



Workout Timetable

January – March 2012

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

The Pavilions In The Park

MONDAY

9.30 – 10.30am	Body Pump	美	
10.30 – 11.30am	Stability Ball	美	B
10.35 – 11.30am	Pilates	美	
12.30 – 1.15pm	Zumba	美	
6.00 – 6.55pm	Body Combat		
7.00 – 7.55pm	Body Attack		
8.00 – 9.00pm	Body Pump		
8.05 – 9.00pm	Body Balance		B

TUESDAY

7.00 – 7.45am	Body Pump Express		
9.30 – 10.25am	Legs, Bums & Tums	美	
10.30 – 11.30am	Pilates	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	Zumba	美	
12.30 – 1.15pm	Yoga		
6.00 – 6.55pm	Body Step		
7.00 – 7.55pm	Body Combat		
7.45 – 8.45pm	Body Balance		B

THURSDAY

9.30 – 10.30am	Zumba	美	
10.30 – 11.25am	Yoga	美	B
12.15 – 1.10pm	Body Pump	美	
1.15 – 1.45pm	Ab Fit	美	
4.00 – 4.45pm	Teen Yoga		B
6.00 – 6.55pm	Body Attack		
7.00 – 8.00pm	Body Balance		B
7.00 – 8.00pm	Body Combat		
8.05 – 9.05pm	Pilates		B

FRIDAY

9.25 – 10.25am	Body Step	美	
10.30 – 11.30am	Stability Ball	美	B
10.35 – 11.30am	Body Balance	美	
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
9.00 – 9.15am	Body Pump Technique		
9.15 – 10.10am	Body Pump		
10.15 – 11.15am	Sunday Power Workout		
5.15 – 6.15pm	Zumba		

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)
- ✳ Crèche 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 +
- * This class is not suitable for beginners.

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 £5.80 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 – 11.30am Aqua Fit + 

7.00 – 8.00am Swim 7

7.45 – 8.30pm Aqua Fit

FRIDAY

1.30 – 2.00pm Swim 4 Health

SATURDAY

8.55 – 9.40am Aqua Zumba

SUNDAY

8.45 – 9.30am Deep Aqua Fit

* This class will not run during the school holidays

YOGA

Relax and de-stress with our new yoga class. Using slow movements and stretching exercises you will increase balance and flexibility.



STABILITY BALL

An easy to follow class that challenges your core muscles by using the stability ball. Tone those problem areas and improve balance and posture.



STUDIO CYCLING

MONDAY

7.00 – 7.45am B

9.30 – 10.15am B 

5.15 – 6.00pm B

6.15 – 7.00pm B

TUESDAY

12.15 – 1.00pm B 

4.15 – 5.00pm B 14 - 16 years

6.15 – 7.00pm B

7.15 – 8.15pm B

WEDNESDAY

7.00 – 7.45am B

9.30 – 10.15am B 

6.00 – 6.45pm B

7.45 – 8.30pm B

THURSDAY

6.45 – 7.45am B

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

10.00 – 11.00am – Cycle and Abs B

BODY STEP

A simple, aerobic workout using the step that is fun, challenging and easy to follow.



SUNDAY POWER WORKOUT

Join in with this new class that combines fat burning aerobic & conditioning interval workout with tough abs to finish. Suitable for all levels.



Broadbridge Heath Leisure Centre

MONDAY

9.30am – 10.25am	Zumba	✿
10.30am – 11.25am	Body Pump	✿
5.00pm – 6.00pm	Teen Street Dance	
6.10pm – 7.05pm	Legs Burns & Tums	
7.15pm – 8.10pm	Boxercise	
8.30pm – 9.30pm	Circuits	

TUESDAY

9.30am – 10.25am	Body Combat	✿*
10.30am – 11.25am	Pilates	✿*
6.15pm – 7.10pm	Body Combat	
7.15pm – 8.10pm	Dance Aerobics	
8.15pm – 9.10pm	Body Balance	

WEDNESDAY

9.30am – 10.25am	Zumba	
10.30am – 11.25am	Body Balance	
6.15pm – 7.10pm	Body Pump	
7.15pm – 8.10pm	Zumba	
8.15pm – 9.10pm	Body Attack	
8.30pm – 9.30pm	Adult Trampoline	

THURSDAY

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

FRIDAY

9.15am – 10.00am	Zumba Express	✿*
10.05am – 11.00am	Body Pump	✿*

SATURDAY

9.30am – 10.30am	Body Pump	
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SUNDAY

9.30am – 10.25am	Body Attack	
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Please note:

- 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
- Teen Classes are for 12-16 year olds only
- ✿ Crèche available for children aged 8 weeks – 4 years. Please book in advance. Not available in school holidays
- * These classes do not run during school holidays

All classes may be booked an hour in advance of the class start time by calling reception on 01403 211311. Payment will be required at the time of booking for all non members.

STUDIO CYCLING

MONDAY

9.30 – 10.15am 美
6.45 – 7.30pm

TUESDAY

6.20 – 7.05pm

WEDNESDAY

9.30 – 10.15am
6.45 – 7.30pm

THURSDAY

6.45 – 7.30pm

FRIDAY

9.15 – 10.00am 美

SATURDAY

9.15 – 10.15am

If you are new to these classes, please arrive 5 minutes early to introduce yourself to the instructor and be shown the bike set up procedure.

Booking is recommended for all studio cycling classes.



Kettlebell Training

One-to-one training learning functional exercises to improve strength, flexibility and improve core stability.

Speak to a Fitness Instructor or call us on 01403 211311



Body Combat

It's arrived, our exciting new timetable now includes Body Combat. Punch, kick, knee and jump your way to fitness with motivational music and simple to follow routines.



Steyning Leisure Centre

MONDAY

9.25am – 10.25am	Body Pump
9.30am – 10.30am	Aqua Fit
10.30am – 11.30am	Low Intensity Aqua
10.30am – 11.30am	Body Balance
3.30pm – 5.00pm	Teen Gym
6.00pm – 7.00pm	Body Step
7.00pm – 8.00pm	Body Pump



TUESDAY

9.25am – 10.25am	Zumba
9.30am – 10.30am	Gym Fit
10.30am – 11.30am	Pilates
3.30pm – 5.00pm	Teen Gym
6.05pm – 6.50pm	Studio Cycling
7.00pm – 8.00pm	Circuits
7.00pm – 8.00pm	Aqua Fit
8.00pm – 9.00pm	Zumba*



WEDNESDAY

10.45am – 11.45pm	Fit n Fifty
3.30pm – 5.00pm	Teen Gym
6.00pm – 7.00pm	Body Pump
7.00pm – 8.00pm	Yoga In Motion
8.00pm – 9.00pm	Boxercise
8.00pm – 9.00pm	Zumba*

THURSDAY

9.25am – 10.25am	Body Step
9.30am – 10.30am	Gym Fit
10.30am – 11.30am	Zumba
3.30pm – 5.00pm	Teen Gym
6.05pm – 6.50pm	Studio Cycling
7.00pm – 8.00pm	Legs, Bums & Tums
8.00pm – 9.00pm	Boxercise



FRIDAY

9.25am – 10.25am	Body Pump
10.30am – 11.30am	Aqua Fit
10.30am – 11.30am	Legs Bums & Tums



SATURDAY

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

Functional Training

We offer a selection of short courses to add variety to your workouts including Kettlebells, ViPR, MMA, Bootcamp, Snow Fit and more - ask an instructor for more information

Class Descriptions

Aqua Fit

Water based aerobics class incorporating aerobic and conditioning exercises, suitable for all levels.

Body Balance

A yoga, tai chi, pilates workout for flexibility, strength and tranquility

Body Pump

Get in shape with this world famous resistance training class, suitable for all abilities

Body Step

A simple, aerobic workout using the step that is fun, challenging and easy to follow

Boxercise

A fun session using boxing pads, mitts and training exercises

Circuits

A conditioning class that help to improve cardio fitness as well as improving strength and tone.

Fit n Fifty

A low impact aerobics class with a stretch and relax to finish.

Gym Fit

An instructor led session based in the gym, try new equipment and exercises.

Legs Bums and Tums

Classic conditioning class for those problem areas

Low Intensity Aqua

Ideal for those new to exercise who want a gentler workout.

Pilates

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

Studio Cycling

An aerobic workout using stationery bikes to simulate climbs and sprints, a great calorie burner.

Teen Gym

An introduction to kinetika gym for 11 – 15 year olds. Inductions are required, must be booked in advance.

Yoga In Motion

A range of slow moving exercises to music to increase flexibility and balance.

Zumba

A fusion of latin rhythms and easy to follow dance moves that create a one off kind of workout.

* denotes class in large hall.

CANCELLATION POLICY We operate a cancellation policy to ensure maximum availability of class spaces. Please refer to our cancellation policy leaflet available from reception.

Billingshurst Leisure Centre

MONDAY

9.30am – 10.30am	Easy Aqua
6.00pm – 6.10pm	Body Pump Technique clinic
6.10pm – 7.15pm	Body Pump
6.30pm – 7.30pm	Boxercise
7.30pm – 8.30pm	Aqua Circuits
7.15pm – 8.10pm	Aerobics
8.15pm – 9.15pm	Fusion

TUESDAY

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

6.30pm – 7.30pm	Body Blitz
7.30pm – 8.25pm	Circuit Training
8.30pm – 9.25pm	Pilates

THURSDAY

6.15pm – 7.15pm	Body Pump
7.45pm – 8.45pm	Zumba
8.00pm – 9.00pm	Aqua Fit

FRIDAY

9.30am – 10.30am	Aqua Fit
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SATURDAY

9.00am – 9.55am	Step/Step Circuits
10.00am – 11.00am	Body Pump
11.05am – 12.00noon	Zumba

SUNDAY

9.00am – 10.00am	Body Combat
10.05am – 10.55am	Yoga

Yoga

Relax and de-stress with our new yoga class. Using slow movements and stretching exercises you will increase flexibility and balance.

Sundays 10.05am - 10.55am

All classes may be booked an hour in advance of the class start time by calling reception on **01403 787500**.

Payment will be required at the time of booking for all non members.

Class Descriptions

Aerobics

A high/low aerobic class designed to burn calories. A floor exercise element will ensure the overall body is worked to the max.

Aqua Circuits

A fun water based class using various aqua techniques to give a whole body workout. Suitable for all fitness levels.

Aqua Fit

Water based aerobics class incorporating conditioning and aerobic exercises. Suitable for all fitness levels.

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

Total Body workout combines a low impact aerobic element with resistance and core exercises.

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.

Fusion

This class combines the best of yoga and pilates improving relaxation, strengthening and stretching muscles and balance.

L.A.Y – Look After Yourself

A 2 part class combining a body conditioning circuit and followed by an hours worth of games including badminton, volleyball and hockey.

Pilates

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

Step/Step Circuits

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

Zumba

A fusion of latin rhythms and easy to follow dance moves that create a one of a kind workout.



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	£5.80	£3.65
Pilates	£0.00	£6.00	£3.65
Studio Cycling	£0.00	£6.25	£3.65
Core Stability	£0.00	£6.00	£3.65
Ab Fit	£0.00	£3.15	
Aqua Fit	£0.00	£4.50	£3.65



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	£5.60	£3.65
Pilates	£0.00	£6.00	£3.65
Studio Cycling (45)	£0.00	£6.25	£3.65
Studio Cycling (1hr)	£0.00	£6.75	£3.65



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	£5.80	£3.65
Aqua Fit	£0.00	£5.80	£3.65
Yoga/Pilates	£0.00	£6.15	£3.65
14+ Junior Gym	£0.00	£3.00	
Studio Cycling	£0.00	£6.15	£3.65

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	£5.80	£3.65
Pilates/Yoga	£0.00	£6.15	£3.65
AquaFit	£0.00	£5.80	£3.65

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.