

Group Workout Class Programme

April 2011 – September 2011



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MONDAY CLASS	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Body Combat	9.45am - 10.45am	Studio	WFG	ALL LEVELS	Yes
Stretch and Tone	11.00am - 12.00pm	Tr Room	WFG	ALL LEVELS	Yes
Forever Active Aerobics	12.30pm - 1.15pm	Studio	WFG	BEGINNERS	Yes
Energiser 45	12.30pm - 1.15pm	Activity Studio	SSC	ALL LEVELS	
Aqua	2.00pm - 3.00pm	Pool	SSC	ALL LEVELS	
Line Dancing*	2.00pm - 4.00pm	Studio	WFG	ALL LEVELS	
Junior Multisports	4.00pm - 5.30pm	Sports Hall	WFG	ALL LEVELS	
Body Pump	6.00pm - 7.00pm	Studio	WFG	ALL LEVELS	
Body Balance	6.30pm - 7.30pm	Tr Room	WFG	ALL LEVELS	
Step Aerobics	6.30pm - 7.30pm	Activity Studio	SSC	ALL LEVELS	
Body Combat	7.00pm - 8.00pm	Studio	WFG	ALL LEVELS	
Bums, Tums and Thighs	7.30pm - 8.30pm	Tr Room	WFG	ALL LEVELS	
Power Hour Circuits	7.30pm - 8.30pm	Sports Hall	SSC	INTERMEDIATE	
Legs, Bums and Tums	7.30pm - 8.30pm	Studio	SSC	ALL LEVELS	
Aqua Tone	8.00pm - 9.00pm	Pool	WFG	ALL LEVELS	
Power Hour Circuits	8.15pm - 9.15pm	Studio	WFG	ALL LEVELS	
TUESDAY CLASS	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Zumba	9.45am - 10.45am	Studio	WFG	ALL LEVELS	Yes
Body Pump	11.15am - 12.15pm	Studio	WFG	ALL LEVELS	Yes
Body Combo	1.15pm - 2.15pm	Studio	WFG	ALL LEVELS	Yes
Junior Street Dance	4.30pm - 5.30pm	Studio	WFG	ALL LEVELS	
Body Combat	6.00pm - 7.00pm	Studio	WFG	ALL LEVELS	
Fight Fit	6.30pm - 7.30pm	Activity Studio	SSC	ALL LEVELS	
Fit 'n Funky Aerobics	7.10pm - 8.10pm	Studio	WFG	INTERMEDIATE	
Pilates	7.00pm - 7.45pm	Tr Room	WFG	ALL LEVELS	
Pilates	8.00pm - 8.45pm	Tr Room	WFG	ALL LEVELS	
Urban Rebounding	8.00pm - 9.00pm	Studio	SSC	ALL LEVELS	
Boxercise	8.15pm - 9.15pm	Studio	WFG	ALL LEVELS	
WEDNESDAY CLASS	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Forever Active Aqua	9.45am - 10.30am	Pool	WFG	ALL LEVELS	Yes
Body Combo	9.45am - 10.45am	Studio	WFG	ALL LEVELS	Yes
Stretch & Tone	11.00am - 12.00pm	Tr Room	WFG	ALL LEVELS	Yes
Forever Active Aerobics	11.30am - 12.15pm	Studio	WFG	BEGINNERS	Yes
Working Lunch Circuits	1.10pm - 1.50pm	Studio	WFG	ALL LEVELS	Yes
Junior Sports	4.00pm - 5.00pm	Sports Hall	SSC	ALL LEVELS	
Boxercise	6.30pm-7.30pm	Sports Hall	SSC	ALL LEVELS	
Combat Express	6.15pm - 7.00pm	Studio	WFG	ADVANCED	
Bums, Tums and Thighs	7.00pm - 8.00pm	Tr Room	WFG	ALL LEVELS	

* All classes are included in the Kinetika membership except for Ceroc and Line Dancing. Programme details correct at time of going to press.

Pilates	7:00pm - 8:00pm	Activity Studio	SSC	ALL LEVELS	
Body Pump	7:15pm - 8:15pm	Studio	WFG	ALL LEVELS	
Power Hour Circuits	7:30pm - 8:30pm	Sports Hall	BIC	ALL LEVELS	
Fit Yoga	8:00pm-9:00pm	Studio	SSC	ALL LEVELS	
Master Swim	9:00pm - 10:00pm	Pool	SSC	ADVANCED	
THURSDAY CLASS					
	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Legs, Turns & Burns	10:00am - 11:30am	Studio	SSC	ALL LEVELS	
Body Pump	11:15am - 12:15pm	Studio	WFG	ALL LEVELS	Yes
Zumba	11:30am - 12:30am	Sports Hall	SSC	ALL LEVELS	
Junior Multi Sports (8-15 yr olds)	4:00pm - 5:30pm	Sports Hall	WFG	ALL LEVELS	
Teen Cheerleading (8-16yr old)	4:30pm - 5:30pm	Studio	WFG	ALL LEVELS	
Pilates	6:00pm - 6:45pm	Tr Room	WFG	ALL LEVELS	
Zumba	6:00pm - 7:00pm	Studio	WFG	ALL LEVELS	
Body Combat	6:30pm - 7:30pm	Sports Hall	BIC	ALL LEVELS	
Urban Rebounding	6:30pm - 7:30pm	Studio	SSC	ALL LEVELS	
Fit Yoga	7:00pm - 8:00pm	Tr Room	WFG	ALL LEVELS	
Zumba	7:00pm - 8:00pm	Studio	WFG	ALL LEVELS	
Aqua Tone	8:00pm - 8:45pm	Pool	WFG	ALL LEVELS	
FRIDAY CLASS					
	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Fit and Funky Aerobics	9:30am - 10:30am	Studio	SSC	ALL LEVELS	Yes
Forever Active Aqua	9:45am - 10:30am	Pool	WFG	ALL LEVELS	Yes
Body Combat	9:45pm - 10:45am	Studio	WFG	ALL LEVELS	Yes
Forever Active Aerobics	11am - 12pm	Studio	WFG	BEGINNERS	Yes
Working Lunch Circuits	1:10pm - 1:50pm	Studio	WFG	ALL LEVELS	
Forever Active Aqua	3:00pm - 4:00pm	Pool	SSC	ALL LEVELS	
Power Hour Circuits	6:15pm-7:15pm	Studio	WFG	ALL LEVELS	
Power Hour Circuits	6:30pm-7:30pm	Sports Hall	SSC	ALL LEVELS	
Body Pump	7:15pm - 8:15pm	Studio	WFG	ALL LEVELS	
Fit Yoga	7:00pm - 8:00pm	Activity Studio	SSC	ALL LEVELS	
SATURDAY CLASS					
	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Body Pump	9:30am - 10:30am	Studio	WFG	ALL LEVELS	
Combat Express	10:45am - 11:30am	Studio	WFG	ALL LEVELS	
SUNDAY CLASS					
	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Zumba	09:30am - 10:30am	Sports Hall	SSC	ALL LEVELS	
Zumba	10:00am - 11:00am	Studio	WFG	ALL LEVELS	

AEROBICS: An effective way to lose fat, improve overall areas and have fun. Choose from Nice and Easy, blitz those bits, Tums and Burns, Thigh Burners, Fit 'n' Funky Aerobics.

AQUA: These classes are designed for all ages and levels of fitness, great for fitness and toning. Non weight bearing also suitable for most pregnant ladies.

BODY AND MIND HARMONY: incorporates the 3 disciplines of Yoga, Pilates and Tai Chi. This varied workout will develop your flexibility, core strength and co-ordination whilst releasing the stresses of the day. A fantastic relaxing class for all to enjoy.

BODY BALANCE: A dynamic Yoga-based programme that leaves you feeling relaxed and renewed. It combines the fundamental principles and practices of Yoga, Pilates and Feldenkrais, such as controlled breathing, concentration, flexibility and strength training to create a holistic workout that brings the body, mind and soul into a state of balance and harmony.

BOXERCISE: A boxing style cardio and conditioning circuit that is suitable for all levels. The class focuses around punch bags and pad work. A fun workout that is great for reducing stress! Please note that purchasing your own gloves is recommended.

BODY COMBAT: An adrenaline pumping routine combining powerhouse moves and stances developed from Karate, Kickboxing and Tai Chi disciplines. Come and throw off the confines of the day and get rid of your inhibitions.

BODY COMBO: This energy packed session combines 30mins of body combat and 30mins of body pump resulting in a motivating, fun, fat burning workout.

BODY PUMP: The world's first class to combine high repetition weight training with aerobic conditioning. It will tone and condition your body, can help you to lose weight and ultimately change your body shape.

COMBAT EXPRESS: A 45 minute Body Combat class using fast adrenaline pumping tracks that will get your heart racing to the beats.

ENERGISER 45: A great lunchtime workout. Aimed at increasing your energy levels for the rest of the day, this fun 45 minute workout will work towards giving you all over tone and fitness. An effective and motivational class in the middle of the day.

FIGHT FIT: A fantastic opportunity to learn the skill of boxing. Learn how to punch properly and enjoy a group atmosphere. This is a brilliant way to enjoy something new, increase your knowledge and have fun.

FIT YOGA: Freestyle Fitness Yoga targets flexibility, core stability and strength. It is a fitness programme that incorporates deep stretch, Yoga postures and stability exercises.

FOREVER ACTIVE: A gentle and fun way to improve overall fitness and flexibility for the over 50s.

JUNIOR SESSIONS: These cater for 8-15 year olds offering a wide range of activities for younger people, encouraging them to have fun whilst getting fit and being healthy. Choose from Junior Street Dance, Teen Cheerleading and Multisports.

LINE DANCING: An ideal way to keep fit and meet new friends, no partner required or special clothes needed.

PILATES: This wonderfully relaxing class will enable you to release the stresses of the day whilst getting fit, flexible and in great shape at the same time. Come in, chill out.

POWER HOUR CIRCUITS: These are high intensity classes, designed for weight loss, overall tone and increasing your fitness. Suitable for all levels, this class will push you to your limits.

URBAN REBOUNDING: Urban Rebound is a fun, safe and effective way to exercise aerobically on a regular basis. It provides a surprisingly challenging cardiovascular workout without excess stress on the heart, muscles or joints. It uses familiar aerobic moves, sports specific, conditioning moves and core stabilization techniques.

WORKING LUNCH: A perfect lunchtime workout, combining Aerobics and Circuit exercises, to give all over tone and fitness. An energising and fun class in the middle of the day.

ZUMBA: A Latin-inspired, easy-to-follow, calorie-burning, dance, fitness-party. Feel the music and let loose!

Membership not required to attend classes

Class Information

- Due to the high demand you will only be able to book Monday's and Wednesday's Body Pump classes 90 minutes before commencement of the sessions.
- Classes are only available for those aged 16 and over (except where specified as 'Junior' Classes)
- Booking is recommended, this may be done 7 days in advance in person or by telephone. Payment must be made by non Kinetika members at the time of booking. Members may book up to 10 days in advance.
- Please note that a five minute change over time is built into every hour long class.
- Due to the popularity of evening classes booked places will be given away if at commencement time of class all booked parties have not arrived.
- Due to high demand for circuit classes Kinetika Members will have the facility to book 3 days in advance, whilst casual payers can only book 24 hours in advance.
- Tickets must be collected from reception and handed to the instructor. All class participants including Kinetika members must collect a ticket at the main reception prior to the class.
- Before the class, please inform the instructor of any injuries or medical problems which may affect you during the class.
- Admission to a group workout session after the warm up period has taken place may not be permitted. This is to safeguard you against injury.
- Cancellation period for classes is 2 hours for Kinetika members and 24 hours for non members. Failure to adhere to this will result in the full charge being made for the class.

The management reserve the right to change the contents of this programme at short notice.