



# Workout Timetable

September 2010 – December 2010


Castle Place Leisure Centre  
Christie Miller Sports Centre  
Leighton Recreation Centre  
Warminster Sports Centre

Bradford Swimming Pool  
Melksham Blue Pool  
Westbury Swimming Pool  
Trowbridge Sports Centre

# Castle Place Leisure Centre

Level 5a, Multi Storey Car Park, Trowbridge  
01225 762711

## Monday

9.30am – 10.30am	Body Max	1234	
10.30am – 11.30am	Total Body Workout	1234	
11.35am – 12.20pm	Walkrobics	12	
12.30pm – 1.00pm	UCW	1234	
5.30pm – 6.00pm	UCW	1234	
6.00pm – 7.00pm	Body Max	1234	
6.15pm – 7.00pm	UCW	1234	
7.15pm – 8.00pm	UCW	1234	
7.15pm – 8.15pm	Salsa-cise	1234	
8.15pm – 9.15pm	Pilates	123	

## Tuesday

9.30am – 10.30am	Legs, Bums & Tums	123	
10.30am – 11.30am	Pilates	123	
11.35am – 12.35pm	Yoga	12	
12.30pm – 1.00pm	UCW	1234	
12.35pm – 1.20pm	Salsa-cise	1234	
1.45pm – 2.30pm	Abacus	12	
4.15pm – 5.00pm	Teen Spin (Sept & Oct)		
4.15pm – 5.00pm	Teen Aerobics (Nov & Dec)		
5.15pm – 5.45pm	UCW	1234	
6.00pm – 6.55pm	Step	234	
6.00pm – 6.30pm	UCW	1234	
6.45pm – 7.15pm	UCW	1234	
7.00pm – 8.00pm	Circuits	234	
7.30pm – 8.00pm	UCW	1234	
8.00pm – 9.00pm	Legs, Bums & Tums	1234	

## Wednesday

9.30am – 10.30am	20:20:20	234	
10.45am – 11.45am	Healthy Back	1234	
12.30pm – 1.15pm	Pilates	123	
12.30pm – 1.00pm	UCW	1234	
3.30pm – 4.15pm	Teen Gym		
4.15pm – 5.00pm	Teen Kombat		
5.30pm – 6.00pm	UCW	1234	
6.00pm – 7.00pm	Body Max	1234	
6.15pm – 7.00pm	UCW	1234	
7.10pm – 8.10pm	Aerobics	1234	
7.15pm – 8.00pm	UCW	1234	
8.15pm – 9.15pm	Cardio Kick	1234	

## Thursday

9.45am – 10.30am	Walkrobics	12	
10.35am – 11.35am	Yoga	12	
11.45am – 12.30pm	Pilates	123	
12.30pm – 1.15pm	Dancercise	123	
12.30pm – 1.00pm	UCW	1234	
4.00pm – 5.00pm	Teen Gym		
5.15pm – 5.45pm	UCW	1234	
6.00pm – 7.00pm	Step	234	
6.00pm – 6.30pm	UCW	1234	
6.45pm – 7.15pm	UCW	1234	
7.00pm – 8.30pm	Yoga	12	
7.30pm – 8.00pm	UCW	1234	
8.30pm – 9.30pm	Pilates	123	

## Friday

9.30am – 10.30am	Step	234	
10.00am – 10.45am	UCW	1234	
10.30am – 11.30am	Pilates	123	
11.30am – 12.30pm	Tai chi	12	
4.00pm – 5.00pm	Teen Gym		
5.00pm – 6.00pm	Cardiac Rehab	1	
5.00pm – 6.00pm	Teen Gym		
5.30pm – 6.00pm	UCW	1234	
6.00pm – 7.00pm	Teen Gym		
6.00pm – 7.00pm	Aerobics	1234	
6.15pm – 7.00pm	UCW	1234	

## Saturday

11.00am – 11.45am	UCW	1234
2.30pm – 3.30pm	Teen Gym	

## Sunday

11.00am – 12.00noon	Aerobics	1234
2.30pm – 3.30pm	Teen Gym	

 = Crèche available during these sessions

UCW = Ultimate Cycle Workout

## Courses we offer

Kettlebells                      Core Fit  
Ab Attack                         Beginners Yoga

Contact Reception for more details.

## 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

# Christie Miller Sports Centre

Lancaster Road, Bowerhill, Melksham

01225 702826

## Monday

9.30am – 10.30am	20:20:20	1234	♀
10.30am – 11.30am	Beginners Pilates	123	♀
12noon – 12.45pm	ABACUS		
3.30pm – 5.00pm	Teen Gym		
6.30pm – 7.30pm	Aerobics	1234	
7.30pm – 8.30pm	Step	123	
8.00pm – 9.00pm	Circuits	1234	

## Tuesday

9.30am – 10.30am	Legs, Bums & Tums	1234	♀
6.15pm – 7.15pm	Step	234	
7.20pm – 8.20pm	Body Max	1234	
8.30pm – 9.30pm	20:20:20	1234	

## Wednesday

9.30am – 10.30am	Step	1234	♀
9.30am – 10.15am	Walk Aerobics	12	

3.30pm – 5.00pm	Teen Gym		♀
6.15pm – 7.15pm	Pilates	123	
7.30pm – 8.30pm	20:20:20	1234	

## Thursday

9.30am – 10.30pm	Yoga	1234	♀
5.00pm – 6.00pm	Cardiac Rehab	12	
6.15pm – 7.15pm	Pilates	123	
7.30pm – 8.30pm	Legs, Bums & Tums	1234	

## Friday

9.30am – 10.30am	Legs, Bums & Tums	1234	♀
10.30am – 11.30am	Pilates	123	♀
3.30pm – 5.00pm	Teen Gym		
7.00pm – 8.00pm	Tai Chi		

## Saturday

2.00pm – 4.00pm	Teen Gym		
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## Sunday

10.00am – 12.00pm	Teen Gym		
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# Leighton Recreation Centre

Wellhead Lane, Westbury

01373 824448

## Monday

10.00am – 11.00am	20:20:20	1234	♀
11.15am – 12noon	Pilates	123	
4.00pm – 5.00pm	Teen Gym		
6.00pm – 7.00pm	20:20:20	1234	
7.15pm – 8.15pm	Body Sculpt	1234	

## Tuesday

9.45am – 10.45am	Body Sculpt	1234	
10.00am – 11.00am	P. IV Cardiac Rehab	12	
4.00pm – 5.00pm	P. III Cardiac Rehab	12	
5.00pm – 6.00pm	P. III Educational Session		
6.00pm – 7.00pm	P. IV Cardiac Rehab	12	
6.15pm – 7.15pm	Yoga	1234	
7.30pm – 8.30pm	Pilates	123	

## Wednesday

10.00am – 11.00am	Total Body Workout	1234	♀
11.05am – 12.05pm	Pilates	123	
6.00pm – 7.00pm	Aerobics	1234	
6.30pm – 7.30pm	Pilates with a prop	1234	
7.00pm – 8.00pm	Legs, Bums & Tums	1234	

## Thursday

9.45am – 10.30am	Walkrobics	123	
11.00am – 12noon	P. IV Cardiac Rehab	12	
1.00pm – 3.00pm	P. III Cardiac induction	12	
(On the last Thursday of every month)			
3.00pm – 4.00pm	P. III Cardiac Rehab	12	
4.00pm – 5.00pm	Teen Gym		
6.45pm – 7.45pm	Pilates	1234	
7.00pm – 8.00pm	Circuit Training	1234	

## Friday

9.00am – 10.00am	Tai Chi	123	
10.00am – 11.00am	Total Body Workout	1234	♀



# Trowbridge Sports Centre

Frome Road, Trowbridge

01225 764342

## Monday

6.00pm – 7.00pm Aquafit

7.00pm – 8.00pm Pilates\*

## Tuesday

6.30pm – 8.00pm Yoga\*

## Wednesday

6.00pm – 7.00pm Aquafit

Please note that there will not be any classes running on Bank Holidays.

\*This is a payable course for all participants



# Warminster Sports Centre

Woodcock Road, Warminster

01985 212946

## Monday

9.00am – 9.45am 40+ Aqua Aerobics\*\* 123

2.15pm – 3.00pm Nifty Fifties 12

6.00pm – 7.00pm Legs, Bums & Tums 1234

7.00pm – 8.00pm Circuit Training 1234

7.00pm – 8.30pm Yoga Course\* 123

8.30pm – 9.30pm Aquafit 123

## Tuesday

10.00am – 10.45am Body Sculpt 1234

11.00am – 12noon Pilates 123

6.15pm – 7.00pm Aerobics Cheer 123

7.10pm – 8.10pm Body Sculpt 1234

8.15pm – 9.15pm Pilates 123

## Wednesday

5.00pm – 6.00pm P.IV Cardiac Rehab 123

6.00pm – 7.00pm Legs, Bums & Tums 1234

7.00pm – 8.00pm Dance Fit 123

8.15pm – 9.00pm Aquafit 1234

8.15pm – 9.15pm Yoga 123

## Thursday

10.00am – 11.00am Legs, Bums & Tums 1234

11.00am – 12noon Pilates 123

6.00pm – 7.00pm Balls and Bars 1234

7.00pm – 8.00pm Cardio Kick 1234

8.00pm – 9.00pm Pilates 123

## Friday

1.30pm – 2.30pm Tai Chi 12

Teen Gym runs from Monday – Sunday

3.00pm-4.00pm, subject to availability.

\*Yoga Course – This is a payable course for all participants.

\*\* Finishes 15th Nov 2010.



## Bradford Swimming Pool

Station Approach, Bradford on Avon

01225 862970

<b>Monday</b>	10.00am – 12.00pm	Ladies Rec
	11.00am – 11.30am	Ladies Rec Aquafit
	1.30pm – 2.00pm	Hydrofitness
<b>Tuesday</b>	1.30pm – 2.30pm	Aquafit
	6.30pm – 7.30pm	Aqua Bump
	6.50pm – 7.15pm	Hydromax
	7.30pm – 8.30pm	Aquafit
<b>Wednesday</b>	8.00pm – 9.00pm	Aquafit
<b>Thursday</b>	6.15pm – 6.45pm	Hydromax
	7.00pm – 8.00pm	Aquafit
<b>Friday</b>	11.30am – 12.00pm	Hydrofitness

\* Term time only. The Tuesday and Thursday Hydromax price also includes a swim in any public swim which runs immediately before or after the workout sessions.



## Melksham Blue Pool

Market Place, Melksham

**T: 01225 703525** Textphone users add prefix 18001 to access Tynetalk

**F: 01225 703279**

<b>Monday</b>	11.30am – 12.30pm	Aquafit
<b>Tuesday</b>	7.00pm – 8.00pm	Aquafit
<b>Wednesday</b>	11.30am – 12.30pm	Hydrofit
	7.30pm – 8.30pm	Swim Gym
<b>Thursday</b>	9.00am – 9.45am	Aqua Bump (ante)
	9.45am – 10.30am	Aqua Bump (post)
	7.00pm – 8.00pm	Hydrofit

Teen Gym runs on Monday – Friday 4.00pm – 5.00pm  
& Sat-Sun 2.00pm – 3.00pm



## Westbury Swimming Pool

Church Street, Westbury

01373 822891

<b>Monday</b>	10.30am – 11.30am	Aquafit
	7.00pm – 8.00pm	Aqua Bump
	8.00pm – 9.00pm	Aquafit
<b>Tuesday</b>	10.00am – 11.00am	Aquafit
<b>Thursday</b>	1.00pm – 1.45pm	Aquafit
	7.00pm – 8.00pm	Aquafit

### kinetika Members receive unlimited use of:

Swimming, Gym, Workout Classes

### Discounts on:

Racquet sessions, 5 a side, Golf, Tenpin Bowling, Sunbeds.  
To find out more please contact reception at any one of the DC Leisure Centres.

### kinetika, a new kind of membership...

...a new way of life.



# Understanding your w

## Class Type Description

<b>Abacus</b>	Part of the GP referral scheme.
<b>Aerobics</b>	An energising exercise to music workout to improve fitness, toning, co-ordination and burn those extra calories.
<b>Aerobics Cheer</b>	A Fun aerobics class based on the traditional cheer leading moves.
<b>Antenatal</b>	Gentle exercise and relaxation for mums to be (minimum 16 weeks) and new mums. Consult your doctor before attending.
<b>Aquafit</b>	A fun, non-impact workout using the water for resistance. Tones and strengthens muscles, suitable for non swimmers (small pool only).
<b>Aqua Bump</b>	Gentle exercise to music in the water with a qualified instructor or midwife. Pre/ Post Natal.
<b>Aqua Circuits</b>	An alternative approach to exercise, combines:- <b>Hydrofit</b> – A more demanding workout in deep water using a flotation belt and aqua gloves to increase resistance. <b>Hydromax</b> – An intense version of Hydrofit using dumbbells to improve muscle strength an balance.
<b>Balls and Bars</b>	Exercises to work total body using stability ball.
<b>Body Max</b>	Giving your body a maximum workout using barbells / dumbbells to tone up fast.
<b>Body Sculpt</b>	Body Sculpt is devoted to strengthening and toning the abs, legs, buttocks and upper body muscles.
<b>Boot Camp</b>	If you are looking to loose weight, tone up, improve your fitness and aerobic stamina then this is the place to be.
<b>Bounce</b>	A new class using rebounders to give an all round Cardio Vascular workout.
<b>Boxercise</b>	A circuit based challenging class, incorporating basic boxing skills and sparing exercises.
<b>Cardiac Rehab</b>	A comprehensive programme, open to anyone who has had a heart attack, heart surgery, or experiences angina and would like to follow a safe effective programme.
<b>Cardio Kick</b>	A fast paced all action workout using kickboxing and martial arts moves.
<b>Circuits</b>	A challenging, simple but effective intensive total body workout.
<b>Dance Fit</b>	A fun dance class incorporating different dance styles. Low impact and aimed for all levels of fitness.

Please note: All class times include set up/down time. Classes open to everyone. If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor. Booking is no longer required for all workout classes. No admittance to any class after it has commenced. Age limit for all classes\* is 14 years old. (\*Bodymax minimum age 16). We recommend that those persons that are up to 16 weeks pregnant attend Aqua/Hydro classes. Those who are 16 weeks plus should attend Antenatal/Aquabump sessions. Cancellations must be made 48 hours in advance.

# Workout timetable

Class Type	Description
<b>Dancercise</b>	A fun based class using various types of dance moves including rock'n'roll, jazz, salsa and Zumba Dance.
<b>Healthy Back</b>	A gentle aerobic class with elements of pilates to improve & promote a strong and healthy back.
<b>Legs, Bums &amp; Tums</b>	Intensive conditioning for tightening your abdominals, legs and bum.
<b>Mind &amp; Body</b>	<b>Pilates</b> – Deep muscle toning for inch loss, relaxation & core stability. <b>Yoga</b> – A combination of stretching, passive and dynamic postures, breathing exercises and relaxation techniques. <b>Tai Chi</b> – A stress releasing mind and body class.
<b>Nifty Fifties</b>	A gentle low impact exercise class aimed at 50+.
<b>Pilates with a prop</b>	A pilates class using a different prop each week.
<b>Salsa-cise</b>	A fun workout using Salsa based moves.
<b>Step</b>	Get your heart and lungs pumping to the ultimate workout for toning legs and bum.
<b>Swim Gym</b>	A multi functional water based class working all your major muscle groups, using water for resistance in a circuit training set up.
<b>Teen Kombat</b>	A fun and energetic mixed martial arts style aerobics class.
<b>Total Body Workout</b>	A body conditioning class using aerobic weights.
<b>Ultimate Cycle Workout (UCW)</b>	A motivating instructor led group class on stationary bikes. For the ride of your life!
<b>20:20:20</b>	A challenging but fun workout class that combines three different aerobic sessions to really get that heart pumping and effectively conditioning the whole body.



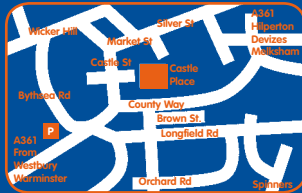
\*West Wiltshire membership card holders receive up to 30% discount on all classes.

**\*kinetika members exercise for free**

# Kinetika Memberships available



**Bradford Swimming Pool**  
 Station Approach, Bradford on Avon  
 BA15 1DF  
[www.bradfordswimmingpool.co.uk](http://www.bradfordswimmingpool.co.uk)  
 01225 862970  
[enquiries@bradfordswimmingpool.co.uk](mailto:enquiries@bradfordswimmingpool.co.uk)



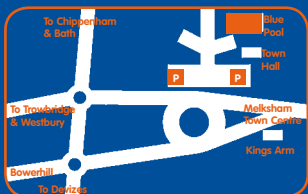
**Castle Place Leisure Centre**  
 Level 5a, Multi Storey Car Park, Trowbridge  
 BA14 8AL  
[www.castleplaceleisurecentre.co.uk](http://www.castleplaceleisurecentre.co.uk)  
 01225 762711  
[enquiries@castleplaceleisurecentre.co.uk](mailto:enquiries@castleplaceleisurecentre.co.uk)



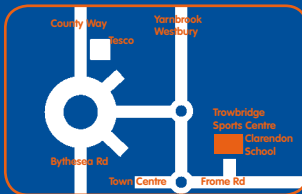
**Christie Miller Sports Centre**  
 Lancaster Road, Bowerhill, Melksham  
 SN12 6QU  
[www.christiemillersportscentre.co.uk](http://www.christiemillersportscentre.co.uk)  
 01225 702826 Planet Bowl 01225 701901  
[enquiries@christiemillersportscentre.co.uk](mailto:enquiries@christiemillersportscentre.co.uk)



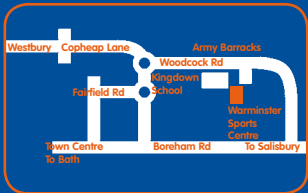
**Leighton Recreation Centre**  
 Wellhead Lane, Westbury BA13 3PT  
[www.leightonrecreationcentre.co.uk](http://www.leightonrecreationcentre.co.uk)  
 01373 824448  
[enquiries@leightonrecreationcentre.co.uk](mailto:enquiries@leightonrecreationcentre.co.uk)



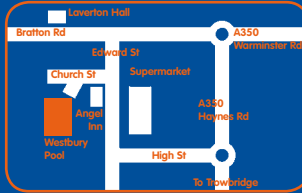
**Melksham Blue Pool**  
 Market Place, Melksham SN12 6ES  
[www.melkshambluepool.co.uk](http://www.melkshambluepool.co.uk)  
 01225 703525 supported by Typetalk  
 Fax: 01225 703279  
[enquiries@melkshambluepool.co.uk](mailto:enquiries@melkshambluepool.co.uk)



**Trowbridge Sports Centre**  
 Frome Road, Trowbridge BA14 0DJ  
[www.trowbridgesportscentre.co.uk](http://www.trowbridgesportscentre.co.uk)  
 01225 764342  
[enquiries@trowbridgesportscentre.co.uk](mailto:enquiries@trowbridgesportscentre.co.uk)



**Warminster Sports Centre**  
 Woodcock Road, Warminster BA12 9DQ  
[www.warminstersportscentre.co.uk](http://www.warminstersportscentre.co.uk)  
 01985 212946  
[enquiries@warminstersportscentre.co.uk](mailto:enquiries@warminstersportscentre.co.uk)



**Westbury Swimming Pool**  
 Church Street, Westbury BA13 3BY  
[www.westburyswimmingpool.co.uk](http://www.westburyswimmingpool.co.uk)  
 01373 822891  
[enquiries@westburyswimmingpool.co.uk](mailto:enquiries@westburyswimmingpool.co.uk)



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