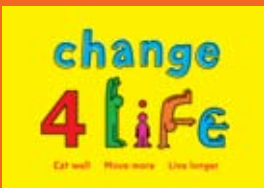




# Workout Timetable

September 2009 – March 2010

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



Operated by DC Leisure Management in partnership with Wiltshire Council

## 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.

Phase II – Increased choreography and intensity.

## 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

(Body Training Systems)



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 (Body Training Systems)



A very energetic exercise on the bike that 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.

## 20 20 20

For those who attend classes on a regular basis. You should have learnt the basic moves & techniques and be ready to benefit from an intensive work out. An intermediate level of class that may involve choreography routines.

A great total body workout.

## Body Pump

(Body Training Systems)



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

(Body Training Systems)



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-visualised 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

Is open to anyone who has attended a hospital based cardiac rehabilitation programme or advised by their GP to take regular exercise to control high blood pressure.

## Nifty Fifty

A low impact aerobic session for the 50+.

## Aquafit

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

## Aquatrim

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

## Ab Attack

Abdominal work designed to sculpt and tone the mid section.



## Body Attack

An intense aerobics session concentrating on high impact moves.

## Yoga

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

## 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 2 or 3. Please speak to your instructor before you start the class.

## Class Prices

Please contact reception for prices.

## 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.

## 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.

## 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

|                 |       |
|-----------------|-------|
| Workout classes | £4.60 |
| BTS classes     | £4.90 |
| Aqua classes    | £4.60 |

Please note: prices may vary according to class duration.

DC Leisure supports the government's Change4Life campaign.



To maintain a healthy weight, we need to both eat well and move more. Many families are making changes that will help them live healthier and longer. Visit [www.nhs.co.uk/Change4Life](http://www.nhs.co.uk/Change4Life) or call 0300 123 3434 for more information



# The Olympiad Leisure Centre

| Time              | Level  | Session                         | Location        |
|-------------------|--------|---------------------------------|-----------------|
| <b>Monday</b>     |        |                                 |                 |
| 7.15am – 8.00am   | 4-5    | RPM                             | RPM Studio      |
| 9.30am – 10.30am  | 3-5    | Body Combat                     | Movement Studio |
| 10.35am – 11.35am | 3-5    | Body Pump                       | Movement Studio |
| 12.15pm – 1.00pm  | 4-5    | RPM                             | RPM Studio      |
| 12.15pm – 1.00pm  | 4-5    | Body Attack                     | Movement Studio |
| 5.15pm – 6.00pm   | 4-5    | RPM                             | RPM Studio      |
| 6.00pm – 7.00pm   | 2-3    | Pilates                         | Studio          |
| 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                            | Movement Studio |
| 7.10pm – 8.10pm   | 3-5    | Body Pump                       | Movement Studio |
| <b>Tuesday</b>    |        |                                 |                 |
| 9.30am – 10.30am  | 3-5    | Body Combat                     | Movement Studio |
| 10.30am – 11.30am | 2-3    | Pilates                         | Studio Hall     |
| 10.35am – 11.35am | 1      | Nifty Fifty                     | Movement Studio |
| 10.45am – 11.30am | 4-5    | RPM                             | RPM Studio      |
| 12.15pm – 1.00pm  | 3-5    | Body Pump                       | Movement Studio |
| 1.30pm – 2.30pm   | R      | Smart Hearts                    | 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    | RPM                             | RPM Studio      |
| 9.30am – 10.30am  | 3      | Body Conditioning               | Movement Studio |
| 10.45am – 11.45am | 2-3    | Wellness Yoga                   | Movement Studio |
| 12.15pm – 1.00pm  | 4-5    | RPM                             | RPM Studio      |
| 4.00pm – 4.45pm   | 2-3    | Junior Girls RPM (Mums Allowed) | RPM Studio      |
| 6.00pm – 7.00pm   | 3      | Legs, Tums & Bums               | Movement Studio |
| 6.30pm – 7.30pm   | Course | Slimming Club                   | Studio Hall     |
| 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    | Body Pump                       | Movement Studio |
| 10.35am – 11.35am | 1-2    | Body Balance                    | Movement Studio |
| 12.15pm – 1.00pm  | 3-5    | Combat                          | Movement Studio |
| 1.00pm – 1.45pm   | 2-3    | Pilates                         | Movement Studio |
| 6.00pm – 7.00pm   | 4-5    | Body Attack                     | Movement Studio |
| 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      |
| 1.30pm – 2.30pm   | R   | Smart Hearts | Movement Studio |
| 5.15pm – 6.00pm   | 4-5 | RPM          | RPM Studio      |
| 5.30pm – 6.15pm   | 4-5 | Body Attack  | Movement 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 Attack | Movement Studio |

# Springfield Leisure Centre

| Time              | Level | Session                         | Location        |
|-------------------|-------|---------------------------------|-----------------|
| <b>Monday</b>     |       |                                 |                 |
| 6.00pm – 7.00pm   | 3-5   | Body Pump                       | Sports Hall     |
| 7.15pm – 8.15pm   | 3-5   | Body Combat                     | Movement Room   |
| 6.00pm – 6.45pm   | 4-5   | RPM                             | Club Room       |
| 8.30pm – 9.30pm   | 3-5   | Power Circuits                  | Sports Hall     |
| <b>Tuesday</b>    |       |                                 |                 |
| 6.00pm – 6.45pm   | 4-5   | RPM                             | Club Room       |
| 7.00pm – 8.00pm   | 3-5   | Body Combat                     | Sports Hall     |
| 8.00pm – 9.00pm   | 1-3   | Aquafit                         | 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 – 11.30am | 4-5   | Body Attack                     | Club Room       |
| 11.30am – 12.30pm | 1-2   | Body Balance                    | Club Room       |
| 2.00pm – 3.00pm   | 1     | Smart Hearts                    | Movement Studio |
| 3.30pm – 4.30pm   | 1-2   | Kids Combat (aged 7 – 11 years) |                 |
| 6.30pm – 7.30pm   | 2-3   | Body Pump                       | Sports Hall     |
| 7.45pm – 8.30pm   | 4-5   | RPM                             | Club Room       |
| <b>Thursday</b>   |       |                                 |                 |
| 6.00pm – 7.00pm   | 4-5   | Body Attack                     | Club Room       |
| 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       |
| <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     |



## Lime Kiln Leisure Centre

| Times             | Level | Session           | Location        |
|-------------------|-------|-------------------|-----------------|
| <b>Monday</b>     |       |                   |                 |
| 6.00pm – 7.00pm   | 3-5   | Aerofit           | Movement studio |
| 6.30pm – 7.15pm   | 1-3   | Aqua Trim         | Swimming pool   |
| 7.15pm – 8.00pm   | 2-4   | Aqua Fit          | Swimming pool   |
| 7.00pm – 8.00pm   | 3-5   | Body Pump         | Movement studio |
| 8.00pm – 9.00pm   | 1-3   | Body Balance      | Movement studio |
| <b>Tuesday</b>    |       |                   |                 |
| 7.00pm – 8.00pm   | 3-5   | Body Combat       | Sports hall     |
| 8.00pm – 9.00pm   | 2-3   | 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 |
| <b>Thursday</b>   |       |                   |                 |
| 10.00am – 11.00am | 2-3   | Fitness Pilates   | Movement studio |
| 11.15am – 12.00pm | 2-3   | Step 'n' Tone     | Movement studio |
| 8.00pm – 9.00pm   | 3-5   | Circuit training  | Sports hall     |
| <b>Friday</b>     |       |                   |                 |
| 9.30am – 10.30am  | 2-3   | Body conditioning | Movement studio |
| 11.00am – 12.00pm | 2-3   | Body Balance      | Function Room   |
| 12.15pm – 1.00pm  | 1-3   | Aqua trim         | Swimming pool   |
| <b>Saturday</b>   |       |                   |                 |
| 9.30am – 10.15am  | 3-4   | Step n Tone       | Movement Studio |

## Yoga Courses

| Time             | Level | Session            | Location        |
|------------------|-------|--------------------|-----------------|
| <b>Monday</b>    |       |                    |                 |
| 9.30am – 11.00am | 1-2   | Yoga mixed ability | Movement studio |
| <b>Tuesday</b>   |       |                    |                 |
| 6.00pm – 7.30pm  | 1-2   | Yoga beginners     | Movement studio |
| <b>Tuesday</b>   |       |                    |                 |
| 7.45pm – 9.15pm  | 2-3   | Yoga improvers     | Movement studio |

# The Activity Zone

| Times             | Level | Session           | Location      |
|-------------------|-------|-------------------|---------------|
| <b>Monday</b>     |       |                   |               |
| 9.30am – 10.40am  | 3     | Legs, Bums & Tums | Multi Zone    |
| 11.50am – 1pm     | 4-5   | RPM               | Flexi Zone    |
| 6.15pm – 7.15pm   | 5     | Body Attack       | Multi Zone    |
| 6.30pm – 7.00pm   | 2-3   | Beginners RPM     | Flexi Zone    |
| 6.50pm – 8.00pm   | 4-5   | RPM               | Flexi Zone    |
| 7.20pm – 8.30pm   | 4     | Body Conditioning | Multi Zone    |
| 8.15pm – 9.15pm   | 1-3   | Body Balance      | Flexi Zone    |
| <b>Tuesday</b>    |       |                   |               |
| 7.00am – 7.45am   | 3-5   | RPM               | Flexi Zone    |
| 9.20am – 10.30am  | 3-5   | Body Pump         | Flexi Zone    |
| 10.40am – 11.45am | 1-2   | Body Balance      | Flexi Zone    |
| 1.30pm – 2.15pm   | 1-3   | Aqua Trim         | Swimming Pool |
| 6.20pm – 7.30pm   | 3-5   | Body Pump         | Flexi Zone    |
| 7.35pm – 8.45pm   | 4-5   | RPM               | Flexi zone    |
| <b>Wednesday</b>  |       |                   |               |
| 9.30am – 10.40am  | 2-4   | Step and Tone     | Multi Zone    |
| 10.00am – 10.45am | 1-3   | Aqua Trim         | Swimming Pool |
| 10.35am – 11.45am | 3-5   | Body Pump         | Flexi Zone    |
| 11.00am – 12.00pm | 1-3   | Fitness Pilates   | Multi Zone    |
| 6.20pm – 7.30pm   | 3-5   | Circuit Training  | Sports hall   |
| 6.50pm – 8.05pm   | 3-5   | Body Pump         | Flexi Zone    |
| 6.50pm – 8.00pm   | 3     | Legs, Bums & Tums | Sports Hall   |
| 8.10pm – 9.15pm   | 1-2   | Body Balance      | Flexi Zone    |
| <b>Thursday</b>   |       |                   |               |
| 9.30am – 10.30am  | 1     | Smart Hearts      | Flexi Zone    |
| 10.35am – 11.45am | 1-3   | Body Balance      | Flexi Zone    |
| 11.50am – 1.00pm  | 4-5   | RPM               | Flexi Zone    |
| 5.55pm – 7.00pm   | 3-5   | Body Pump         | Flexi Zone    |
| 7.05pm – 8.15pm   | 3-5   | RPM               | Flexi Zone    |
| 7.00pm – 8.00pm   | 5     | Body Attack       | Multi Zone    |
| 7.30pm – 8.30pm   | 1-3   | Aqua Trim         | Swimming pool |
| <b>Friday</b>     |       |                   |               |
| 9.30am – 10.30am  | 3     | Aerofit           | Multi Zone    |
| 10.50am – 12.00pm | 3-5   | Body Pump         | Flexi Zone    |
| 5.20pm – 6.30pm   | 3-5   | RPM               | Flexi Zone    |
| <b>Saturday</b>   |       |                   |               |
| 9.50am – 11.00am  | 3-5   | Body Pump         | Flexi Zone    |
| 11.15am – 12.15pm | 4-5   | RPM               | Multi Zone    |





## 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

Beech 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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01666 822533