

2 months FREE on annual memberships



kinetika memberships

Guaranteed results in 30 days or your money back.*

Join our kinetika Gym and enjoy...

...a lifetime of great days

The benefits of an All-inclusive membership include:

- Unlimited use of 4 kinetika gyms
- kinetika Journey
- Access to a wide range of Group exercise classes
- Swimming in 2 indoor pools
- Free use of 2 Saunas, 2 steam rooms and a Jacuzzi
- Freedom to suspend the membership for 1 – 6 months (monthly charge £5)
- Guest passes for your friends and family
- Discounts on other centre activities such as sunbeds, Fitness courses, centre activities and lots more...



Other Membership Categories available:

- Joint All-Inclusive, Family All-Inclusive, Junior Membership, Corporate All-inclusive, Concession All-Inclusive, Over 65's, registered disabled, RBK Employees and Key workers, Gym Only, Group Exercise only and Swim only

Monthly Direct debit and annual memberships are available, with the annual membership offering huge savings.

So why not come along and experience the benefits of kinetika – we will be delighted to show you around. Please contact a Customer Advisor at your local centre for more information or to get started

*Conditions apply

kinetika Journey

FREE to kinetika All-inclusive & Gym members

All new kinetika members will begin their journey with a 5 step programme. The kinetika Journey will take you through each stage and is designed to dramatically increase your chance of success in your pursuit of a healthier lifestyle. Each step is booked in advance with your qualified fitness instructor and will include a lifestyle appraisal, an introduction to the gym, two motivational sessions and a review session.

At the end of your kinetika Journey you will have a personalised fitness programme and a thorough understanding of an effective workout.

STEP 1 CHECK IN (30 MINS)

This 1st session with your instructor is used to discuss your personal goals and health needs. Benchmarks will be set in order to assess your progress throughout the journey. With the remaining 20 minutes you will be given an introduction to our cardiovascular fitness equipment.

STEP 2 PERSONAL PROGRAMME (30 MINS)

Your instructor will start by re-confirming the cardiovascular equipment and introduce you to resistance training. After this step has been completed you will be able to use our kinetika fitness suite.

STEP 3 MOTIVATION SESSION 1 (30 MINS)

Monitoring your performance and understanding the equipment is key to your progress. Your instructor will ensure that these aspects are monitored along with providing feedback on your technique and development throughout the programme.

STEP 4 MOTIVATION SESSION 2 (30 MINS)

Aiming to increase your fitness knowledge by taking you through alternative exercises to ensure that your progress and workouts are continuous.

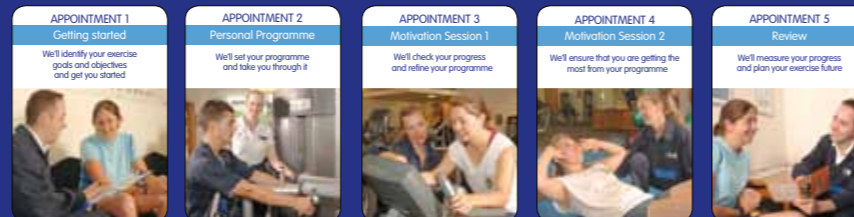
STEP 5 REVIEW

The review session is to identify your achievement by comparing current results to your previous benchmarks and to also ensure that you are happy with your programme. Your instructor will then help you decide the best way to continue to achieve your goals.

Whether you are new to exercise or a regular exerciser, the kinetika Journey will get you results in 30 days*... or your money back.

RESULTS GUARANTEED OR YOUR MONEY BACK*

*Conditions apply



Stepping towards looking & feeling your very best.

Improvements in how our members feel after 30 days exercise with kinetika Journey

88% Improved fitness levels
93% Increased levels of energy
90% Improved quality of sleep
95% Overall confidence improved



kinetika Journey programme is based on the latest techniques. You can get results faster than ever before. Most of our participants get excellent results in as little as 30 days.

Please visit us at www.dcleisurecentres.co.uk

Membership Options

Kingston Leisure Centres are proud to offer all of our customers a great variety of membership options. Whether you are just dropping in with the family for a weekend swim or aiming to get fit in our kinetika gyms we have a membership option to suite your need. Customers can use our Centres in the following ways:



Casual Users

Those customers who visit the club occasionally do not need to be members. All activities are available to non members on a pay as you go basis.

Centre Memberships

We offer Centre memberships for adults, children and families. Centre memberships are paid for annually* and entitle the holder to no admission fee on all activities and the ability to pre book selected activities



kinetika Memberships

Kinetika aims to offer a membership with annual or monthly payment option for all regular centre users. Whether you swim, relax in our health suites, attend classes or enjoy using the gym there is a cost effective kinetika membership for you.

If you require any further information our customer advisors would be delighted to show you around and discuss the right membership for you. Please contact a customer advisor at your nearest centre to arrange a visit.

Please visit us at www.dcleisurecentres.co.uk

Casual Gym & Prices

With easy to use equipment you will be able to exercise in a comfortable and friendly environment. Combined with excellent instruction we can help you reach and maintain your goals and fitness objectives. The 4 kinetika gyms within the contract boast the latest machines, and combined with fully trained staff and a motivating atmosphere make exercising more rewarding.

Beginners and athletes alike will feel comfortable and welcome in our gyms, where you can run, cycle, row, step, tone and weight train.

Gym Induction & Casual User Card

Customers who wish to use the kinetika Gyms on a casual basis can do so as a casual user. Please contact your chosen Centre for further information and costs. Session costs can be seen below.

In some cases it is more cost effective to join as either a Centre Member or Full kinetika Member, please contact a Customer Advisor for a free consultation today

Session Price

Tolworth	
Adult	£7.20
Full kinetika Member	FREE

Kingfisher	
Adult	£7.20
Full kinetika Member	FREE
Gym Only Member	FREE

Kingsmeadow	
Adult	£6.30
Full kinetika Member	FREE
Gym Only Member	FREE

Malden	
Adult	£7.20
Full kinetika Member	FREE

Casual user card holders are subject to an annual renewal fee and are advised to have an exercise programme review, please contact reception for details



Junior kinetika Users

We are committed to ensuring that our younger generation is a healthy and active one. Our junior kinetika sessions are ideal for those aged 11 – 15 years. These sessions provide an introduction to health and fitness in a safe environment.

All junior users must participate in an junior induction sessions prior to using the fitness suite and are only permitted to exercise during these sessions.



Please visit us at www.dcleisurecentres.co.uk

Centre Memberships

What is a centre membership?

If you buy a centre membership, it means you do not pay the admission fee for your activity. This membership is most popular with customers who wish to book activities such as badminton, squash etc 7 days in advance.

If you wish to use the kinetika Gym, Pool, Workout Classes or Health Suite more than 6 times a month, a kinetika membership would be cheaper for you.

Our centre memberships have many benefits, which include:

- No admission fee on all activities
- Pre-booking of activities such as group exercise classes, racquet sports

Centre Memberships

Tolworth	
Adult	£60.50
Junior	£15.50
Family	£72.00
Kingfisher	
Adult	£26.00
Junior	£13.60
Family	£56.00
Kingsmeadow	
Adult	£25.50
Junior	£10.20
Family	N/A
Malden	
Adult	£24.00
Junior	£15.50
Family	N/A



GP Exercise Referrals

Working together with the Kingston Primary Care Trust, we offer a comprehensive fitness programme for those recovering from injury or illness. Whether it is to regain your fitness or just starting out, our team of fully qualified instructors can advise and assist you.

Personal Training

Our Personal Training sessions are designed to:

- Re-motivate and help you work harder
- Show you new techniques
- Help you achieve your goals

If you want to run a marathon or just need that extra push to keep you going then personal training is for you.

Please speak to one of our personal trainers in the Kinetika gym for further information.



Cycling & Group Exercise Classes

Additional programmes are designed to suit specific training needs or personal goals and are available to members and non members.

Studio Cycling

Studio Cycling is an instructor led class on a fixed wheel cycle. This motivating session will ensure that you develop your fitness levels in a fun environment. Beginners? Don't worry we will be running regular beginners courses throughout the year. (Classes and courses are run at the Kingfisher, Malden and Tolworth sites only.)

An exercise club for

WOMEN ONLY

MALDEN CENTRE ONLY

A fun and social experience that will improve your health and fitness. Come and meet our friendly team of experienced staff who have been trained specifically to help women tone up, lose weight and have fun in a friendly and relaxed environment where YOU matter.

You can enjoy the use of the Women's Only Club Room, Aerobics classes that are specifically designed for women, and swimming. Our fully air conditioned exercise club features state of the art workstations to help reduce weight, tone and improve overall health and fitness.

The machines in the club room are designed to be smooth & comfortable on the joints, and you work at your own pace and speed. The circuit is intended to work every muscle in the body from top to bottom in a relatively short space of time, while encouraging socialising with other members as well as the staff who are always on hand to help.

Group Exercise Classes

Our Group Exercise Classes are the perfect way to get yourself feeling energetic and motivated. TRC, Kingfisher and Malden host a wide variety of classes each week with something to suit everyone's needs. All classes are led by fully qualified instructors and are suitable for all abilities.

Please see our separate leaflet for times, prices and class descriptions.

Remember, if you attend two or more classes per week you can make fantastic savings with one of our membership options. See pages 8 and 9 for details.

JOURNEY

All new club users will begin their journey with a 5 step programme. This journey will take you through each stage and is designed to dramatically increase your chance of success in your pursuit of a healthier lifestyle. Each step is booked in advance with your qualified fitness instructor and will include a lifestyle appraisal, an introduction to the gym, two motivational sessions and a review session.

At the end of your journey you will have a personalised fitness programme and a thorough understanding of an effective workout.

MEMBERSHIP

All club users must take up a membership and have an induction with one of our qualified Instructors. We have a choice of money saving memberships to suit all our customers. To find out which is best for you contact our Women Only Exercise Club on 020 8942 8199.

Please see separate leaflet for Group Workout Timetable.

kinetika Membership Options

Regular exercise, along with good nutrition, is key to a healthy lifestyle. kinetika is our brand of specially designed health and fitness facilities, which are recognised for their high standards and great value for money.



All-Inclusive*

Enjoy UNLIMITED Gym, Workout Classes, Swimming and Health Suites at all the Kingston Leisure Centres. You will also receive the kinetika Journey (see page 6). This membership also gets you discounts off other activities.

Joint All-Inclusive*

Help motivate yourself by training with your partner or a friend, and get all the benefits of 2 kinetika All-Inclusive memberships at a reduced rate. Choose a monthly membership, payable through one bank account, or an annual membership.

Family All-Inclusive*

Whilst 2 adults benefit from the All-Inclusive membership, up to 4 children can enjoy:

- Free Swimming
- Free Junior Activities
- Free Playzone
- Free Junior Gym

Junior Membership*

This is a membership for those young & active 11-15 year olds. With this membership, you can enjoy unlimited use of the Gym*, Swimming & lots more.

Ask at reception to get started

* during junior gym hours only

Concession All-Inclusive*

A Membership with All-inclusive benefits available to:

- Full Time Students
- Over 60's
- NHS Employees
- RBK Employees

Corporate All-Inclusive*

We offer an excellent Corporate package to suit companies & businesses of all sizes. For full details of the best option for your business, or for a list of companies that currently enjoy a Corporate membership, please contact a Customer Advisor at your nearest centre.

All memberships are available as single site options

*Terms and Conditions apply

Swim Only*

A membership for those who enjoy using just the Swimming Pool. You will benefit from:

- Unlimited Swimming at both the Kingston Pools
- Discounts on other Activities

Please see the separate Swimming Timetable available at all centres or view it online at www.dcleisurecentres.co.uk

2 months free*

When you join on an Annual Membership

Casual Membership*

A membership for those that cannot commit and want to use and pay for each activity separately

National Access

We are now able to offer the option to use any of gyms nationwide. You will register with a home site but be able to use any of our gyms subject to a short induction.

For a list of our current gyms visit www.kinetikagyms.co.uk
Contact a Customer Advisor for more details.

Guaranteed Results*

or your money back – ask us for more details.

*Conditions apply.

Your Ideal membership option

Casual prices per month

kinetika membership costs per month

*Terms and Conditions apply