

# The Journey

Your guide to health and fitness 2010 – 2011

DC LEISURE  
Developing Community Leisure

kinetika  
fitness



## FREE 7 DAY GYM PASS

At your local Leisure Centre. Includes Gym, Workout Classes and Swimming\*\*

Find your nearest centre in our directory on the back page. Call today to start your free week of fitness. Conditions apply...see below\*

### Start your journey today and change your life!

We are all aware of the importance of a healthy diet and an active lifestyle, but it's not always easy to find time in our hectic schedules for it.

With all of the different healthy living and dieting information around, it can be difficult to choose which suits you best. The advice from the experts is to follow a healthy diet, take part in regular physical activity and maintain a healthy weight. This results in you enjoying a wide variety of foods, taking part in enjoyable activities and staying healthy! Our fitness team at kinetika are on hand to guide you through the best type of activity for you and help keep you motivated to achieve your goals.

With 73 kinetika gyms throughout England, help is at hand to begin your journey to a new fitter, healthier lifestyle. The staff at our gyms are specifically trained to deliver the 4-6 week kinetika journey programme to help you achieve your goals. During your journey you will be given your own personal exercise plan and will also receive five training sessions with one of our instructors to get the support, help and guidance that you need.

Many people have enjoyed great results following the kinetika journey, such as Maggie Brown who has lost 5 and a half stone working out in her kinetika gym at Wyre Forest Glades Leisure Centre, Kidderminster, Worcestershire.

Other customers who have noticed the difference are Daniel and Emma who decided to join the kinetika gym at Tolworth Recreation Centre, Surrey. After the first few weeks of starting the kinetika journey Daniel and Emma felt confident enough to try the classes. Emma laughed, "After the first Body Combat class, we ached in places we never knew we had – but we were hooked!"

More stories about how we have helped improve the lives of our customers can be found on pages 2 and 3 of this edition. We are also offering a SEVEN-day gym pass that will allow you to try out a kinetika gym in any of our centres FREE of charge\*.

Don't put it off any longer. Contact your local centre, see the list on page 4, and book your free week of fitness for the first step to a healthier and happier you!

### Getting a buzz out of exercise

Sue Owen, 54, has struggled with her weight since childhood. She said, "For me, eating has always had an emotional tie; I've lost weight in the past through dieting but have never achieved a healthy lifestyle with exercise. I hated PE at school and never considered the possibility that I might actually enjoy exercise!"

Although Sue was aware she was overweight, she was in denial about how much weight she needed to lose. She said, "I looked at people who were in good shape and thought they were just lucky – I didn't consider that they probably kept fit through exercise."

Sue experienced several health problems and illnesses, including a ruptured disc, jaundice and gallstones, which sent her into a downward spiral of feeling unhappy, being inactive and comfort eating. Finally, her doctor told her she should be taking regular exercise to lose weight in order to avoid being at risk from weight-related disease so she joined the kinetika gym at Melksham Blue Pool in Wiltshire.

Sue said, "I felt physically and mentally tired much of the time. I could feel that my health wasn't under control and decided to do something about it."

"I started off as someone who hated the idea of going to a gym and exercising in front of other people, but I began to realise that there were other people like myself going to the gym. Now I know what people mean when they talk about getting a buzz out of exercise; I love going!"

"I have turned my life around in just a few months: I'm now a healthy weight for my height, my BMI is in the normal range, and my blood pressure is stable."

"For me, the kinetika journey is the beginning of a healthy lifestyle – I intend to keep using the gym and enjoying other classes to lose the last few pounds to achieve my target weight and BMI, and then maintain it."



BEFORE

"I have turned my life around in just a few months."

Sue Owen, Melksham



AFTER

**\*Terms and Conditions apply** – 1. Please call us now to activate this pass regardless of the facilities you wish to use. 2. If you wish to use the gym, we will need you to make an appointment for your first visit. For safety and insurance purposes guests are not allowed to use the gym before seeing a qualified instructor. 3. The 7 day membership pass allows FREE use of kinetika membership facilities for any consecutive seven day period, however this does not include the use of sunbeds. 4. You will be given a temporary membership card which must be shown at reception on each visit. 5. Guests are only allowed to use one 7 day pass in any twelve month period. 6. All guests must agree to abide by the rules of the Centre. 7. The management reserve the right to refuse admission without reason. 8. This is a limited promotion. Acceptance of the 7 day pass cannot be guaranteed.

\*\* Facilities will vary between Centres.

# Enough was enough!

In January 2009, Daniel, 29, and his wife Emma, 33, made a pact to lose weight and get fit after realising their unhealthy lifestyle and high body fat percentages were putting their health at risk. They decided to join the kinetika gym at Tolworth Recreation Centre in Surrey.

Emma said, "When I thought of a gym, I envisaged super slim and fit people, but to my relief Tolworth Recreation Centre was a mixed bag of all ages, shapes and sizes so I felt at ease right away."

Although Emma's answer to the initial question of what she needed in a workout was "a miracle!", Emma soon saw and felt the results of her efforts in the gym. After a

few weeks of starting the kinetika journey, Daniel and Emma felt confident and fit enough to try some classes. Emma laughed, "After the first Body Combat class, we ached in places we never knew we had – but we were hooked!"

A year on, Daniel has lost 3 stone and 3 clothes sizes, while Emma has lost 6 stone and 5 dress sizes. In addition to the changes in their appearances, the couple's fitness levels have improved so much that they've completed 5k runs and a half marathon together.

Jane Francis, the Group Workout Manager at Tolworth Recreation Centre, said, "Both Dan and Emma have worked extremely hard

to achieve very clear results. People always comment on how well they have done."

"After the first Body Combat class, we ached in places we never knew we had – but we were hooked!"

Daniel and Emma, Tolworth



BEFORE



AFTER

# Motivated to change

Tammie Millen, 37, described herself as feeling "fat and low" before she joined the kinetika gym at Steyning Leisure Centre in West Sussex. She had been a member of a gym before and had tried dieting, magazine tips and home exercise, but could never maintain her motivation for long.

When she joined the kinetika gym in April 2009, she said she felt, "nervous, but positive knowing that something was going to happen to make change." Tammie's first appointment boosted her motivation from the start. She began attending the gym twice a week, but now can be seen working out in classes and with a personal trainer up to five times a week! Previously, Tammie used to make excuses to avoid the gym but now says she has no second thoughts about going.

Tammie said, "My daughter uses the crèche facilities while I work out. I've made a good friend from coming to the classes on a regular basis, and have noticed big changes in weight loss, energy levels, happiness and self esteem."



BEFORE



AFTER

"I have noticed big changes in weight loss, energy levels, happiness and self esteem."

Tammie, Steyning

# Desk bound at work, sofa bound at home

Alan Biddlecombe, 56, joined the kinetika gym at Leiston Leisure Centre in Suffolk after a GP confirmed his suspicions that he needed to live more healthily. Exercise had never been something that came naturally to Alan. Although he had been a member of a gym years ago, he always found exercise labourious and boring.

Alan said, "At my first appointment, I felt resigned to the fact that I had to get fit for my health and wellbeing, and for my wife's peace of mind. I had a very sedentary lifestyle – desk bound at work, sofa bound at home – that I knew I needed to change."

"I think of exercise as a necessary evil! I do work hard when I come to the gym. Marion, my instructor, is excellent – she understands that I don't really enjoy exercise so she keeps varying my programme and encouraging me to do rowing challenges, so getting healthy doesn't feel like such a chore."

Although Alan still feels he has a long way to go, he already feels much fitter than when he started, and friends have noticed he looks trimmer.



BEFORE



AFTER

# Too big for theme park rides

Sue Whitby, 39, realised she needed to change her lifestyle when she took her children to a theme park and was prevented from going on any of the rides because of her size.

What followed was a rollercoaster of emotion and activity. With encouragement from her GP, Sue vowed to keep her comfort eating in check and battle the bulge at a gym. She joined the kinetika gym at Brookvale Recreation Centre in Runcorn, Cheshire early in 2009.

Although self-conscious at first, Sue found that once she was there she enjoyed herself, felt relaxed and motivated. She said, "Brookvale Recreation Centre is a gym that normal people attend, who are friendly and sociable"

During the kinetika journey alone, Sue lost almost a stone in weight, and has now lost over 6 stone and 73cm.

"I couldn't have done it without the help and support from the instructors – thanks to them I have reached my ultimate goal: to get back on those rides!"

"I couldn't have done it without the help and support from the instructors"

Sue, Runcorn



AFTER

# Exercising my way to confidence



BEFORE

For most of her life, Maggie Brown had been dieting and obese. After retirement, her weight gain increased - when she hit 16 stone, Maggie's doctor instructed her to eat healthily and exercise more so she joined the kinetika gym at Wyre Forest Glades Leisure Centre, Kidderminster, Worcestershire.

Maggie said, "When I arrived for my first kinetika appointment I felt bewildered as I had never been to a gym before, but my instructors were very supportive and informative."

Maggie started her kinetika journey with gusto, and by the time her final appointment came around, she was thrilled with the



AFTER

results, saying "I was so pleased, I had lost 10lbs and my confidence had increased, all from simply going to the gym 3 mornings a week and eating sensibly.

"I felt so motivated to continue that I've now lost a massive 5 and a half stone and dropped 5 dress sizes! I like to go to Pilates and Tai Chi in the evenings now and have made lots of new friends.

"I feel fitter, younger and happier and am determined to keep the weight off."

" I felt so motivated to continue that I've now lost a massive 5 and a half stone and dropped 5 dress sizes! "

Maggie, Kidderminster

# Exercise makes me happy!

Kathryn Warren's life used to revolve around junk food and feeling sluggish and tired all day. She said, "My lifestyle was pretty poor - I had no understanding about nutrition and took no exercise, so I ended up feeling very unhappy with my body."

Kathryn's first steps to break out of this vicious circle started in the summer of 2009, when she joined the kinetika gym at Farnborough Leisure Centre, Hampshire. She said, "I had never tried anything before this and was very nervous about the first appointment as I had no idea what to expect! I really enjoyed the kinetika journey concept, particularly the fact sheets I was given at each appointment."

A year later, Kathryn is now a regular in the indoor cycling and Body Pump classes. Kathryn has lost over 2 stone and has gained many friends over the course of her journey. She said, "I've become so passionate about my workouts - I'm on a high!"

" I've become so passionate about my workouts - I'm on a high! "

Kathryn, Farnborough



BEFORE



AFTER

# This holiday, my top's coming off!

Jason Grant, 25, had always been big at school. He said, "I wanted to prove I could lose weight and make a success of myself. I also wanted to find time for myself as I have three young children, which can be very demanding."

Jason had never used a gym before he joined the kinetika gym at Ferndown Leisure Centre in Dorset - a typical day would involve long hours at work, then returning home and eating junk food sitting on the sofa. Although Jason admits he felt nervous, intimidated and sceptical at his first kinetika appointment, he enjoyed the kinetika journey experience. With the help of his instructor Liam, he achieved his goal of losing weight and is now working on gaining muscle.

Jason now attends the gym every other day and has regular reviews with an instructor.

Jason said, "I will now go on holiday and take my top off with confidence!"

" I wanted to prove I could lose weight and make a success of myself "

Jason, Ferndown



BEFORE



AFTER

# Where to find your nearest kinetika gym

Once you have located your nearest Centre, give them a call to book your first appointment and don't forget to use your FREE 7 day membership pass!

## NORTH

**Aston-cum-Aughton Leisure Centre**  
Aughton Road  
Swallownest  
Sheffield  
0114 294 2580  
enquiries@aston-cum-aughtonleisurecentre.co.uk

**Brookvale Recreation Centre**  
Barnfield Avenue  
Murdishaw  
Runcorn  
01928 712051  
enquiries@brookvalerecreationcentre.co.uk

**Glossop Leisure Centre**  
High Street East  
Glossop  
01457 842272  
enquiries@glossopleisurecentre.co.uk

**Kingsway Leisure Centre**  
Kingsway  
Widnes  
0151 495 2200  
enquiries@kingswayleisurecentre.co.uk

**Maltby Leisure Centre**  
High Street  
Maltby  
Rotherham  
01709 797100  
enquiries@maltbyleisurecentre.co.uk

**New Mills Leisure Centre**  
Hyde Bank Road  
New Mills  
01663 748842  
enquiries@newmillsleisurecentre.co.uk

**Rotherham Leisure Complex**  
Effingham Street  
Rotherham  
01709 722555  
enquiries@rotherhamleisurecomplex.co.uk

**Runcorn Pool**  
Bridge Street  
Runcorn  
01928 572114  
enquiries@runcornswimmingpool.co.uk

**Sam Jones-Sheffield**  
Crystal Peaks Retail Park  
Drakehouse Way  
Waterthorpe  
Sheffield  
0114 251 3999  
enquiries@samjones-sheffield.co.uk

**Wath upon Dearne Leisure Centre**  
Festival Road  
Wath-upon-Dearne  
Rotherham  
01709 870120  
enquiries@wathupondearneleisurecentre.co.uk

## MIDLANDS

**Alfreton Leisure Centre**  
Church Street  
Alfreton  
01773 523325  
enquiries@alfretonleisurecentre.co.uk

**Ken Marriott Leisure Centre**  
Bruce Williams Way  
Rugby  
01788 535851  
enquiries@kenmarriottleisurecentre.co.uk

**Redwell Leisure Centre**  
Barnwell Road  
Wellingborough  
01933 402045  
enquiries@redwellleisurecentre.co.uk

**Ripley Leisure Centre**  
Derby Road  
Ripley  
01773 514727  
enquiries@ripleyleisurecentre.co.uk

**Stourport Sports Centre**  
Harold Davies Drive  
Stourport on Severn  
01299 822308  
enquiries@stourportsportscentre.co.uk

**The Waendel Leisure Centre**  
Thomas Street  
Wellingborough  
01933 221622  
enquiries@thewaendelleisurecentre.co.uk

**William Gregg VC Leisure Centre**  
(Formerly known as Heanor Leisure Centre)  
Hands Road  
Heanor  
01773 537940  
enquiries@williamgreggvcleisurecentre.co.uk

**Wolverhampton Swimming & Fitness Centre**  
Planetary Road  
Wednesfield  
Wolverhampton  
01902 384777  
enquiries@wolverhamptonswimmingandfitnesscentre.co.uk

**Wyre Forest Glades Leisure Centre**  
Bromsgrove Street  
Kidderminster  
01562 515151  
enquiries@wyreforestgladesleisurecentre.co.uk

## EAST

**Braintree Leisure Centre**  
Panfield Lane  
Braintree  
01376 552585  
enquiries@braintreeleisurecentre.co.uk

**Bramston Sports Centre**  
Bridge Street  
Witham  
01376 533400  
enquiries@bramstonsportscentre.co.uk

**Deben Swimming Pool**  
Station Road  
Woodbridge  
01394 384763  
enquiries@debenpool.co.uk

**Fakenham Sports & Fitness Centre**  
Trap Lane  
Fakenham  
01328 850010  
enquiries@fakenhamsportsandfitnesscentre.co.uk

**Felixstowe Leisure Centre**  
Seafront  
Felixstowe  
01394 670411  
enquiries@felixstoweleisurecentre.co.uk

**Halstead Leisure Centre**  
Colne Road  
Halstead  
01787 472480  
enquiries@halsteadleisurecentre.co.uk

**Leiston Leisure Centre**  
Red House Lane  
Leiston  
01728 830364  
enquiries@leistonleisurecentre.co.uk

**Sheringham Splash Leisure & Fitness Centre**  
Weybourne Road  
Sheringham  
01263 825675  
enquiries@splashleisureandfitnesscentre.co.uk

**Victory Swim & Fitness Centre**  
Station Road  
North Walsham  
01692 409370  
enquiries@victoryswimandfitnesscentre.co.uk

## LONDON

**Balham Leisure Centre**  
Elmfield Road  
Balham  
020 8772 9577  
enquiries@balhamleisurecentre.co.uk

**Kingfisher Leisure Centre**  
Fairfield Road  
Kingston Upon Thames  
020 8546 1042  
enquiries@kingfisherleisurecentre.co.uk

**Kingsmeadow Fitness & Athletic**  
422A Kingston Road  
Kingston-upon-Thames  
020 8547 2198  
enquiries@kingsmeadowfitnessandathletic.co.uk

**Latchmere Leisure Centre**  
Burns Road  
Battersea  
020 7207 8004  
enquiries@latchmereleisurecentre.co.uk

**Putney Leisure Centre**  
Dryburgh Road  
Putney  
020 8785 0388  
enquiries@putneyleisurecentre.co.uk

**Roehampton Sport and Fitness Centre**  
Laverstoke Gardens  
Roehampton  
020 8785 0535  
enquiries@roehamptonportandfitnesscentre.co.uk

**The Malden Centre**  
Blagdon Road  
New Malden  
020 8336 7770  
enquiries@themaldencentre.co.uk

**Tolworth Recreation Centre**  
Fullers Way North  
Tolworth  
020 8391 7910  
enquiries@tolworthrecreationcentre.co.uk

**Tooting Leisure Centre**  
Greaves Place  
Tooting  
020 8333 7555  
enquiries@tootingleisurecentre.co.uk

**Wandle Recreation Centre**  
Mapleton Road  
Wandsworth  
020 8871 1149  
enquiries@wandlecreationcentre.co.uk

## SOUTH EAST

**Billingshurst Leisure Centre**  
Station Road  
Billingshurst  
01403 787500  
enquiries@billingshurstleisurecentre.co.uk

**Broadbridge Heath Leisure Centre**  
Wickhurst Lane  
Broadbridge Heath  
Horsham  
01403 211311  
enquiries@broadbridgeheathleisurecentre.co.uk

**Moulsecoomb Community Leisure Centre**  
Moulsecoomb Way  
Brighton  
01273 622266  
enquiries@moulsecoombcommunityleisurecentre.co.uk

**Prince Regent Swimming Complex**  
Church Street  
Brighton  
01273 685694  
enquiries@princeregentswimmingcomplex.co.uk

**Stanley Deason Leisure Centre**  
Wilson Avenue  
Brighton  
01273 694281  
enquiries@stanleydeasonleisurecentre.co.uk

**Steyning Leisure Centre**  
Horsham Road  
Steyning  
01903 879666  
enquiries@steyningleisurecentre.co.uk

**The Pavilions In The Park**  
Hurst Road  
Horsham  
01403 219209  
enquiries@thepavilionsinthepark.co.uk

**Withdean Sports Complex**  
Tongdean Lane  
Brighton  
01273 553915  
enquiries@withdeansportscomplex.co.uk

## SOUTH

**Aldershot Pools**  
Guildford Road  
Aldershot  
01252 323482  
enquiries@aldershotpoolscomplex.co.uk

**Alton Sports Centre**  
Chawton Park Road  
Alton  
01420 540040  
enquiries@altonsportscentre.co.uk

**Arena Leisure Centre**  
Grand Avenue  
Camberley  
01276 417111  
enquiries@arenaleisurecentre.co.uk

**Cranleigh Leisure Centre**  
Village Way  
Cranleigh  
01483 274400  
enquiries@cranleighleisurecentre.co.uk

**Elmbridge Xcel Leisure Complex**  
Waterside Drive  
Walton-on-Thames  
01932 260300  
enquiries@elmbridgexcelleisurecomplex.co.uk

**Farnborough Leisure Centre**  
Westmead  
Farnborough  
01252 370411  
enquiries@farnboroughleisurecentre.co.uk

**Farnham Sports Centre**  
Dogflud Way  
Farnham  
01252 723208  
enquiries@farnhamsportscentre.co.uk

**Ferndown Leisure Centre**  
Cherry Grove  
Ferndown  
01202 877468  
enquiries@ferndownleisurecentre.co.uk

**Fleming Park Leisure Centre**  
Passfield Avenue  
Eastleigh  
023 8068 4800  
enquiries@flemingparkleisurecentre.co.uk

**Godalming Leisure Centre**  
Broadwater Park  
Summers Road  
Farncombe  
01483 417282  
enquiries@godalmingleisurecentre.co.uk

**Heron's Leisure Centre**  
Kings Road  
Haslemere  
01428 658484  
enquiries@theheronsswimandfitnesscentre.co.uk

**Meadowside Leisure Centre**  
Whiteley Way  
Whiteley  
01489 577464  
enquiries@meadowsideleisurecentre.co.uk

**Mill Chase Leisure Centre**  
Mill Chase Road  
Bordon  
01420 472549  
enquiries@millchaseleisurecentre.co.uk

**River Park Leisure Centre**  
Gordon Road  
Winchester  
01962 848700  
enquiries@riverparkleisurecentre.co.uk

**Taro Leisure Centre**  
Penns Place  
Petersfield  
01730 263996  
enquiries@taroleisurecentre.co.uk

**The Edge Leisure Centre**  
Woolmer Hill Road  
Woolmer Hill  
Haslemere  
01428 644577  
enquiries@theedgehealthandfitnesscentre.co.uk

## SOUTH WEST

**Castle Place Leisure Centre**  
Level 5a Multi Storey Car Park  
Trowbridge  
01225 762711  
enquiries@castleplaceleisurecentre.co.uk

**Christie Miller Sports Centre**  
Lancaster Way  
Bowerhill  
Melksham  
01225 702826  
enquiries@christiemillersportscentre.co.uk

**Leighton Recreation Centre**  
Wellhead Lane  
Westbury  
01373 824448  
enquiries@leightonrecreationcentre.co.uk

**Lime Kiln Leisure Centre**  
Lime Kiln  
Wootton Bassett  
01793 852197  
enquiries@limekilnleisurecentre.co.uk

**Melksham Blue Pool**  
Market Place  
Melksham  
01225 703525  
enquiries@melkshambluepool.co.uk

**Parish Wharf Leisure Centre**  
Harbour Road  
Portishead  
01275 848494  
enquiries@parishwharfleisurecentre.co.uk

**Springfield Leisure Centre**  
Beechfield Road  
Corsham  
01249 712846  
enquiries@springfieldleisurecentre.co.uk

**Strode Sports Centre**  
Strode Way  
Clevedon  
01275 879242  
enquiries@strodeleisurecentre.co.uk

**The Activity Zone**  
Bremilham Road  
Malmesbury  
01666 822533  
enquiries@theactivityzone.co.uk

**The Olympiad Leisure Centre**  
Sadlers Mead  
Monkton Park  
Chippenham  
01249 444144  
enquiries@olympiadleisurecentre.co.uk

**Warminster Sports Centre**  
Woodcock Road  
Warminster  
01985 212946  
enquiries@warminstersportscentre.co.uk

For more details of your local Centre, please go to [www.kinetikagyms.co.uk](http://www.kinetikagyms.co.uk)