



# Fitness Timetable

From September 2010

Ken Marriott Leisure Centre

01788 535851

[www.kenmarriottleisurecentre.co.uk](http://www.kenmarriottleisurecentre.co.uk)



## MONDAY

50+ Keepfit	9.30am to 11.30pm	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio
Hatha Yoga	9.40am to 11.10am	Studio 2
Aquafit	11.05am to 11.50am	Main Pool
Bike-a-fit	6.00pm to 7.00pm	Cycle Studio
Power Surge	6.05pm to 7.05pm	Studio 1
Legs Bums & Tums	6.00pm to 7.00pm	Studio 2
HyperStep	7.10pm to 8.10pm	Studio 1
Boxercise	7.15pm to 8.15pm	Studio 2

## TUESDAY

Aerobatoné	9.30am to 10.30am	Studio 1
Pilates	9.30am to 10.30am	Studio 2
Line Dancing	10.30am to 11.30am	Main Hall
Aerobics	6.00pm to 7.00pm	Studio 1
Aquafit	6.40pm to 7.25pm	Main Pool
Body Jam	6.00pm to 7.00pm	Studio 2
Pilates	7.00pm to 8.00pm	Studio 2
Legs Bums & Tums	7.00pm to 8.00pm	Studio 1
Bike-a-fit	7.00pm to 8.00pm	Cycle Studio
BodyPump	8.10pm to 9.10pm	Studio 1

## WEDNESDAY

HyperStep	9.30am to 10.30am	Studio 1
BodyBalance	9.30am to 10.30am	Studio 2
50+ Movers & Shakers	10.40am to 11.40am	Studio 1
Total Pump	6.00pm to 7.00pm	Studio 1
Bike-a-fit	6.00pm to 7.00pm	Cycle Studio
BodyBalance	6.00pm to 7.00pm	Studio 2
Absolute Abs	7.10pm to 7.50pm	Studio 2
Aquaburn	7.35pm to 8.20pm	Main Pool

## THURSDAY

Total Pump	9.30am to 10.30am	Studio 1
50+ KeepFit	11.00am to 12.00pm	Studio 1
Aquafit	11.35am to 12.20pm	Main Pool
HyperStep	6.00pm to 7.00pm	Studio 1
Bike-a-fit	6.00pm to 7.00pm	Cycle Studio
Bike-a-fit	7.00pm to 8.00pm	Cycle Studio
Legs Bums & Tums	7.00pm to 8.00pm	Studio 1
Boxercise	7.00pm to 8.00pm	Studio 2
BodyPump	8.10pm to 9.10pm	Studio 1

## FRIDAY

Body Balance	9.30am to 10.30am	Studio 2
Weekend Wake Up	9.30am to 10.30am	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio
50+ Movers & Shakers	10.40am to 11.40am	Studio 2
Aquafit	11.40am to 12.25pm	Main Pool
Power Surge	6.00pm to 7.00pm	Studio 1

## SATURDAY

Total Pump	9.30am to 10.30am	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio
Body Jam	10.45am to 11.45am	Studio 1



**ABSOLUTE ABS** work your way to that 6 pack and feel the burn.

**AQUABURN** an upbeat, lively class aimed at those who want to take their water-workout to a new level.

**AQUAFIT** is a fun workout in the water. Great for toning and suitable for all levels.

**AEROBICS** a fast paced, dynamic class designed to improve overall fitness and burn fat.

**AEROBATONE** an energy busting class that uses a combination of aerobic and toning exercises to improve overall fitness and help sculpt the body.

**BIKE-A-FIT** ride the calorie killer during this excellent fat burning class. 60 minutes across various terrain will leave you on a high and wanting more.

**BODY JAM** is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

**BODYPUMP & TOTAL PUMP** These classes use barbells and adjustable weights to tone and condition the muscles whilst raising the metabolic rate for rapid fat burning

**BODYBALANCE** a dynamic fitness to music programme that leaves you feeling relaxed and renewed, it combines the best of eastern disciplines, like yoga and Tai Chi.

**BOXERCISE** is a combination of aerobic shadow boxing, low impact CV and pad work all put together with music.

**50+ KEEPFIT** is a gentle way to improve overall fitness and flexibility for the over 50's.

**50+ MOVERS AND SHAKERS** an upbeat, lively class that will get you rockin n rolling, moving and shaking.

**HATHA YOGA** a relaxing class designed to improve strength, flexibility, balance and promote a feeling of wellbeing.

**LEGS BUMS & TUMS** a class for all levels. Workout with deep toning exercises for those problem areas.

**LINE DANCING** is the ideal way to meet new friends – no partner or special clothes required.

**PILATES** is a floor based workout focusing on core stability, posture, toning and relaxation.

**POWERSURGE** is a high intensity class for circuit fans – surge will push you to the limit from start to finish with a variety of stations for all aspects of fitness.

**HYPERSTEP** a cardiovascular programme providing a high energy workout to music.

**WEEKEND WAKE UP** a top to toe workout which creates muscular strength, endurance, aerobic stamina and core strength. Ultimately the abs to be proud of!



## Creche

Our Ofsted registered Creche is open to cover all of our morning classes giving you the freedom to take some well earned "me" time.

### Opening Times

Monday to Friday 9.15am to 1.15pm

Saturday 9.30am to 11.30am

We also offer a Saturday club for children aged from 5 to 12 years

## Prices

	Daytime	Evening
Body Pump/Total Pump	£4.25	£5.10
Body Balance/Jam	£4.50	£4.50
Powersurge		£4.35
HyperStep	£4.25	£4.45
Absolute Abs		£4.05
Boxercise		£4.25
Bike-a-Fit	£4.25	£4.25
Pilates	£4.25	£4.25
Aerobics/Aerobatone	£4.25	£4.25
Aquafit/Aquaburn	£4.25	£4.25
Aquafit with concession	£2.70	£2.70
Legs, Bums n Tums	£4.35	£4.35
50+/Movers and Shakers	£2.70	
Hatha Yoga	£4.50	
Weekend Wake Up	£4.25	

## kinetika Membership

**Fitness classes FREE to kinetika members.**

If you attend three or more classes per week you will save money by becoming a member. Ask at reception for details.



## Ken Marriott Leisure Centre

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