

Group Workout Programme

Spring 2012



Kingfisher Leisure Centre

Fairfield Road

Kingston

KT1 2PY

020 8541 4576

Malden Centre

Blagdon Road

New Malden

KT3 4TA

020 8336 7770

Tolworth Recreation Centre

Fullers Way North

Surbiton

KT6 7LQ

020 8391 7910

Workout Timetable

Kingfisher Leisure Centre

Morning Classes

MON	*09.30 – 10.15 Zumba Lesley	*11.00-11.45 Indoor Cycling Gym Team	*11.30 – 12.30 Fit & Fifty Brigitte	
TUE	*10.00-10.30 Indoor Cycling Gym Team	*12.00 – 12.45 Body Toning Marie		
WED	*09.30 –10.30 Body Pump Jos	*10.30 – 11.30 Body Balance Darren	*11.30 – 12.30 Fit & Fifty Brigitte	
THU	*09.30 – 10.30 Zumba Liz	*10.30 – 11.30 Pilates Debbie		
FRI	*09.30 – 10.30 Step Marie	*10.30 – 11.15 Body Toning Marie		
SAT	09.15 – 09.30 Body Pump Tech Bozena	09.30 - 10.30 Body Pump Bozena	Body Attack 10.40 – 11.40 With Bozena	
SUN		10.00 - 11.00 Body Balance Linda	10.00-10.45 Indoor Cycling Gym Team	

Class descriptions:

Aqua Take to the pool and use the natural resistance and properties of water in a non-impact workout suitable for those new to exercise, pre and post-natal and rehabilitating from injury. PLEASE NOTE: Daytime Aqua sessions do not run during school holidays

Body Attack Easy to follow, simple high impact, high intensity, aerobic moves designed to improve cardiovascular fitness, burn fat and tone the body

Body Balance A non-impact mix of yoga, pilates and tai chi, this holistic class improves strength and flexibility.

Body Pump & Body Pump Tech Resistance training using barbells designed for any level of fitness and experience to firm, tone and change body shape. It is recommended that those new to Body Pump attend a 15 minute technique session held on 1st Saturday of every month to receive individual instruction on the correct performance of Body Pump exercises

Body Toning Low or non-impact workout to firm and tone all body parts. May involve the use of resistance equipment such as weights, bars and bands

Circuits Uses fixed stations of cardiovascular and muscular strength and endurance exercises in a comprehensive workout for you to work to your own level

Fit & Fifty Suitable for older populations, a low impact class with an extended warm up to maintain and improve co-ordination, flexibility, strength and fitness

Fitness Pilates Uses pilates moves in standing and seated positions to improve posture, strength and body form

Indoor Cycling Uses stationary cycles in a high intensity interval training session to burn calories and improve cardiovascular fitness. The beginners' session focuses on technique but is suitable for all levels

Legs, Bums & Tums Focuses on those problem areas to flatten and firm the bits below the belt in a low or non-impact workout that may use equipment

Afternoon and Evening Classes

MON	12.00 – 12.45 Aqua Term Time Helen	18.00 – 18.50 Body Balance Danielle	19.00 – 19.45 Indoor Cycling Jacqui	19.00 – 19.45 Body Pump 45 Danielle	19.15 – 20.00 Aqua Rosette	19.45 – 20.30 Zumba Jacqui	
TUE			18.00 – 19.00 Step & Sculpt Ann	18.00 – 18.45 Indoor Cycling Marie	18.45 – 19.30 Aqua Helen	19.00 – 20.00 Fitness Pilates Catherine	19.00 – 20.00 ViPR Circuit Marie
WED	12.30 – 13.15 Aqua Term Time Helen	18.00 – 19.00 Body Attack Bozena	19.00 – 20.00 Body Pump Bozena	20.00 - 21.00 Yoga Sam Q			
THU		18.00 – 19.00 ViPR Circuit Liz	18.15 – 19.00 Indoor Cycling Bozena	19.00 – 20.00 Pilates Liz	20.00 – 20.45 Zumba Linda		
FRI	*12.15 - 13.15 Pilates Debbie	13.00 – 13.45 Aqua Term Time Helen	18.00 – 19.00 Body Balance Linda				

Pilates Focus on core muscles in the back and abdominals to lengthen, strengthen and tone in a zero impact workout

Step Uses the step platform in a choreographed routine for those experienced in step moves

Step & Sculpt Tone those legs and bottoms and burn fat with simple, basic step moves repeated to improve body shape and fitness

ViPR & ViPR Circuit As used by the England Rugby Team, London Irish, Cardiff Blues and Wasps Rugby Teams. ViPR focuses on functional training in a circuit format to improve vitality, sports performance and to re-condition.

Yoga Uses breathing and postural control in standing and seated positions to improve body shape, strength and flexibility

Zumba The most popular workout of the decade, it's a party class of easy to follow Latin American moves to tone abdominals and burn fat

Class Etiquette:

Booking Whilst it is possible to attend class without advance booking, places are available on a 1st come 1st served basis. We recommend advance booking either in person or by telephone. Tickets must be shown on entry to class

Entry Please attend class at or before the scheduled start time. Entry more than 5 minutes after the scheduled start time is not permitted. We and our instructors have the right to refuse entry at our absolute discretion

Consideration For Others Mobiles phones may NOT be taken into class. Bags and clothing should be stored in lockers or the changing facilities and NOT taken into class. Chewing gum or taking food into class is NOT permitted

Personal Comfort We recommend that you bring sufficient water supplies to maintain healthy hydration and sweat towels for comfort

*Denotes Availability of Creche Places During This Session

Members	All Classes	Price
Non-members	45 & 60 minute classes	£6.40
Non-members	30 minute classes	£4.70
Non & Members	Workout Intro	£6.40
Non & Members	Body Pump Technique	FREE

Workout Timetable

Malden Centre

Morning Classes (Weekday morning Classes Term Time Only)

MON	Group Cycling 7.00–7.45 With Gym	Body Combat 9.15-10.00 With Sam *	Aqua 10.00-10.30 With Sam *	
TUE	AquaOver 50's 9.15-10.00 With Sam *	Body Attack 9.30-10.30 With Toni *	Body Balance 10.30-11.30 With Toni *	Fit and fifty 11.30-12.30 With Sam *
WED	Body Conditioning 9.30-10.30 With Sam *	Aqua Ladies Only 10.45-11.30 With Maria *		
THU	Body Balance 9.30-10.30 With Toni *			
FRI	Group Cycling 7.00-7.45 With Gym	Zumba 9.30-10.30 With Michelle		Body Pump (Termtime) 12.15-1.00 With Toni *
SAT	Body Attack 9.00-10.00 With Toni	Group Cycling 9.45-10.30 With Gym	LBT 10.00-11.00 With Rob	Body Pump 11.00-12.00 With Toni
SUN	Body Conditioning 10.00-11.00 With Sam	Group Cycling 10.00-10.45 With Gym	Body Combat 11.00-12.00noon With Becky	

Class prices	Full member	Non member
Body Balance	FREE	£6.40
Body Pump	FREE	£6.40
Body Combat	FREE	£6.40
Body Attack	FREE	£6.40
Group Cycling	FREE	£5.20
Body Conditioning	FREE	£6.40
Aqua	FREE	£5.40/ £5.70PM
LBT	FREE	£6.40
Aqua Relax Ladies Only	FREE	£5.40
Aero Fusion	FREE	£6.4
Fit And Fifty	FREE	£3.70
Zumba	FREE	£6.40

Class descriptions:

Body Balance – A mix of Yoga, Pilates and Tai Chi. This mind and body class will uplift your spirit and improve strength and flexibility.

Body Pump – Brilliant for changing your body shape, burning fat and becoming stronger and leaner. A resistance training class using barbells Great for any level or ability.

Body Combat – Combines power-house moves and stances developed from self defence disciplines including karate, kickboxing, Tai Chi and Tae Kwon Do.

Body Attack – High impact, high energy, cardio session. A very easy to follow but challenging workout.

Afternoon and Evening Classes

MON	Group Cycling 6.30-7.00 With Gym	Body Balance 6.30-7.30 With Linda	BodyConditioning 7.30-8.30 With Rob	Zumba 8.30 – 9.30 With Toni/Linda	
TUE	Group Cycling 6.30-7.15 With Gym	Body Attack 6.30-7.30 With Linda	Body Pump 7.45-8.45 With Toni		
WED	Body Balance 6.15-7.15 With Linda	Group Cycling 6.30-7.15 With Gym	Aero Fusion 7.15 – 8.15 with Rob		Zumba 8.30 – 9.30 With Diego
THU	Body Attack 6.30-7.30 With Linda	Body Combat 7.30-8.30 With Becky	Group Cycling 6.30-7.00 With Gym	Body Pump 7.45-8.45	
FRI					
SAT					
SUN					

* Denotes crèche available during this class

Group Cycling – Get on your bike and WORK! Let your instructor push you to improve your fitness and weight management. Sign up for one of our Spin Beginners Courses to ease you into the experience!

Body Conditioning – An all-over-body workout, targeting all major muscle groups. Using own-body-weight exercises, dumbbells or resistance bands.

Aqua – A water based class, great for pregnancy, post-natal exercise, injury rehabilitation and those requiring a non-impact workout.

LBT (Legs Bums and Tums)- For all those problem areas below the belt. A great introduction to studio workouts. Simple to follow, helps tone, shape and strengthen. Ideal for beginners.

Body Workout – A cardiovascular and muscle defining workout, designed to be simple to follow, highly aerobic in nature with emphasis on getting real results fast.

Top to Toe Conditioning – An all over body conditioning class, great for all levels of fitness.

AERO FUSION – A comprehensive aerobic/ Step workout'

Fit and Fifty – Suitable for the older adult, this is a low impact aerobics class with an extended warm up. Hand weights are used for all over body toning and strengthening but are optional. Helps to focus on posture and flexibility. Stretch and relax to finish.

Zumba – Zumba combines high energy and motivating music with unique dance moves to help you burn away your fat.

Workout Timetable Tolworth Recreation Centre

Morning Classes

Monday to Friday daytime class stop from 13/02/12 to 17/02/12 (Except Group Cycling)
Evening & weekend class as per normal.

BODY BALANCE launch Wednesday 11th January. **FREE** to all.
Book your place at reception now.

MON	Monday Blitz 9.30 – 10.30 With Toni*	Group Cycling 10.00 – 10.45 With Jo*	Zumba 10.30 – 11.30 With Perry*	
TUE	Body Conditioning 9.30 – 10.30 With Lou*	Group Cycling 10.00 – 10.45 With Joss *		
WED	Body Pump 9.15 – 10.00 with Jane*	LBT 10.00 – 10.45 With Toni*	Group Cycling 10.00 – 10.30 With Jane*	
THU	Aero Step 9.15 – 10.00 With Ann*	Group Cycling 10.00 – 10.30 With Sophie*	Zumba* 10.30 – 11.30 With Kayleigh	
FRI	Body Balance 9.30 – 10.30 With Toni *	Group Cycling 10.00 – 10.45 With Gym *		
SAT	Aero Step 9.30 – 10.30 With Lorraine*	Body Combat 10.30 – 11.30 With Ann*	Group Cycling 10.30 – 11.15 With Nigel*	Group Cycling 11.30 – 12.00 With Nigel*
SUN	Body Pump 9.30 – 10.30 With Jane	Group Cycling 9.45 – 10.30 With Gym	Bokwa 10.30 – 11.30 With Chika	

Class descriptions:

Pay as you go Pilates – Come and experience our great drop in Pilates class, help strengthen and tone your entire body.

Body Balance – A mix of Yoga, Pilates and Tai Chi. This mind and body class will uplift your spirit and improve strength and flexibility.

Body Pump – Brilliant for changing your body shape, burning fat and becoming stronger and leaner. A resistance training class using barbells.

Body Combat – Combines power – house moves and stances developed from self defence disciplines including karate, kickboxing, Tai Chi and Tae Kwon Do.

Aero Step – Combines an aerobics and step routine to tone, condition and burn those calories.

Group Cycling – Get on your bike and WORK! Let your instructor push you to improve your fitness and weight management.

Body Conditioning – A low impact muscular strength and endurance workout. Designed to sculpt and tone your whole body.

Monday Blitz – Gives you a mix of Aerobics, body conditioning and abs. A hard but enjoyable workout.

Bokwa - The new fun dance fitness class. Burn calories and improve cardio endurance. A combination of African Dance, Capoeira, Dance Steps and much, much more.

Afternoon and Evening Classes

MON	Group Cycling 6.00 – 6.45 With Wes	Boxercise 6.30 – 7.30 With Emma W	LBT 6.30 – 7.30 With Ann	Group Cycling 7.00 – 7.30 With Wes	Body Combat 7.30 – 8.30 With Becky	Body Pump 7.30 – 8.30 With Joss	Zumba 8.30 – 9.30 With Becky
TUE	Group Cycling 6.00 – 6.30 With Nigel	Body Combat 6.30 – 7.30 With Sam	Group Cycling 6.30 – 7.30 With Nigel	Bokwa 7.30 – 8.30 With Katie	Body Balance 8.30 – 9.30 With Linda		
WED	Body Combat 6.30 – 7.30 With Ann	Bootcamp Circuits 7.30 – 8.30 With Jane	LBT 7.30 – 8.30 With Ann	Zumba 8.30 – 9.30 With Perry			
THU	Body Pump 6.30 – 7.30 With Ann	Group Cycling 6.30 – 7.15 With Joss	Bokwa 7.00 – 8.00 With Chika	Group Cycling 7.30 – 8.00 With Joss	Pay as you go Pilates 8.30 – 9.30 With Emma		
FRI	Group Cycling 6.00 – 6.45 With Mal	Zumba 6.30 – 7.30 **					

Bootcamp Circuits – is not for the faint hearted! Increase speed, endurance and muscular strength. Hard work with a few team games for recovery.

Boxercise – Is a great class with a combination of circuit training and aerobic exercises to increase overall fitness.

LBT – (Legs Bums and Tums) Is a class with easy to follow effective exercise that shapes those problem areas.

Zumba – Zumba combines high energy and motivating music with unique dance moves to help you burn away your fat.

* Denotes crèche available during this class

** See posters/flyers for Friday Zumba dates
- does not run every Friday'

For all classes which carry member charges, Members will be charged for Non attendance, Non collection of tickets & Late cancellation (late cancellation is within 48 hours of the start of the class) £2 will be charged to members for the above reasons in relation to all Group Cycling Classes which are otherwise FREE sessions. Members can book 6 days in advance.

We regret that non members who pre-book onto classes cannot be refunded or transferred to another day/class if they fail to attend a booked session.

Non members can book 48hr in advance with payment at time of booking.

Class prices	Full member	Centre Member	Non Member
Pay As You Go Pilates	£2.00	£3.50	£5.00
Bokwa	FREE	£5.20	£6.40
Body Balance	FREE	£5.20/ £4.20 – am	£6.40/ £5.40 – am
Body Pump	£1.00/FREE – am £1 on Sunday	£5.80/ £3.70 – am	£6.90/ £4.90 – am
Body Combat	FREE	£5.20	£6.40
Group Cycling	FREE	£5.20	£6.40
Body Conditioning	FREE	£4.20 – am	£5.40
Aero Step	FREE	£3.70 – am	£4.90 – am
Monday Blitz	FREE	£4.20	£5.40
Bootcamp Circuits	FREE	£5.20	£6.40
Boxercise	FREE	£5.20	£6.40
LBT	FREE	£5.20/ £3.70 – am	£6.40/ £4.90 – am
Zumba	£2.00	£3.50	£5.00

You should not exercise beyond your own abilities.

If you have any concerns about your health in relation to exercise please seek relevant medical advice before participating in any physical activity.

It is advised that you bring drinking water to all classes.



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