



Group Exercise Timetable

Summer 2011

Fleming Park Leisure Centre
Passfield Avenue, Eastleigh
Hampshire, SO50 9NL
Tel: 02380 684800

Group Exercise Timetable

Monday

	7.00am – 7.30am	Indoor Cycling	2/3	Gym	Fitness Team
C	9.00am – 9.55am	50+ Keep Fit	1/2	Main Hall	Ann
C	9.30am – 10.25am	Fatblaster	4	Studio 2	Jo
C	10.30am – 11.25am	Body Pump	3	Studio 2	Jo
C	11.40am – 12.25pm	Deepwater Aqua	1	Main Pool	Sian
C	12.30pm – 1.15pm	Indoor Cycling	3/4	Gym	Fitness Team
C	12.30pm – 1.25pm	Body Balance	3	Studio 2	Helen
£	6.00pm – 6.55pm	NEW Zumba	3	Studio 2	Janice
	6.00pm – 6.25pm	Indoor Cycling	2/3	Gym	Fitness Team
	6.00pm – 6.55pm	Body Balance	3	Studio 1	Melanie
	6.05pm – 6.55pm	Legs, Bums & Tums	3	Main Hall	Sian
	6.30pm – 6.55pm	Indoor Cycling (Beg)	1/2	Gym	Fitness Team
	7.00pm – 7.45pm	Indoor Cycling	4	Gym	Fitness Team
	7.00pm – 7.55pm	Body Pump	3	Studio 2	Janice
	7.00pm – 7.55pm	Step 'n' Tone	4	Studio 1	Melanie
	7.05pm – 7.55pm	Aquacise	3	Learner Pool	Sian
	7.05pm – 7.55pm	Circuit Training	4	Main Hall	Liz
	8.00pm – 8.30pm	Indoor Cycling	2/3	Gym	Fitness Team
	8.05pm – 9.00pm	Body Combat	4	Studio 1	Liz

Tuesday

C	9.30am – 10.15am	Indoor Cycling	3/4	Gym	Fitness Team
C	9.30am – 10.25am	Step#	3	Studio 2	Rowena
C	9.45am – 10.25am	Body Jam#	3	Main Hall	Melanie
£	12.30pm – 1.25pm	Zumba	3	Studio 2	Melanie
	5.25pm – 6.10pm	Aeroblitz	3	Studio 1	Amy
	6.00pm – 6.25pm	Indoor Cycling	2/3	Gym	Fitness Team
	6.00pm – 6.55pm	Body Pump	3	Studio 2	Liz
	6.15pm – 7.10pm	Legs, Bums & Tums	3	Studio 1	Jo
	6.30pm – 6.55pm	Indoor Cycling (Beg)	1/2	Gym	Fitness Team
	7.00pm – 7.45pm	Aquacise	3	Learner Pool	Ness
	7.00pm – 7.55pm	Body Pump	3	Studio 2	Liz
	7.15pm – 8.00pm	Indoor Cycling	4	Gym	Fitness Team
	7.15pm – 8.10pm	Fatblaster	4	Studio 1	Jo
	8.15pm – 9.10pm	Body Combat	4	Studio 2	Liz
£	8.15pm – 9.10pm	NEW Zumba	3	Studio 1	Claire

Wednesday

	7.00pm – 7.30pm	Indoor Cycling	2/3	Gym	Fitness Team
C	9.00am – 9.55am	50+ Keep Fit	1/2	Main Hall	Ann
C	9.30am – 10.25am	Legs, Bums & Tums	3	Studio 2	Jenny
C	10.30am – 11.25am	Body Pump	3	Studio 2	Jenny
C	11.40am – 12.25pm	Deepwater Aqua	1	Main Pool	Sian
C	12.30pm – 1.15pm	Body Combat Express	4	Studio 2	Helen W
C	5.15pm – 6.00pm	Body Balance Express	3	Studio 1	Dawn
C	5.15pm – 6.00pm	Body Pump Express	3	Studio 2	Jo
C	6.00pm – 6.45pm	Indoor Cycling	3/4	Gym	Anna
C	6.00pm – 6.55pm	Bodysculpt	3	Studio 2	Melanie
C	6.00pm – 6.55pm	Body Combat	4	Studio 1	Liz
	7.00pm – 7.55pm	Body Attack	4	Studio 1	Claire
	7.00pm – 7.55pm	Circuit Training	4	Main Hall	Liz
	7.00pm – 7.55pm	Body Pump	3	Studio 2	Eddie
	8.15pm – 8.45pm	Indoor Cycling	2	Gym	Chris
	8.30pm – 9.25pm	Pilates (Course)	2	Studio 1	Marion



Thursday

C	9.30am – 10.25am	Step#	3	Studio 2	Rowena
C	9.30am – 10.25am	Aerobics Circuit#	3	Studio 3	Ann
C	9.45am – 10.15am	Indoor Cycling	2/3	Gym	Anna
C	10.30am – 11.25am	Body Pump	3	Studio	Jo/Liz
C	12.30pm – 1.15pm	Indoor Cycling	3/4	Gym	Fitness Team
C	12.30pm – 1.25pm	Fitness Yoga (Course)	3	Studio 2	Sandra
	4.00pm – 5.00pm	Teen Workout	2	Gym	Fitness Team
	5.30pm – 6.25pm	Legs, Bums & Tums	3	Studio 2	Helen R
	6.00pm – 6.30pm	Indoor Cycling	3	Gym	Fitness Team
	6.00pm – 6.55pm	Body Jam	3	Studio 1	Melanie
	6.30pm – 7.25pm	Body Pump	3	Studio 2	Anni
	7.00pm – 7.45pm	Aquacise	3	Learner Pool	Helen R
	7.05pm – 7.55pm	Body Combat	4	Main Hall	Jo
	7.15pm – 8.10pm	Yoga	2	Studio 1	Sandra
	7.15pm – 8.00pm	Indoor Cycling	3/4	Gym	Damian
	8.15pm – 9.10pm	Pilates (Drop in)	2	Studio 1	Rebecca
	8.30pm – 9.25pm	Yoga (Course)	2	Studio 2	Sandra

Friday

C	9.00am – 9.55am	50+ Keep Fit	1/2	Main Hall	Ann
C	9.30am – 10.25am	Body Jam	3	Studio 2	Melanie
C	10.30am – 11.25am	Step 'n' Tone	3	Studio 2	Melanie
C	11.40am – 12.25pm	Deepwater Aqua	1	Main Pool	Sian
C	12.30pm – 1.25pm	Body Combat	3	Studio 2	Helen W
	4.00pm – 5.00pm	Teen Workout	2	Gym	Fitness Team
	6.00pm – 6.30pm	Indoor Cycling	2/3	Gym	Fitness Team
	6.00pm – 6.55pm	Body Attack	4	Studio 2	Claire
	6.30pm – 7.25pm	Boxercise	4	Studio 1	Roger & Alan

Saturday

	8.30am – 9.00am	Indoor Cycling	2/3	Gym	John
C	9.15am – 9.45am	Indoor Cycling	2/3	Gym	Fitness Team
C	9.30am – 10.25am	Bodysculpt	3	Studio 2	Melanie
C	10.30am – 11.15am	Indoor Cycling	3/4	Gym	Fitness Team
C	10.30am – 11.25am	Body Balance	3	Studio 2	Melanie
C	11.30am – 12.25pm	Body Pump	3	Studio 2	Liz
	2.00pm – 3.00pm	Teen Gym	2	Gym	Fitness Team
	3.00pm – 4.00pm	Teen Gym	2	Gym	Fitness Team

Sunday

£	9.00am – 9.55am	Zumba	3	Studio 1	Janice
	9.15am – 9.45am	Indoor Cycling	3	Gym	Fitness Team
	10.00am – 10.55am	Sunday Blast	3	Studio 2	Janice
	10.05am – 11.00am	Circuit Training	4	Studio 1	Liz
	11.00am – 11.55am	Legs, Bums & Tums	3	Studio 2	Michelle
	2.00pm – 3.00pm	Teen Workout	2	Gym	Fitness Team
	3.00pm – 4.00pm	Teen Workout	2	Gym	Fitness Team

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.
- Failure to participate in these sections of a class is at your own risk.
- Location of classes may alter due to other programming changes in the centre.
- Management reserve the right to change Instructors.
- Please bring a mat or something to lie on.
- Teen Workout must be booked in advance.

Places available to be booked from 09.00 on the day for Non members and 09.00 the day before for Family and Junior members

- Look out for additional short courses in ski fit, core fit, body combat technique etc.

Key

C Crèche available

These classes are part of the Fitness Mornings and run term time only. See the Centre brochure for full listings.

£ kinetika members have to pay for this class.

Class Descriptions

Welcome to the Fleming Park Leisure Centre Group Exercise Programme. Designed to provide an excellent choice of classes for people of all ages, abilities and interests, all taught by our qualified and experienced instructors.

Aerobics Circuit – Low level circuits suitable for all abilities. Part of the Fitness Morning.

Aeroblitz – A fun, energetic aerobic class, suitable for all levels.

Aquacise – An exhilarating all over body workout in the water. Fun for all levels of fitness.

Body Attack – Cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises.

Body Balance – Dynamic Yoga based stretch programme leaving you feeling relaxed and renewed. Uses practices of Yoga, Pilates and Feldenkrais such as controlled breathing, concentration, flexibility and strength training to bring about balance and harmony in your body.

Body Combat – Combines power house moves and stances developed from a range of disciplines like karate, boxing and taekwon do. Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body.

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. All newcomers should arrive 5-10 minutes before the start of the class to enable them to join in fully with the class.

Bodysculpt – Body shaping incorporating legs, bums and tums work and upper body using bands and weights.

Boxercise – Advanced workout introducing boxing skills with a strong cardiovascular element. Includes focus pad, speed balls and punch bag work.

Circuit Training – This class builds speed, stamina and strength as well as cardiovascular endurance.

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

Fat Blaster – This class has it all! Great choreography with explosive high/low impact moves.

Fitness & Gym, Trim and Swim Mornings – Term time activity mornings. Please see our main brochure for full programme listings.

Freestyle Fitness Yoga – Class targets flexibility, core stability and strength. Incorporates deep stretch, yoga postures and stability exercises.

Indoor Cycling – A low impact workout, yet allows you to get your heart pounding helping you achieve your fitness goals. Highly effective at 400 calories per 45 minute workout.

Pilates Course and Drop in – Exercise technique targeting deep postural muscles, re-balancing of the body, improving posture and strength & flexibility. A continual 6 week course or drop in class. Limited spaces.

Step – Fat burning class designed to tone thighs and bottoms. Part of the Fitness Mornings.

Step 'n' Tone – A fun stepping segment, then on to toning and firming of tums and other unwanted bits.

Sunday Blast – A great fat burning session guaranteed, floor work included.

Teen Workout – For ages 11-15 years using equipment in the gym. Please book your place from 09.00 on the day for Non members and from 09.00 on the day before for Family/Junior members.

Legs, Bums & Tums – A total body work-out suitable for all abilities using hand weights and bands or just your body weight to achieve a complete toning session covering all those major muscle groups.

Yoga & Yoga Course – This class is suitable for all ages and abilities, based on Iyengar method. Strong postures, breathing techniques and deep relaxation will give you a strong and supple body and a de-stressed mind. Please bring a blanket and a small pillow or cushion.

Zumba – A fusion of Latin rhythms and easy-to-follow moves for a fun and exciting calorie burning workout. Please check the * ratings for class suitability.

Prices

Aerobics/Zumba/Yoga/Pilates

Peak	£5.40
Off Peak	£4.75
Full Time Student Off Peak	£3.30
Passport to Leisure	£3.30
Block Ticket	48.50

(Body Combat, Body Pump, Body Jam, Body Balance, Body Attack)

Peak	£5.65
Off Peak	£5.15

Zumba Member £3.00

Aquacise £5.00

Speedo Deepwater Aqua £3.15

Fitness Morning (Tuesday) £4.95

Fitness Morning (Thursday) £4.75

Boxercise £6.00

Teen Workout £3.10

Indoor Cycling £6.95

Kinetika members receive all classes free with the exception of Zumba.

Rating

The following rating gives an idea of the intensity of the exercise class.

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

All classes are included within the Kinetika membership.

(Peak time is applicable to classes after 17.00 on weekdays and all day on weekends).

For bank holiday programme, please contact reception.

There are no pre-booking arrangements for buying tickets for classes (except teen workout). Please collect your ticket 30 minutes in advance for members, 20 minutes for non members.

Please note the following changes to our classes:

Please supply your own mats for classes at Fleming Park

Unfortunately we are no longer able to accommodate under 16's in any of our adult classes. Please look out for information around the centre for classes specific to these age groups.

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

fleming park



kinetika fitness