aqua classes

Please see the separate Swimming Timetable available at all centres or view it online at www.dcleisurecentres.co.uk



Your Ideal membership option

Option 1

Option 2