



Workout Timetable

August 2011

Maltby Leisure Centre
01709 797100
www.maltbyleisurecentre.co.uk

MONDAY

09.15am – 10.15am	1,2,3	Active Always Aqua	Main Pool
09.15am – 10.00am	1,2,3	Pilates	Studio
10.30am – 11.30am	1,2,3	Active Always Aerobics	Sports Hall
6.00pm – 7.00pm	2,3	Aqua fit	Activity Pool
6.00pm – 6.55pm	2,3,4	Legs, Bums & Tums	Studio
7.05pm – 8.00pm	3,4	20/20/20	Sports Hall
8.15pm – 9.10pm	2,3,4	Step	Studio

TUESDAY

09.30am – 10.15am	2,3	ZUMBA	Sports Hall
10.30am – 11.30am	1,2	Aqua fit	Activity Pool
11.30am – 12.15pm	1,2	Aqua-Natal	Activity Pool
6.00pm – 6.45pm	2,3,4	Circuits	Sports Hall
7.00pm – 7.45pm	3,4	Body Attack	Sports Hall
8.00pm – 8.55pm	3,4	Body Pump	Studio
8.15pm – 9.15pm	2,3	NEW Aqua ZUMBA	Activity Pool

WEDNESDAY

10.00am – 10.55am	1,2	Active Always 50+	Studio
11.00am – 12.00pm	2,3	Body Tone	Studio
4.00pm – 4.55pm	1,2,3	Krazy Fitness 8 – 15yrs	Sports Hall
4.30pm – 5.15pm	2,3	Street Dance 11 - 15 yrs	Studio
5.15pm – 6.00pm	1,2,3	Street Dance 8 - 11 yrs	Studio
6.00pm – 6.55pm	2,3	50/50 Aerobics	Studio
7.00pm – 7.45pm	3,4	Body Combat	Sports Hall
8.00pm – 8.55pm	3,4	Body Pump	Studio
8.15pm – 9.15pm	2,3	Aqua Jog	Activity Pool

THURSDAY

09.15am – 10.15am	1,2,3	Active Always Aqua	Main Pool
09.30am – 10.15am	2,3	Physique	Studio
10.30am – 11.30am	1,2,3	Active Always Aerobics	Sports Hall
4.00pm – 5.00pm	1,2,3	Kids Circuit 8 - 15 yrs	Studio
6.00pm – 6.55pm	3,4	Boxer Fit	Sports Hall
7.00pm – 8.00pm	1,2,3	Core Stability	Studio
8.00pm – 8.45pm	2,3	ZUMBA	Sports Hall

FRIDAY

09.30am – 10.15am	2,3	Circuits	Studio
10.30am – 11.30am	2,3	Aqua fit	Activity Pool
6.00pm – 6.55pm	2,3,4	Legs, Bums & Tums	Studio
7.00pm – 7.55pm	2,3,4	Tai Chi Qi	Studio
8.00pm – 8.55pm	2,3,4	Self Defence / Martial Arts	Studio
8.00pm – 9.00pm	2,3	Aqua fit (Deep Water)	Activity Pool

SATURDAY

09.30am – 10.30am	3,4	Body Tone	Studio
10.30am – 11.45am	2,3	Yoga	Studio

SUNDAY

09.30am – 10.30am	3,4	Body Pump	Studio
10.30am – 11.15am	3,4	Body Attack	Studio
11.15am – 12.00pm	2,3,4	Body Combat	Studio

ACTIVE ALWAYS

Suitable for everyone for those who wish to progress. It is low impact exercise.

AEROBICS

A combination high/low calorie burning workout for all abilities

AQUA FIT

A low impact water based workout which improves cardiovascular fitness at the same time as toning and shaping the whole body. Suitable for all abilities.

AQUA JOG

A water based class that involves running in water using buoyancy belts suitable for all abilities and particularly beneficial for injury rehabilitation, back problems, obesity, pregnancy and for the older exerciser.

AQUA NATAL

A gentle ante natal focused aqua fit class helping improve flexibility and general fitness levels.

AQUA ZUMBA

A great fun low impact combination of Aqua Fit and Zumba

BODY ATTACK

Cardiovascular interval training that combines low and high intensity aerobics, strength and stabilisation exercises. A rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength.

BODY COMBAT

This is a non contact, high energy, fun; motivating martial arts based fitness class with moves taken from a wide range of martial arts disciplines from Karate and Kick Boxing.

BODY PUMP

Uses barbells and adjustable weights to tone and condition muscles while raising your metabolic rate for rapid fat burning. Pre-Choreographed with awesome music.

BODY TONE

A non impact toning and conditioning, high repetition weight training class suitable for everybody. This class is the fastest way to tone, shape and lose body fat.

BOXER FIT

A boxing based circuit class using gloves, pads, punch bags etc suitable for all levels and abilities.

CIRCUIT/KIDS CIRCUIT (8-15YRS)

A mix of traditional circuits and body conditioning – a total body workout. (Kids circuit is lower intensity)

CORE STABILITY

Core stability teaches you how to use your muscles in a controlled way so they work for you in harmony with your breathing. It strengthens the body through movement and is ideal for all levels of fitness.

KRAZY FITNESS (8-15YRS)

60 minutes of exciting fitness lead by the Healthy Living Team. A different activity each week.

LBT

This class offers participants of all standards and abilities a lower body up beat exercise workout, specifically designed to tone up and tackle those key areas.

PHYSIQUE

A 45 minute workout with a combination of toning, strength and conditioning. Suitable for all abilities.

PILATES

A class to improve core strength, posture, balance and co-ordination.

SELF DEFENCE

Teaches you everything possible to avoid fighting someone who threatens or attacks you. It is about using your head not your fists.

STEP

An aerobic exercise class performed on an elevated step.

STREET DANCE (8-15YRS)

A fun and exciting way to learn street dance moves from a current dance instructor.

TAI CHI QI

Tai Chi's emphasis lies in the application of the mind to direct the body through slow movements. These choreographed moves enable whole body relaxation which in turn engages deeper layers of muscle and connective tissue.

YOGA

A class using classic Yoga techniques to improve, posture, balance, flexibility, co-ordination and aid relaxation.

ZUMBA

A dance fitness programme that combines various types of dance and helps to make exercise fun. It has also been said to be exercise in disguise! So is perfect for those of you that want to get in shape but have fun at the same time.

20/20/20

A great workout concentrating on 3 specific areas. 20 mins Abs, 20mins conditioning, 20 mins endurance exercise.

Levels

- 1 = Suitable if you have not exercised before or for a long time
- 2 = Suitable if you have some experience of exercise
- 3 = Suitable if you exercise regular or your looking to step it up a gear
- 4 = Suitable if your looking to push body to achieve maximum results

Cancellations

All classes must be cancelled 12hrs in advance for a refund or to avoid being charged.

On some occasions classes may be changed or cancelled, in the event of this, we will endeavour to contact all who are booked on the class.

kinetika Membership

Fitness classes FREE to kinetika members.

If you attend two or more classes per week you will save money by becoming a member. Contact a Customer Advisor on 01709 797100 for details on a membership to suit you.

Prices

	Adult	Concessions/Under 16
Dry Classes	£4.20	£2.70
Wet Classes	£4.45	£3.10

Places on all classes are limited so please book at reception to avoid disappointment.

All telephone bookings require payment by debit/credit card.

NON MEMBERS can book up to 7 days in advance.



Maltby
Leisure & Services Centre

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