



Group Workout Programme

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DC LEISURE 
Fitness Industry Association
Operator of the Year 2008 & 2009

Rotherham 
Metropolitan
Borough Council
Where Everyone Matters

Group Workout Programme

Time	Class Name	Location	Level	Key
Monday				
9.30am – 10.25am	Active Always Circuit	Studio	1,2	SB
10.00am – 10.55am	Aqua Fit	Pool	1,2,3	SB
10.30am – 11.25am	Pilates	Studio	1,2,3	SB
11.00am – 11.55am	Aqua Zumba	Pool	1,2	SB
12.30pm – 1.15pm	Pump FX	Studio	2,3,4	SB
1.30pm – 2.30pm	Yoga	Studio	1,2,3	SB
6.00pm – 6.55pm	Aerobics	Main Hall	2,3,4	B
7.00pm – 7.55pm	Legs, Bums, Tums	Studio	2,3,4	B
8.00pm – 8.55pm	Zumba	Studio	2,3,4	B
Tuesday				
7.15am – 8.00am	Boot Camp	Studio	3,4,5	B
9.30am – 11.25am	Yoga	Studio	1,2,3	SB
11.00am – 11.55am	Aqua Aerobics /Jog	Pool	1,2,3	SB
4.00pm – 4.55pm	Adult and Child Yoga	Studio	Age 5 – 15yrs	SJB
6.00pm – 6.55pm	Step	Studio	2,3,4	B
6.00pm – 6.55pm	Zumba	Main Hall	2,3,4	B
7.00pm – 7.55pm	Step & Tone	Studio	2,3,4	B
7.00pm – 7.55pm	Salsacise	Main Hall	1,2,3	B
8.00pm – 9.00pm	Yoga	Studio	1,2,3	B
Wednesday				
09.30am – 10.25am	Stretch and Tone	Studio	1,2,3	B
10.30am – 11.25am	Adult and Toddler Yoga	Studio	Age 1 – 5yrs	B
12.30pm – 1.25pm	Fitball Stability	Studio	2,3,4	SB
1.30pm – 2.25pm	Active Always Aerobics	Studio	1,2	SB
4.00pm – 5.00pm	Kids Dancercise	Studio	Age 5 – 15yrs	
6.00pm – 6.55pm	Legs and Abs	Studio	2,3,4	SJB
Thursday				
9.30am – 11.00am	Active Always Restart	Main Hall	1,2	SB
4.00pm – 5.00pm	Kids Break/Street Dance	Studio	Age 5 – 15yrs	SJB
6.00pm – 6.55pm	Circuits	Studio	2,3,4	SJB
7.00pm – 7.55pm	Body Combat	Studio	2,3,4	B
7.00pm – 7.55pm	Aqua-Fit	Pool	1,2,3	B
8.00pm – 8.55pm	Fitball Stability	Studio	2,3,4	B
8.00pm – 8.55pm	Aqua-Fit	Pool	1,2,3	B
Friday				
12.30pm – 1.25pm	Zumba	Studio	2,3,4	SB
1.30pm – 2.25pm	Pump FX	Studio	1,2,3	SB
6.00pm – 6.55pm	Body Pump	Studio	3,4,5	B
7.00pm – 7.55pm	Body Combat	Studio	2,3,4	B
Saturday				
09.00am-09.55am	Body Attack	Studio	2,3,4	B
10.00am – 10.55am	Body Combat	Studio	2,3,4	SB
11.00am – 11.55am	Body Pump	Studio	2,3,4	SB
12.30pm – 1.25pm	Zumba	Studio	1,2,3	SB
1.30pm – 2.25pm	Parent & Child Zumba	Studio		SJB
Sunday				
10.00am – 10.55am	Dancercise	Studio	2,3,4	SB
11.00am – 11.55am	Latin Fever	Studio	2,3,4	SB
3.00pm – 3.55pm	Kids Circuit Training	Studio	7yrs to 15 yrs	SB
4.00pm – 4.55pm	Aqua-Fit	Pool	1,2,3	SB

Class Descriptions

LES MILLS BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

LES MILLS BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

AEROBICS A combination high/low calorie burning workout for all abilities

AQUA FIT A low impact water based workout which improves cardiovascular fitness at the same time as toning and shaping the whole body. Suitable for all abilities.

AQUA JOG A water based class that involves running in water using buoyancy belts suitable for all abilities.

AQUA NATAL A gentle ante natal focused aqua fit class helping improve flexibility and general fitness levels.

CIRCUIT A mix of traditional circuits and body conditioning – a total body workout.

LBT This class offers participants of all standards and abilities a lower body up beat exercise workout, specifically designed to tone up and tackle those key areas.

PILATES A class to improve core strength, posture, balance and co-ordination.

SALSACISE A Cuban style dance combining a variety of movements, rhythms, and styles. A fun way to work out.

STEP An aerobic exercise class performed on an elevated step.

YOGA A class using classic Yoga techniques to improve, posture, balance, flexibility, co-ordination and aid relaxation.

FITBALL STABILITY Works core muscles in a controlled way, and helps strengthen the body through movement using a fitball.

ZUMBA A dance fitness programme that combines various types of dance and helps to make exercise fun. It has also been said to be exercise in disguise!

ACTIVEALWAYS RESTART GP referral programme. Circuit training for people who are suffering from heart related issues.

ACTIVEALWAYS CIRCUIT A low intensity class, aimed at 50+ages. A mix of traditional circuits and body conditioning.

ACTIVEALWAYS AEROBIC A low intensity class, aimed at 50+ages. Uses a combination of workouts.

PUMP FX A high impact workout with weights that challenges all of your muscle groups. Excellent for fat burning!

LEGS AND ABS Extensive abdominal and leg workout, for all abilities.

AQUA ZUMBA A water based dance class that combines various types of dance. Suitable for all abilities.



Class Levels

- 1 = Not exercised before or for a long time
- 2 = Some experience of exercise
- 3 = Regular exercise, looking to step it up a gear
- 4 = Looking to push your body to achieve maximum results

Key

- J Junior Class, please check with class instructor regarding age.
- S Café available
- B Booking required



Kett Fit!

A new way to get fit



Struggling to get the **RESULTS** you really want?

Do you sometimes lack **MOTIVATION**?

Are you **BORED** with your training regime?

If yes, Personal Training is for you and can help you achieve your goals!

Personal Training 

- Please consult your doctor before starting a vigorous exercise programme.
- Tell your instructor before the workout begins if you have been unwell since you last exercised.
- Remember to bring water and/or a sports drink with you to your class.
- For safety reasons, children are not permitted to sit in on any classes and bags must be stored in lockers provided.
- Classes must be paid for and/or registered for (including kinetika members) at reception. The receipt issued must be handed to the instructor prior to the class.
- Please arrive on time as the warm up is essential in order to help avoid injury. Admission to a class after the warm up period has taken place may not be permitted.
- Please bring a towel to lie on during the class.
- At certain times the instructor and venue may change in line with holidays and sickness cover.

Pick up our brochure for workout class prices from reception

kinetika members get all classes for FREE.
Contact a Customer Advisor on 01709 722555
for details of kinetika membership.



A large print version of
this publication is available
on request.