



# Workout Timetable

Spring 2010

Splash Leisure & Fitness Centre  
Weybourne Road, Sheringham, NR26 8HF  
01263 825675

Victory Swim & Fitness Centre  
Station Road, North Walsham, NR28 0DZ  
01692 409370

# Victory Timetable

## Monday

55+ Water Aerobics

0900 – 1000 Sally 1

LBT

1000 – 1100 Sally 2

Yoga

1800 – 1900 Donna H 2

Body Combat

1900 – 2000 Phil 4

Body Pump

2000 – 2100 Sam 3

## Tuesday

55+ Water Aerobics

0900 – 1000 Sally S 1

Combo

1000 – 1100 Sally S 3

Body Pump

1100 – 1200 Sam 3

Body Balance

1800 – 1845 Tree 2

Yogalates

1700 – 1800 Donna 1

Aerobics

1845 – 1945 Tree 4

Momentum

1900 – 1945 Robbie 3

(com. room)

Body Pump

1945 – 2045 Tree 3

## Wednesday

Water Aerobics

0900 – 1000 Sally S 2

Aerobics

1000 – 1100 Sally S 3

Yoga

1100 – 1200 Donna H 1

Body Combat

1805 – 1850 Tree 4

Combo

1850 – 1950 Tree 4

Body Balance

1950 – 2035 Tree 2

## Thursday

LBT

0900 – 1000 Sally 2

Karate

1700 – 1900

Body Combat

1900 – 2000 Phil 4

Momentum

1900 – 1945 Robbie 3

(com room)

Water Aerobics

2000 – 2100 Sally 2

## Friday

Body Pump

0915 – 1015 Stacey 3

Body Combat

1015 – 1115 Stacey 3

Pilates

1200 – 1300 Dale 2

Body Combat

1805 – 1850 Tree 4

Body Pump

1850 – 1935 Tree 3

Body Balance

1935 – 2020 Tree 2

## Saturday

Body Combat

1000 – 1100 Beth 3

Yoga

1100 – 1200 Beth 2

## Sunday

LBT

1000 – 1100 Tree 3

Body Pump

1100 – 1200 Tree 3

## Level Definitions

- 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

Kinetika members free, non-members £5.10 (As from the first of April) (except karate), please book at reception.

All classes are subject to review and the programme may change at any time.

Over 55's Water aerobics is free to members and £2.00 for non members.

Instructors may change due to holiday or sickness.



Please make sure you book for classes. We will then contact you if a class is cancelled / changed. Members may book 7 days prior to class, non members 6 days prior. (01692) 409370

# Splash Timetable

## Monday

### Water Aerobics

0900 – 0945 Sally 2

### Step n Sculpt

1000 – 1100 Sally 3

### Junior Gym

1530 – 1630

### Body Pump

1800 – 1900 Beth 3

### Yoga

1800 – 1900 Vee 2

### LBT

1900 – 2000 Beth 2

### Water Aerobics

1915 – 2000 Sally 2

### Circuits

1915 – 2000 Gym Staff 2

### Body Combat

2000 – 2100 Garry 3

## Tuesday

### Body Pump

0900 – 10.00 Stacey 3

### Body Combat

1000 – 1100 Stacey 3

### Junior Gym

1530 – 1700

### Yoga

1800 – 1900 Beth 1

### Pedal Power

1800 – 1900 Sally 3

### Body Combat

1900 – 2000 Beth 3

## Wednesday

### Water Aerobics

0900 – 0945 Stacey 1

### Aerobics

1000 – 1100 Stacey 3

### Pilates

1345 – 1445 Beth 1

### Junior Gym

1530 – 1630

### Body Pump

1800 – 1900 Beth 3

### Pedal Power

1800 – 1900 Sally 3

### LBT

1900 – 2000 Sally 2

## Thursday

### Body Combat

0915 – 1000 Garry 3

### Body Conditioning

1000 – 1100 Beth 2

### Pedal Power

1000 – 1100 Cat 3

### Junior Gym

1530 – 1700

### Yoga/Pilates/Tai Chi

1700 – 1800 Beth 1

### Pedal Power

1800 – 1900 Sally 3

### Body Combat

1800 – 1900 Beth 3

### Body Pump

1900 – 2000 Caroline 3

## Friday

### Water Aerobics

0900 – 0945 Nicky 1

### LBT

1000 – 1100 Beth 2

### Pilates

1100 – 1200 Beth 1

### Junior Gym

1530 – 1630

### Yoga

1700 – 1800 Beth 2

## Saturday

### Body Pump

0930 – 1030 Caroline 2

### Junior Gym

1200 – 200

## Sunday

### Body Combat

1030 – 1130 Beth 3

### Junior Gym

1200 – 1400

Pedal Power is an additional class, chargeable at £1.50 per member and £6.00 per non-member/ Gym Only members per session.

Casuals £5.10 (As from the first of April), all classes are subject to change. Gym Only.



## Class Descriptions

**Aerobics** A combination of aerobic exercises for a full body and ab workout.

**Body Fit** Tone your body using various forms of resistance and body weight exercises to create a fitter healthier you.

**Combo** A mixture of aerobics, resistance exercises that will burn calories and tone the body.

**Circuits** Combines short bursts of toning and aerobic exercise in a station format to improve strength and endurance.

**Legs Bums & Tums** A challenging and fun workout combining a low impact but high intensity cardio workout with dynamic lower body sculpting exercise.

**Pedal Power** A great fat burning freestyle workout taught to uplifting music.

**Pilates** A session designed to target all core muscles.

**Aerobatone** A mixture of aerobics and full body toning.

**Momentum** High intensity cardiovascular workout using our studio cycles

**Yogalatez** Half Yoga and half Pilates exercises, working on flexibility and core strength.

**Step n Sculpt** A power pack workout for fat burning and body shaping. Suitable for beginners and advanced, just a fun step workout.

**Water Aerobics** A water based aerobics class suitable for all abilities and ages. Non swimmers welcome.

**Yoga/Pilates/Tai – Chi** A fusion designed to refresh, energise and relax. Pilates to strengthen core abdominal muscles. Yoga for breathing, suppleness and strength. Tai-Chi for balancing mind, body and spirit.

**BODYPUMPTM** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**Yoga** A dynamic yoga class for strength, suppleness and to improve breathing and balance. Drawing on oriental influences for balance and well being.

**SPLASH**  
Leisure & Fitness Centre

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Weybourne Road, Sheringham, NR26 8HF

01263 825675

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**VICTORY**  
Swim & Fitness Centre

Victory Swim & Fitness Centre

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 **kinetika™**  
fitness

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