



# Group Workout Timetable

## October - December 2011

The Olympiad Leisure Centre  
Springfield Leisure Centre  
The Activity Zone  
Lime Kiln Leisure Centre

## Aerofit

An aerobic class to make you sweat without being complicated. Great for working the heart and lungs and improving health.

Phase I – Basic structured exercises, introducing Aerofit.

## Power Circuits

A brilliant class for those wanting to work hard and have fun with no complicated choreography. A station based class combining traditional strength, power and running activities.

## Body Combat Les Mills Programmes



Combining moves and stances from a range of self – defence disciplines like karate, Tai Chi, Tae Kwon – Do and kickboxing into a fending, fighting routine. Creating a fiercely energetic experience that raises fitness levels throughout the whole body, while fighting calories and cholesterol.

## RPM Les Mills Programmes



A very energetic exercise on the bikes. It will make you sweat!!

## Step

An energetic and inspiring workout that involves stepping and aerobic training. Great for training the heart and lungs and improving coordination.

## Body Pump Les Mills Programmes



Is quite simply the world's most popular group fitness program ever, a revolutionary weight training workout that strengthens, tones and defines every muscle in your body. You get all the benefits of training and toning with weights in an energy – charged, fiercely physical group exercise class. And all the benefits of a better looking, better feeling and better working body.

## Legs, Bums & Tums

An epic conditioning class that focuses on improving lower body definition and tone.

## Body Conditioning

This body conditioning class focuses on improving your bodies definition and tone. It is suited to all levels and abilities as movements can be adjusted.

## Body Balance Les Mills Programmes



A mixture of Tai Chi, Pilates and Yoga. Working with your core strength throughout the main components of the class. You will leave this class feeling re – vitalised and refreshed.

## Tai Chi

A spiritually enhancing low impact fitness session for body and mind.

## Pilates

The Pilates Method represents a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement

## Smart Hearts

A comprehensive programme, open to anyone who has had a heart attack, heart surgery, or experiences of angina, and would like to follow a safe and effective workout programme.

## Nifty Fifty

A low impact aerobic session for the 50+.

## Aqua Fit Deep Water

A deep water workout class suitable for all ages and abilities.

## Aqua Fit

A shallow water exercise class suitable for all ages and abilities.

## Ab Attack

Abdominal work designed to sculpt and tone the mid section.

## Yoga

Improve your all over sense of well – being. Reduce tension and improve core strength and flexibility.

## Street Jam (Under 16yrs)

A funky dance based fitness class featuring the latest sounds & hottest moves. Incorporating street dance, hip hop, cheerleading & sizzling salsa in a aerobic workout session

## Zumba

Combining high energy and motivating music creating a dynamic & effective fitness system!

## kinetika Membership

Free use of selected exercise classes for kinetika Members. Contact a Customer Advisor for further details.

## New Customers / Returning to exercise

Please advise the class instructor of any medical conditions, illnesses or injuries that may be affected by exercise. We advise you to inform your class instructor if you are new to the class. Beginners are welcome to attend classes that are marked with level 1, 2 or 3. Please speak to your instructor before you start the class.

## Class Prices

Please contact reception for prices.

## Age limits

Age restrictions apply – please ask at reception

## Warm Up

Please make sure that you arrive on time for your class, 5 – 10 minutes early is ideal, as the warm up at the start of the session is very important and should not be missed. You will not be allowed to join the class if you are late. Persons who book and then do not turn up for a class will be charged. Bookings are not able to be taken until any outstanding debts are paid.

## Class Restrictions

Classes may have restricted numbers due to space or equipment available. To ensure your place please book in advance.

## Crèche Facilities

Crèche Facilities available at The Olympiad Leisure Centre & The Activity Zone.



= Crèche available during these sessions

## Key class levels

- R – Specific group / rehabilitation
- 1 – Easy low intensity – ideal for beginners
- 2 – Low to medium intensity
- 3 – Medium intensity
- 4 – Medium to high intensity
- 5 – High intensity

## Prices

Group Workout Classes	£5.10
Les Mills Classes	£5.40
Aqua classes	£5.10
Specialist classes please enquire at reception	

Please note: prices may vary according to class duration.

**Fitness Industry Association's  
Leisure Centre Operator of the  
Year 2008/09 & 2009/10.**

**Quest "Excellent" Rating (94%)  
for Sports Development 2011.**




If you would like to advertise in this brochure please contact:  
**Marketing 01249 444144**



# The Olympiad Leisure Centre

Time	Level	Session	Location
<b>Monday</b>			
7.15am – 8.00am	4 – 5	美 RPM	RPM Studio
9.30am – 10.30am	3 – 5	美 Body Combat	Movement Studio
10.35am – 11.35am	3 – 5	美 Body Pump	Movement Studio
12.15pm – 1.00pm	4 – 5	美 RPM	RPM Studio
5.45pm – 6.30pm	4 – 5	RPM	RPM Studio
6.00pm – 7.00pm	2 – 3	Pilates	Studio 2
6.00pm – 7.00pm	3 – 4	Aerofit	Movement Studio
7.00pm – 7.45pm	2 – 3	Aqua Trim	Pool
7.00pm – 8.00pm	2 – 3	Yoga	Studio 2
7.10pm – 8.10pm	3 – 5	Body Pump	Movement Studio
<b>Tuesday</b>			
9.30am – 10.30am	3 – 5	美 Body Combat	Movement Studio
10.30am – 11.30am	2 – 3	美 Pilates	Studio 2
10.35am – 11.35am	1	美 Nifty Fifty	Movement Studio
12.15pm – 1.00pm	3 – 5	美 Body Pump	Movement Studio
3.30pm – 4.15pm		Junior Street Jam (7 – 11 Yrs)	Movement Studio
4.15pm – 5.00pm		Teen Street Jam (12 – 16Yrs)	Movement Studio
5.15pm – 6.15pm	3 – 5	Body Pump	Movement Studio
6.30pm – 7.30pm	4	Step	Movement Studio
7.15pm – 8.00pm	4 – 5	RPM	RPM Studio
7.15pm – 8.15pm	3 – 5	Power Circuits	Sports Hall
7.35pm – 8.35pm	1 – 2	Body Balance	Movement Studio
<b>Wednesday</b>			
7.15am – 8.00am	4 – 5	美 RPM	RPM Studio
9.30am – 10.30am	3	美 Body Conditioning	Movement Studio
10.45am – 11.45am	2 – 3	美 Wellness Yoga (Payable Course – Pay At Reception)	Movement Studio
12.15pm – 1.00pm	4 – 5	美 RPM	RPM Studio
6.00pm – 7.00pm	3	Legs, Tums & Bums	Movement Studio
7.05pm – 8.05pm	3 – 5	Body Combat	Movement Studio
8.10pm – 9.10pm	3 – 5	Body Pump	Movement Studio
<b>Thursday</b>			
9.30am – 10.30am	3 – 5	美 Body Pump	Movement Studio
10.35am – 11.35am	1 – 2	美 Body Balance	Movement Studio
12.15pm – 1.00pm	4 – 5	美 RPM	RPM Studio
12.15pm – 1.00pm	3 – 5	美 Body Combat	Movement Studio
1.00pm – 1.45pm	2 – 3	Pilates	Movement Studio
6.00pm – 7.00pm	1 – 3	Zumba	Studio Hall
6.30pm – 7.15pm	4 – 5	RPM	RPM Studio
7.05pm – 8.05pm	1 – 2	Body Balance	Movement Studio
7.15pm – 8.15pm	3 – 5	Power Circuits	Sports Hall
7.30pm – 8.30pm	1 – 2	Tai Chi	Movement Studio
8.10pm – 9.10pm	3	Legs, Tums & Bums	Movement Studio

## Friday

9.30am – 10.30am	4		Step	Movement Studio
10.30am – 11.30am	1 – 2		Body Balance	Movement Studio
12.15pm – 1.00pm	4 – 5		RPM	RPM Studio
5.15pm – 6.00pm	4 – 5		RPM	RPM Studio
6.30pm – 7.30pm	3 – 5		Body Pump	Movement Studio

## Saturday

9.30am – 10.15am	4 – 5		RPM	RPM Studio
4.00pm – 5.00pm	3 – 5		Body Combat	Movement Studio
5.00pm – 6.00pm	3 – 5		Body Pump	Movement Studio

## Sunday

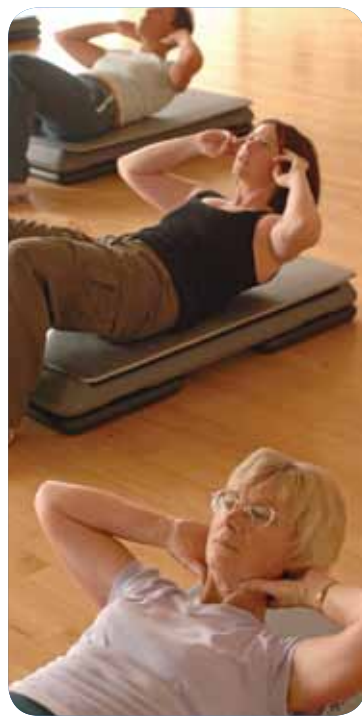
9.00am – 9.45am	4 – 5		RPM	RPM Studio
10.00am – 11.00am	3 – 5		Body Pump	Movement Studio
11.00am – 12.00pm	4 – 5		Body Combat	Movement Studio

# Springfield Leisure Centre

Time	Level	Session	Location
<b>Monday</b>			
12.30pm – 1.15pm	4 – 5	RPM	Club Room
6.00pm – 7.00pm	3 – 5	Body Pump	Sports Hall
6.00pm – 6.45pm	4 – 5	RPM	Club Room
7.00pm – 8.00pm	1 – 2	Body Balance	Club Room
<b>Tuesday</b>			
6.00pm – 6.45pm	4 – 5	RPM	Club Room
7.00pm – 7.45pm	4 – 5	Spinning	Club Room
7.00pm – 8.00pm	3 – 5	Body Combat	Sports Hall
8.00pm – 8.45pm	1 – 4	Zumba	Sports Hall
8.00pm – 9.00pm	1 – 3	Aqua Fit	Swimming Pool
8.10pm – 9.10pm	1 – 2	Body Balance	Club Room
<b>Wednesday</b>			
9.30am – 10.30am	3 – 5	Body Combat	Sports Hall
10.30am – 11.30pm	1 – 2	Body Balance	Club Room
2.00pm – 3.00pm	1	Smart Hearts	Movement Studio
6.30pm – 7.30pm	2 – 3	Body Pump	Sports Hall
7.45pm – 8.30pm	4 – 5	RPM	Club Room
<b>Thursday</b>			
6.30pm – 7.30pm	2 – 3	Circuits	Sports Hall
7.30pm – 8.15pm	4 – 5	Indoor Cycling	Club Room
<b>Friday</b>			
9.30am – 10.30am	3 – 5	Body Combat	Sports Hall
10.30am – 11.30am	1 – 2	Body Balance	Club Room
6.30pm – 7.15pm	4 – 5	RPM	Club Room
<b>Saturday</b>			
9.30am – 10.15am	4 – 5	RPM	Club Room
<b>Sunday</b>			
9.30am – 10.30am	2 – 3	Body Pump	Sports Hall

# The Activity Zone

Times	Session	Location
<b>Monday</b>		
9.30am-10.30am	Legs, Bums & Tums	Multi Zone
10.45am-11.30am	Aqua Fit (Shallow)	Swimming Pool
12.00pm-12.45pm	RPM	Flexi Zone
7.00pm-8.00pm	Aero Tone	Multi Zone
7.00pm-8.00pm	RPM	Flexi Zone
8.00pm-9.00pm	Circuits	Sports Hall
8.05pm-9.05pm	Body Balance	Multi Zone
<b>Tuesday</b>		
7.00am-7.45am	RPM	Flexi Zone
9.30am-10.30am	Body Pump	Multi Zone
10.45am-11.45am	Body Balance	Multi Zone
6.30pm-7.30pm	Body Pump	Flexi Zone
6.30pm-7.30pm	Body Combat	Multi Zone
7.45pm-8.45pm	RPM	Flexi Zone
<b>Wednesday</b>		
9.30am-10.30am	Body Combat	Multi Zone
10.30am-11.15am	Aqua Fit (Shallow)	Swimming Pool
11.30am-12.30pm	Fitness Pilates	Multi Zone
6.30pm-7.30pm	Circuits	Sports Hall
7.00pm-8.00pm	Body Pump	Flexi Zone
7.00pm-8.00pm	Zumba	Sports Hall
8.15pm-9.15pm	Body Balance	Multi Zone
<b>Thursday</b>		
9.30am-10.30am	Smart Hearts	Flexi Zone
9.45am-10.30am	RPM	Squash Court
10.45am-11.30am	Zumba	Flexi Zone
11.45am-12.45pm	Body Balance	Flexi Zone
6.00pm-7.00pm	Body Pump	Flexi Zone
7.00pm-7.45pm	Aqua Fit (Shallow)	Swimming Pool
7.05pm-8.05pm	Body Balance	Multi Zone
7.15pm-8.00pm	RPM	Flexi Zone
8.15pm-9.15pm	Body Combat	Multi Zone
<b>Friday</b>		
7.00am-7.45am	RPM	Flexi Zone
9.30am-10.30am	Aero Fit	Multi Zone
11.00am-12.00pm	Body Pump	Flexi Zone
5.30pm-6.15pm	RPM	Flexi Zone
<b>Saturday</b>		
10.00am-11.00am	Body Pump	Flexi Zone
11.15am-12.00pm	RPM	Flexi Zone
<b>Sunday</b>		
9.30am-10.30am	Body Combat	Multi Zone



# Lime Kiln Leisure Centre

Times	Level	Session	Location
<b>Monday</b>			
6.00pm-7.00pm	1 - 3	Boxercise	Movement Studio
7.00pm-8.00pm	3-5	Body Pump	Movement Studio
8.00pm-9.00pm	2-4	Body Balance	Movement Studio
<b>Tuesday</b>			
6.00pm-7.00pm	2-4	Zumba	Sports Hall
7.00pm-8.00pm	3-5	Body Combat	Sports Hall
8.00pm-9.00pm	2-4	Body Balance	Function Room
<b>Wednesday</b>			
9.00am-10.00am	2-3	Body Conditioning	Movement Studio
10.30am-11.30am	1-2	Nifty Fifty	Movement Studio
6.30pm-7.30pm	3-5	Body Pump	Movement Studio
7.30pm-8.30pm	3-5	Boxercise	Movement Studio
<b>Thursday</b>			
10.00am-11.00am	1-3	Fitness Pilates	Movement Studio
11.15am-12.00pm	2-4	Step 'n' Tone	Movement Studio
3.30pm-4.30pm	2-4	Junior Boxercise	Movement Studio
8.00pm - 9.00pm	3-5	Circuits	Sports Hall
<b>Friday</b>			
9.30am - 10.30am	3 - 4	Body Pump	Movement Studio
10.45am-11.30am	2-4	Zumba	Movement studio
<b>Saturday</b>			
9.30am-10.15am	2-4	Step 'n' Tone	Movement studio

## Yoga Courses

Time	Level	Session	Location
<b>Monday</b>			
9.30am - 11.00am	1 - 3	Yoga mixed ability	Movement Studio
<b>Tuesday</b>			
6.00pm - 7.30pm	1 - 3	Yoga mixed ability	Movement Studio
7.45pm - 9.15pm	1 - 3	Yoga mixed ability	Movement Studio
<b>Thursday</b>			
6.00pm - 7.30pm	1 - 3	Yoga mixed ability	Movement Studio





## The Olympiad Leisure Centre

Sadlers Mead, Monkton Park, Chippenham,  
Wiltshire, SN15 3PA

[enquiries@olympiadleisurecentre.co.uk](mailto:enquiries@olympiadleisurecentre.co.uk)

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

01249 444144

## Springfield Leisure Centre

Beechfield Road, Corsham

Wiltshire, SN13 9DN

[enquiries@springfieldleisurecentre.co.uk](mailto:enquiries@springfieldleisurecentre.co.uk)

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

01249 712846

## Lime Kiln Leisure Centre

Lime Kiln, Wootton Bassett

Wiltshire, SN4 7HG

[enquiries@limekilnlc.co.uk](mailto:enquiries@limekilnlc.co.uk)

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

01793 852197

## The Activity Zone

Bremilham Road, Malmesbury

Wiltshire, SN16 0DQ

[enquiries@theactivityzone.co.uk](mailto:enquiries@theactivityzone.co.uk)

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