

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 6 kinetika gyms
- kinetika Journey
- Access to a wide range of Group exercise classes
- Swimming in 4 indoor pools & 1 outdoor pool
- Free use of 4 Saunas, 3 Steam rooms, a Jacuzzi & Splash pool
- 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...

**RESULTS GUARANTEED OR YOUR MONEY BACK\***

<p><b>APPOINTMENT 1</b> Getting started</p> <p>We'll identify your exercise goals and objectives and get you started</p>	<p><b>APPOINTMENT 2</b> Personal Programme</p> <p>We'll set your programme and take you through it</p>	<p><b>APPOINTMENT 3</b> Motivation Session 1</p> <p>We'll check your progress and refine your programme</p>	<p><b>APPOINTMENT 4</b> Motivation Session 2</p> <p>We'll ensure that you are getting the most from your programme</p>	<p><b>APPOINTMENT 5</b> Review</p> <p>We'll measure your progress and plan your exercise future</p>
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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

# Group Exercise

Group exercise classes are an excellent way of keeping healthy and staying in shape. Our instructor led classes give you a structured workout that will tone muscles and work your heart and lungs whether you are an expert or beginner and with a wide variety of classes you will always find something you will enjoy.

Kinetika are proud to have a team of instructors and teachers with unique personalities and diverse teaching styles to offer something different on each visit and we pride ourselves on keeping up with current trends to bring you all the latest workouts including:



Les Mills is a global brand that leads the way in offering pre-choreographed workouts. Great teachers, great music and a great workout, with a programme to meet your specific needs.



Zumba is the latest fitness dance workout to be taking the world by storm and has the PARTY feel from the beginning of the class until the end. Inspired by tradition Cumbia, Salsa, Samba and Meringue music, this is one class you will not want to miss.



ViPR is the ultimate functional training tool that will absolutely help achieve results, designed to increase muscle strength, power and tone while reducing body fat and improving flexibility.

**Other classes offered include: Aerobics, Step, Aqua, Yoga, Pilates and many more.**

**Timetables and class booking systems will vary from site to site, so please have a look at a specific centre's timetable online or contact on the appropriate telephone number.**

# Membership Options

Wandsworth 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:



### 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.

### Centre Memberships

We offer Centre memberships for adults, children and families, as well as concessions for the unemployed\*, disabled and students. 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

\* Unemployed centre memberships are valid for 6 months.



### 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.

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.

# 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 racquet sports
- Benefits at all Wandsworth Leisure Centres

<b>Adult</b>	<b>£34.60</b>
<b>Child</b>	<b>£10.00</b>
<b>Family</b>	<b>£55.00</b>
<b>Students</b>	<b>£20.50</b>
<b>Registered Disabled</b>	<b>Free</b>
<b>65 years +</b>	<b>£10.00</b>
<b>Unemployed (6months)</b>	<b>£10.00</b>
<b>WBC Employee</b>	<b>£10.00</b>

\*ID required

### GP Exercise Referrals

Working together with the Wandsworth 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.

# 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 6 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 gym on an Ad Hoc Basis can get a Gym Casual User Card. This entitles the Customer to Steps 1 & 2 of the kinetika journey & a white casual user card once their steps have been completed.

Adult	£26.30
Concession/Student/Unemployed	£10.50
65 years +/Disabled Junior Gym	£10.50
Swim/Group exercise members	£10.50

\*ID required

Contact reception to book the first steps of your kinetika Journey.

## Session Price

Adult	£8.80
Concession/Student/Unemployed*	£4.60
65 years +/Disabled*	£4.60
GP Referral Health Initiative	£3.50
Junior gym & training	£3.50
kinetika All-Inclusive members	FREE
kinetika Gym members	FREE
Swim/Group exercise members	£8.80



## 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.

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

# kinetika Fitness Courses

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.



## AB ATTACK

This 5 week course will help improve abdominal strength, body shape and posture.



## BACK FIT

This 4 week course will help strengthen and mobilise your back and help reduce the risk of future back problems.



## BOOT CAMP

Get in shape military style with a 4 week course of high energy training. This course helps weight loss and improved body shape.



## BOX FIT

Box your way to fitness during this 4 week course. This course helps you learn basic boxing moves, tone up and improve your fitness.



## CORE FIT

Improve your abdominal strength, body shape and posture with this 4 week core stability course.



## KETT FIT!

Using kettlebells this 4 week course is a new way to get fit. This fresh way of training reduces body fat, increases strength and power as well as flexibility.



## SNOW FIT

Increase hip and thigh strength, core stability and cardiovascular endurance through circuit based activity during this 4 week course.

Courses may vary across centres. Contact your nearest centre for more information.

# 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 Wandsworth 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
- 10% Discount on Birthday Parties
- 20% Discount on Swim Academy and Loads more...

## Concession All-Inclusive

A Membership with All-inclusive benefits available to:

- Full Time Students
- Over 65's
- Registered Disabled
- NHS Employees
- WBC Employees

## 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

## 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.

## Gym Membership

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

- Unlimited use at all the Gyms in Wandsworth
- kinetika Journey

## Group Exercise Membership

A membership for those who enjoy using just the Workout Classes. You will benefit from:

- Unlimited use of all the Workout Classes at all the Wandsworth sites
- Discounts on other Activities

Please see the separate Group Exercise Programme available at all centres or view it online at [www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

## Group Wide Membership

A membership which allows you access to every kinetika facility throughout the UK.

## Swim Membership

Family and individual memberships available for those who enjoy using just the Swimming Pool. You will benefit from:

- Unlimited Swimming at all the Wandsworth Pools
- Discounts on other Activities

Please see the separate Swimming Timetable available at all centres or view it online at [www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

## Low Cost Gym Only Membership

Available at specific centres in Wandsworth.

Includes:

- Group Gym Induction
- Discounts on other Activities

## Your Ideal membership option

Casual prices per month

kinetika membership costs per month