



# Group Exercise Programme

1st September 2010 – 3rd January 2011

Alton Sports Centre  
Mill Chase Leisure Centre  
Taro Leisure Centre

# Group Exercise Programme

At Alton Sports Centre, Mill Chase Leisure Centre & Taro Leisure Centre we aim to provide a workout programme for all our customers, regardless of age or ability. To help you pursue a healthy and active lifestyle we offer a wide variety of classes, which will appeal to both men and women.

## Alton Sports Centre

### Monday

Body Step	9.20am – 10.15am
Keep Fit Keep Active 50+	9.20am – 9.55am 10.15am – 11.00am 11.00am – 11.45am

Body Balance	10.30am – 11.25am
Aqua – 50+	11.30am – 12.15pm
50+ pilates (chawton suite)	2.00pm – 2.55pm
Body Combat	6.15pm – 7.10pm
Circuits (Main Hall)	7.00pm – 7.55pm
Body Pump	7.15pm – 8.10pm

### Tuesday

Salsa Aerobics	9.20am – 10.15am
Body Pump	10.30am – 11.25am
Pilates (Studio 2)	10.30am – 11.25am
Pilates (chawton Suite)	6.00pm – 6.55pm
Body Balance	6.15pm – 7.10pm
Aqua Aerobics	7.00pm – 7.55pm
Body Step	7.15pm – 8.10pm

### Wednesday

Body Attack	9.20am – 10.15am
Legs, Bums & Tums	10.30am – 11.25am
Fun & Fitness	10.30am – 11.25am
Legs, Bums & Tums	6.15pm – 7.10pm
Body Jam	7.15pm – 8.10pm

### Thursday

Body Pump	9.20am – 10.15am
Body Balance	10.30am – 11.25am
Aqua Aerobics	11.30am – 12.15pm
Body Attack	6.15pm – 7.10pm
Body Pump	7.30pm – 8.25pm
Aqua Aerobics	7.30pm – 8.25pm

### Friday

Body Step	9.20am – 10.15am
Keep Fit Keep Active 50+	9.20am – 9.55am 10.15am – 11.00am 11.00am – 11.45am
Legs, Bums & Tums	10.30am – 11.25am
Body Combat	7.40pm – 8.30pm

### Sunday

Body Attack	10.00am – 10.55am
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### Spinning Classes

Mon	8.00pm – 8.45pm
Tues	9.30am – 10.15am 7.00pm – 7.45pm
Wed	9.30am – 10.15am
Thurs	8.00pm – 8.45pm
Fri	9.20am – 10.05am 6.30pm – 7.15pm

## Mill Chase Leisure Centre

### Monday

50+Aqua Fit	11.15am – 12.00pm
Body Balance	6.00pm – 6.55pm
Aqua Natal	7.00pm – 7.45pm
Legs, Bums & Tums	7.00pm – 7.55pm

### Tuesday

Circuits	6.00pm – 6.55pm
Pilates	7.00pm – 7.55pm
Aqua Aerobics	7.15pm – 8.10pm
Boxercise	7.30pm – 8.30pm

### Wednesday

Aqua Aerobics	10.00am – 10.55am
Legs, Bums & Tums	6.00pm – 6.55pm
Body Combat	7.00pm – 7.55pm

### Thursday

Aqua Aerobics	9.30am – 10.30am
Hi/Lo Attack	6.30pm – 7.30pm
Body Balance	8.00pm – 8.45pm

### Friday

Legs, Bums & Tums	6.00pm – 6.55pm
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### Sunday

Circuits	10.00 – 11.00am
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## Crèche Opening Times

**Alton Sports Centre**  
Monday – Friday  
09.00am – 12.00pm

**Taro Leisure Centre**  
Monday  
09.00am – 12.30pm  
Tuesday – Friday  
09.00am – 1.30pm

Classes will be reviewed monthly and may be subject to change.

# Taro Leisure Centre

## Monday

Body Attack	9.30am – 10.25am
Body Balance	10.35am – 11.30am
Legs, Bums & Tums	6.00pm – 6.55pm
Boxercise	7.15pm – 8.10pm
Body Pump	8.15pm – 9.10pm

## Tuesday

Body Pump	9.20am – 10.15am
Pilates (advanced)	11.35am – 12.30pm
Keep fit & active 50+	12.30pm – 1.25pm
Body Combat	6.00pm – 6.55pm
Body Jam	7.00pm – 7.55pm
Body Balance	8.00pm – 8.55pm

## Wednesday

Legs, Bums & Tums	9.30am – 10.25am
NEW! Ball Time	10.35am – 11.20am
Body Attack	6.00pm – 6.55pm
Freestyle Step	7.00pm – 7.55pm

## Thursday

Body Jam	9.30am – 10.25pm
Body Balance	10.35am – 11.30am
Body Pump	6.00pm – 6.55pm
Body Combat	7.00pm – 7.55pm

## Friday

Body Combat	9.30am – 10.25am
Keep Fit & Active 50+	1.30pm – 2.25pm
Legs, Bums & Tums	6.00pm – 6.55pm

## Saturday

Boxercise	9.30am – 10.25am
Body Combat	10.35am – 11.30am

## Sunday

Body Pump	9.00am – 9.55am
Body Balance	10.00am – 10.55am
Sunday Circuits	7.00pm – 7.55pm

## Aqua Aerobics

Mon	9.30am – 10.25am
Tue	8.05pm – 9.00pm
Wed	9.20am – 10.15am
Thur	8.00pm – 8.55pm
Fri	9.20am – 10.15am

## Spinning Classes

Mon	7.00pm – 8.00pm
Tues	9.30am – 10.30am
	12.30pm – 1.05pm
	6.00pm – 6.45pm
	7.00pm – 7.45pm
Wed	6.40pm – 7.40pm
Thur	12.30pm – 1.05pm
	6.00pm – 6.45pm
	7.00pm – 7.45pm
Fri	9.30am – 10.15am
	6.00pm – 7.00pm
Sat	9.30am – 10.30am
Sunday	9.30am – 10.30am

\*See Centre brochure for prices, Kinetika Members all classes FREE.



## Have you tried..

For more information about any of our BTS classes contact the reception at each individual site.



For further information on prices please contact reception.

# Class Descriptions

**Aqua Aerobics** – A fun all-round toning and fat-burning workout without stressing the body.

**Aqua Natal** – A fun all round workout for pre & post natal women.

**Ball Time** – Tone up with Ball Time, a low impact workout class using weighted hand held balls, suitable for new customers starting out in exercise. Includes floor work for stomach & back.

**Body Attack** – A simple high-intensity group fitness class, which is fully – optioned to cater for all levels. You'll experience high energy, sports training moves for cardiovascular fitness, along with lower & upper body exercises for building strength.

**Body Balance** – Yoga-based stretch programme that leaves you relaxed and renewed. Suitable for all abilities. Bare feet required.

**Body Combat** – An all over body workout combining martial arts moves. Challenging but great fun.

**Body Jam** – With the emphasis as much on having fun as breaking a sweat, this class is an addictive fusion of dance and aerobic moves that will unlock everyone's rhythmic and dancing instincts.

**Body Pump** – This class is designed to give your body a complete workout using weights to powerful music. All abilities can participate, simply add on heavier weights as you get fitter. Watch out for quick results!

**Body Step** – A cardio infused step class that makes you feel liberated and alive. Includes conditioning tracks that shape and tone your body. Suitable for all levels.

**Boxercise** – A Great class for toning, building up strength and stamina. Release the stress and strain from everyday life.

**Circuits** – This class combines fat burning with strength training using barbells and free weights. Great for toning.

**Freestyle Step** – A fun-fuelled step programme like no other. It blends 'stependous' athletic, moves and power routines to your favourite dance anthems. Suitable for all abilities.

**Fun & Fitness** – A fun based fitness session designed specifically for those with learning difficulties / disabilities. Anything goes from football to aerobics, parachute games to wacky races. Come and join us – carers welcome.

**Keep Fit, Keep Active / 50+** – A fun and gentle way to keep fit and meet new friends. Music to suit your ears and routines to put a spring in your feet.

**Legs, Bums & Tums** – A combination of aerobics and body conditioning with the emphasis on fun!

**Pilates** – A class to teach you how to correct posture through breathing. Learn how to strengthen your body through gentle exercise.

**Spinning Classes** – An exciting instructor-led indoor cardiovascular cycle workout.

## Kinetika Membership

Warning! You could be spending too much!

Join as a kinetika member and enjoy unlimited use of our Group exercise classes.

For more information regarding kinetika membership contact a Membership Advisor NOW on:

Alton Sports Centre Tel: **01420 540047**

Mill Chase Leisure Centre Tel: **01420 472549**

Taro Leisure Centre Tel: **01730 234694**



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Visit our website for more information: [www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

