



# Group Exercise Timetable

## November – April 2010

River Park Leisure Centre

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# Aerobic Exercise Timetable

Day	Time	Activity	Instructor	Location		
<b>Monday</b>	09:30 - 10:30	Body Step	Jane	Studio 1	C	
	09:30 - 10:15	Studio Cycling	Gym Team	Gym	C	
	10:30 - 11:30	Aqua (term time only)	Sue	Main Pool	C, 	
	12:15 - 13:10	Body Balance	Rachel	Studio 1	C	
	12:30 - 13:00	Spin Xpress	Gym Team	Gym		
	13:30 - 14:25	Yoga (Drop in)	Paul	Studio 1		
	14:00 - 15:00	Neuro Fit	Lydia	Studio 2		
	17:15 - 18:00	Studio Cycling	Gym Team	Gym		
	18:00 - 18:55	Body Jam	Philippa	Studio 2		
	18:05 - 19:00	Body Step	Jane	Studio 1		
	18:15 - 19:00	Studio Cycling	Gym Team	Gym		
	19:00 - 19:55	Body Balance	Rachel	Function Room		
	19:15 - 20:00	Studio Cycling	Gym Team	Gym		
	19:35 - 20:30	Body Pump	Jane	Studio 1		
	20:05 - 21:00	Aqua	Abbie	Main Pool		
	20:30 - 21:25	Legs, Bums & Tums	Jenna	Studio 2		
	<b>Tuesday</b>	09:30 - 10:15	Studio Cycling	Gym Team	Gym	
		10:35 - 11:30	Legs, Bums & Tums	Eileen	Studio 1	C
		12:15 - 13:10	Pilates (Drop In)	Claire	Studio 1	C
16:30 - 16:45		Teen Fit	Gym Team	Squash Court 1		
18:00 - 18:55		Body Pump	Caroline	Main Hall		
18:00 - 18:55		Circuits	Circuit Team	Studio 1		
18:15 - 19:00		Studio Cycling	Gym Team	Gym		
19:00 - 19:45		Body Pump Xpress	Penny	Main Hall		
19:10 - 20:05		Circuits	Circuit Team	Studio 1		
19:30 - 20:30		Studio Cycling	Gym Team	Gym		
19:35 - 20:30		Legs, Bums & Tums	Laura	Studio 2		
20:30 - 21:25		Body Combat	Allan	Studio 1		
<b>Wednesday</b>		09:30 - 10:25	Body Pump	Jane	Studio 1	C
	10:40 - 11:35	Legs, Bums & Tums	Jane	Studio 1	C	
	12:00 - 13:00	Pilates (Intro Course)	Jane	Studio 2	C, E	
	12:15 - 13:10	Body Balance	Rachel	Studio 1		
	12:30 - 13:00	Spin Xpress	Gym Team	Gym		
	18:00 - 18:55	Circuits	John & Rachel	Studio 2		
	18:00 - 18:55	Legs, Bums & Tums	Helen	Main Hall		
	18:15 - 19:00	Studio Cycling	Gym Team	Gym		
	19:10 - 19:55	Beginners Studio Cycling	Gym Team	Gym		
	18:00 - 19:10	Yoga (Beginners Course)	Stuart	Function Room		
	19:15 - 20:30	Yoga (Intermediate Course)	Stuart	Function Room		
	19:35 - 20:30	Body Pump	Rachel	Studio 1		
	20:40 - 21:35	Body Balance	Sarah	Studio 1		



<b>Thursday</b>	10:10 - 11:05	Body Step	Jane	Studio 1	C
	11:30 - 12:25	Body Balance	Caroline	Studio 1	C
	11:35 - 12:20	Speedo Deepwater Aqua	Abbie	Main Pool	
	12:30 - 13:25	Legs, Bums & Tums	Caroline	Studio 1	C
	16:00 - 16:45	Teen Fit	Gym Team	Squash Court 1	
	17:00 - 17:45	Teen Fit	Gym Team	Squash Court 1	
	18:00 - 18:55	Circuits	Circuit Team	Studio 1	
	18:00 - 18:55	Body Jam	Philippa	Main Hall	
	18:00 - 18:55	Pilates (Intro course)	Fabrizio	Function Room	£
	18:15 - 19:00	Studio Cycling	Gym Team	Gym	
	19:00 - 19:55	Body Step	Jane/Jo	Main Hall	
	19:20 - 20:15	Body Balance	Laura	Studio 1	
	20:10 - 21:05	Pilates (Drop In)	Jane	Studio 2	
	20:15 - 21:10	Aqua	Catherine	Learner Pool	
	20:30 - 21:25	Body Combat	Liz	Studio 1	
<b>Friday</b>	09:30 - 10:25	Pilates (Drop In)	Jane	Studio 1	C
	10:40 - 11:40	Body Pump	Jane	Studio 1	C
	12:30 - 13:25	Stretch	Rachel	Studio 1	C
	12:15 - 13:00	Studio Cycling	Gym Team	Gym	C
	17:30 - 18:15	Studio Cycling	Gym Team	Gym	
	18:15 - 19:15	Boxercise	Circuit Team	Studio 1	£
	18:30 - 19:15	Teen Fit	Gym Team	Squash Court 1	
	19:30 - 20:15	Teen Fit	Gym Team	Gym	
<b>Saturday</b>	09:00 - 09:45	Studio Cycling	Gym Team	Gym	
	10:00 - 10:45	Studio Cycling	Gym Team	Gym	
	10:15 - 11:10	Circuits	Simon/John	Studio 1	
	15:30 - 16:30	Low Level Circuits	Tope	Studio 1	
	16:45 - 17:45	Body Pump	Aerobic Team	Studio 1	
	17:00 - 17:55	Teen Fit	Gym Team	Gym	
	18:00 - 18:55	Teen Fit	Gym Team	Gym	
<b>Sunday</b>	10:00 - 10:55	Hi-Energy	Rachel/Jenna	Studio 1	
	11:00 - 11:55	Body Balance/Power Yoga	Aerobic Team	Studio 1	
	16:00 - 16:55	Body Step	Philippa/Jo	Studio 1	

### Key

**C** Crèche available

**£** kinetika members charged for this activity

 Free tea or coffee after this class (please present your ticket to the Café)

### Please note:

- For your safety, please ensure suitable training shoes are worn to all classes.
- **The warm up and cool down are an essential part of each class to prevent injury. Therefore we do not allow entry into a class 5 minutes after the start.**
- **kinetika members will be penalised for failing to cancel pre-booked sessions they no longer wish to attend and for not registering at reception before the class.**
- The Group Exercise Timetable is subject to change. Please note that during the holidays a reduced timetable may be in operation. Speak to our reception team for more information

# Class Descriptions

**Welcome to the River Park Leisure Centre Group Exercise Programme. It is designed to provide an excellent choice of classes for people of all ages and abilities. All taught by our qualified and experienced instructors.**

**Adult Street Dance** Do you enjoy dancing? Have you always wanted to learn some funky moves like those seen on MTV or in pop videos? Our new Adult Street Dance session is a great way to keep fit, have fun & learn to dance!

**Aqua Class** Using water for a non weight bearing workout in the main or learner pool. Using water as resistance for toning.

**Body Balance** This is a Yoga, Tai Chi and Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

**Body Combat** Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into 55 minute energetic routine.

**Body Jam** Mixture of hip hop, funk Latin and Broadway dance moves that add new meaning to the concept of having fun while getting fit.

**Body Pump** Non impact resistance programme combining high repetition weight training with aerobic endurance. Conditions muscles while raising metabolic rate for rapid fat burning. New starters please arrive ten minutes before the class begins.

**Body Step** An energising step workout. Cardio blocks push fat burning systems into high gear. Muscle conditioning tracks shape and tone your body.

**Boxercise** A class using resistance training equipment, cardiovascular work, punch bags and focus pad training.

**Circuits** This class builds speed, stamina and strength as well as cardiovascular endurance.

**Hi Energy** An aerobic workout with high energy choreographed routines.

**Junior Street Dance** A funky aerobics class for 11-16 year olds. Blending aerobic and dance moves, to the latest sounds of hip-hop, funk and chart topping sounds.

**Legs, bums, tums** A low impact class concentrating on those problem areas.

**Low Level Circuits** Inclusive of all impairments, this workout session incorporates both cardiovascular and resistance training.

**Neuro Fit** Part of our GP Referral Programme. Contact our Active Lifestyles Officer on 01962 848725 for more information.

**Pilates** This class focuses on coordination and relaxation using, slow, flowing movements. Developed to work specifically on training the core postural muscles, improving both strength and flexibility.

**Speedo Deepwater Aqua** Totally non impact Aqua class ideal for those suffering from back problems, arthritis or recovering from injury

**Spin Xpress** A new 30 minute express studio cycling workout which helps improve cardiovascular fitness and burns lots of calories.

**Stretch** Improve flexibility, posture and muscle condition.

**Studio Cycling** A cardiovascular workout on a stationary bike in the gym.

**Teen Fit** Junior workout for 11-16 year olds in the gym.

**Yoga** This class encompasses all styles of physical yoga. Postures and breathing are used to release physical and mental tension.



**UNLESS STATED OTHERWISE JUNIOR KINETIKA AND KINETIKA MEMBERS PARTICIPATE FOR FREE.**

## Advance Member Bookings and Tickets

1. We have a new default system in place whereby if a member makes an advance booking for any group exercise session and then does not attend the class or cancel the space, you may be subject to a charge. 2. You must collect your ticket from reception before the session starts as tickets will be collected by instructors. 3. Anyone without a ticket will be asked to leave the class.

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