



Group Workout

Programme 2010

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

 **kinetika**
fitness



Suffolk Coastal Leisure Community Association Ltd working in partnership with Suffolk Coastal District Council.

Group Workout Timetable

MONDAY

6.00pm-7.00pm LEGS BUMS AND TUMS Charlie

TUESDAY

5.45pm-6.45pm BODYCOMBAT™ Craig
7.00pm-8.00pm CIRCUITS Craig
7.00pm-8.00pm LADIES WATER WORKOUT Trina
8.30pm-10.00pm ADULT KARATE Phil

WEDNESDAY

6.30pm-7.30pm FITNESS SWIMMING Marc
7.00pm-8.00pm BODYPUMP™ Siobhan
8.15pm-9.15pm BODYCOMBAT™ Siobhan

THURSDAY

12.30pm-1.30pm LEGS BUMS AND TUMS Charlie
2.00pm-3.00pm WATER WORKOUT Jane
5.30pm-6.30pm BODYCOMBAT™ Siobhan
6.45pm-7.45pm BODYPUMP™ Siobhan

FRIDAY

5.30pm-6.30pm HILO AEROBICS Charlie
6.30pm-8.00pm YOGA Jacqui

SATURDAY

8.45am-9.45am BODYPUMP™ Siobhan
10.00am-11.30am JUNIOR KARATE Michael

SUNDAY

5.15pm-6.15pm BODYCOMBAT™ Craig
6.30pm-7.30pm BODYPUMP™ Craig

*Timetable correct at time of print. Management reserves the right to amend classes and/or instructors as necessary and without notice.

Class Descriptions

LEGS BUMS AND TUMS

is a choreographed routine designed to firm and tone those problem tummy, thigh and buttock areas. A greater emphasis is placed on muscular strength and endurance training. Floor exercises and the use of fitballs and weights offers an alternative to cardio routines and challenges the body to achieve maximum results.

HILO AEROBICS

is the original style aerobics class incorporating warm up, cardio routine, body conditioning and a cooldown. It allows the heart rate to be raised, calories to be burnt and improves fitness and endurance levels. Varied levels of intensity and impact are used creating a workout suitable for everyone.

CIRCUITS

is an excellent way to simultaneously improve mobility, strength and stamina. The class is set up with various stations, simple exercises and an instructor with a whistle! Timed slots with minimal rest in between each exercise allows for a constant challenge and complete all over body workout.

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!

*Please note all new participants must arrive 15 minutes before the scheduled class time for a brief technique demonstration with the instructor.

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.

YOGA

is about creating balance in the body by developing strength and flexibility. Results can be achieved through performing a series of poses or postures, each of which has specific physical benefits. Yoga is a great stress reliever and improves both physical and mental wellbeing.

FITNESS SWIMMING

is a session led by a qualified level 2 ASA swimming instructor, aimed at individuals who can complete approx 200m (any stroke) continuously whilst also following sets over an hour period. Such people can include ex-club/competitive swimmers wanting to swim structured sessions, triathletes working on their swimming, general swimmers wanting to improve their strokes or people who simply want to use swimming to keep fit.

WATER WORKOUT

is a low impact exercise routine, particularly suitable for those who would like a gentle introduction to exercise, ante/post natal women or those seeking something for rehabilitation purposes. The water acts as a cushioning agent to support the working muscles and allows for an effective workout for all, including men who are more than welcome in the Thursday class!

ADULT & JUNIOR KARATE

Karate-Do is a traditional self defence system combining fitness and stretching exercises. It helps to build confidence and increase overall levels of fitness. Any age or ability from 5 to 95 can benefit.

Group Workout Information

All classes are available to members and non members.

If you are a Kinetika member you are entitled to free entry and priority booking up to 7 days in advance.

If you are a non member there will be a charge per class and you may book 7 days in advance with a coastal card or 6 days without.

Please consult your doctor before starting a vigorous exercise programme

Remember to bring water and a towel for use during a class.

For safety reasons, children are not permitted to sit in on any classes and bags must be stored in lockers provided.

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 commenced may not be permitted.

It is advisable to book on to classes as spaces are limited and cannot be guaranteed. Please be aware, the centre operates a strict 24 hour cancellation policy on all pre booked activities and sessions. Less than 24 hours notice or not showing for a class will incur a charge for both members and non members (Kinetika members please refer to your 'Terms and Conditions of Membership' Point 14.2 for further clarification).



Fitness classes FREE to kinetika members

If you do three or more classes per week you will save money by becoming a member.

Ask at reception for details!