



Fitness Timetable

October 2009

Ken Marriott Leisure Centre

01788 535851

www.kenmarriottleisurecentre.co.uk



MONDAY

50+ Keepfit	9.30am to 12.30pm	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio
Hatha Yoag	9.45am to 11.15am	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
Step	7.10pm to 8.10pm	Studio 1
Boxercise	8.15pm to 9.15pm	Studio 1

TUESDAY

Aerobatone	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
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

Bike-a-fit	9.30am to 10.30am	Cycle Studio
Step	9.30am to 10.30am	Studio 1
BodyBalance	9.30am to 10.30am	Studio 2
50+ Movers & Shakers	10.30am to 11.30am	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
Legs Bums & Tums	9.30am to 10.30am	Studio 2
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
Pilates	7.00pm to 8.00pm	Training Room
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*	10.45am to 11.30am	Main Pool
Power Surge	6.00pm to 7.00pm	Studio 1

*Aquafit changes to 11.15am from Jan 2010

SATURDAY

Total Pump	9.30am to 10.30am	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio

SUNDAY

Body Pump	4.30pm to 5.30pm	Studio 1
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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.

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.

STEP 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	£4.10	£5.00
Body Balance	£4.50	£4.50
Powersurge		£4.20
Step	£3.70	£4.30
Absolute Abs		£3.90
Boxercise		£4.10
Bike-a-Fit	£4.10	£4.10
Pilates	£4.10	£4.10
Aerobics/Aerobatone	£4.10	£4.10
Aquafit/Aquaburn	£4.10	£4.10
Aquafit with concession	£2.60	£2.60
Legs, Bums n Tums	£4.10	£4.10
50+/Movers and Shakers	£2.60	
Hatha Yoga	£4.50	
Weekend Wake Up	£4.20	

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

Bruce Williams Way

Rugby

CV22 5LJ

Telephone: 01788 535851

Fax: 01788 550204

Membership Enquiries: 01788 821959

Email: enquiries@kenmarriottleisurecentre.co.uk

Web: www.kenmarriottleisurecentre.co.uk



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