

£2.00 per class  
2nd - 8th Jan 2010  
(excludes aqua classes)



# Exercise Programme

2nd January - 14th February 2010

Ferndown Leisure Centre  
Cherry Grove, Ferndown, Dorset BH22 9EZ  
Telephone: 01202 877468 Fax: 01202 895155  
Membership Enquiries Telephone: 01202 863762  
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DC Leisure working in partnership with Dorset County Council.

# Group Exercise Programme

## Monday

9.30-10.30am	Legs,Bums,Tums	Helen Puffett	Studio	
9.45-10.00am	Fab Abs	Craig Rowley	Mats	
10.30-11.30am	Poole Heart Club	Heart Club	Studio	
2.45-3.30pm	Aqua Aerobics	Alan Thompson	Pool	
5.00-5.30pm	Kettlebell Blast	Josh Pocock	Gym	<b>NEW!</b>
5.40-6.25pm	Fitness Pilates	Josh Pocock	Studio	<b>NEW!</b>
5.45-6.15pm	Fab Abs	Emma Steedan	Gym	
6.15-7.25pm	Yoga (course)	Pippa Clifford	K1	
6.15-7.15pm	Body Pump	Emma Steedan	Gym	
6.25-7.25pm	Dancefit	Glenn Miller	Studio	
7.30-8.30pm	Yoga (course)	Pippa Clifford	Studio	
7.30-8.30pm	Corefit	Simon Pretty	Gym	
8.30-9.30pm	Circuits	Simon Pretty	Gym	
8.30-10.30pm	Open Badminton	Dave Marsh	Sp Hall	
9.00-10.00pm	Swim Fit	Jan Hutchings	Pool	

(Please note there will be no evening classes on Monday 8th Feb due to the childline aerobathon)

## Tuesday

7.00-8.00am	Bodybalance	Josh Pocock	Studio	
9.00-9.30am	Kettlebell Blast	Josh Pocock	Studio	<b>NEW!</b>
9.30-10.15am	Pilates for backs	Josh Pocock	Studio	<b>NEW!</b>
10.15-11.00am	Pre-school yoga	Charlie	Studio	<b>NEW!</b>
		(faster sessions until Feb and then run as a course)		
10.35-10.50am	50+ Abs	James Evans	Mats	
11.00-12.00pm	Pilates (course)	Debbie Whittle	Studio	
		Contact 07780 875192 for more info		
2.00-4.30pm	Table Tennis Club	Sq Courts		
6.15-7.25pm	Yoga (Course)	Pippa Clifford	K1	
5.30-6.30pm	Kettlebells	Josh Pocock	Studio	<b>NEW!</b>
6.30-7.30pm	Pump/Balance	Maria Long	Studio	<b>NEW!</b>
6.30-7.30pm	Legs,Bums,Tums	Helen Puffett	Gym	
7.30-8.30pm	Boxercise	Craig Rowley	Gym	
7.30-8.30pm	Body Balance	Suzanne Baxter	Studio	

## Wednesday

6.30-7.30am	Swimfit	Jan Hutchings	Pool	
9.30-12.30pm	Club 50	Linda Jeffries	Studio	
10.30-11.30am	Poole Heart Club	Heart club	Studio	
1.30-2.30pm	Pre-school yoga	Charlie	Studio	<b>NEW!</b>
		(faster sessions till Feb and then run as a course)		
4.00-4.45pm	Fitness Pilates	Josh Pocock	Studio	
5.30-6.30pm	Bodymax	Linda Jeffries	Studio	
6.15-7.15pm	Body Jam	Cleo Moffatt	Gym	
6.30-7.30pm	Corefit	Simon Pretty	Studio	
7.30-8.30pm	Pilates (course)	Debbie Whittle	K1	
		Contact 07780 875192 for more info		
7.30-8.30pm	Legs,Bums,Tums	Helen Puffett	Studio	
7.30-8.30pm	Ski Fit (course)	Aaron Harris	Gym	<b>NEW!</b>
8.30-9.30pm	Aqua Aerobics	Alan Thompson	Pool	

## Thursday

9.30-10.30am  
10.35-11.50am

Fatburner  
Yoga (course)

Lenka Steed  
Pippa Clifford  
Contact reception 877468 for more info

Studio **NEW!**

Studio

1.00-2.00pm

COPD

Jo Roberts  
(speak to Jo Roberts for more info)

Studio **NEW!**

2.45-3.30pm  
4.10-4.55pm

Aqua Aerobics  
5-8yrs yoga

Alan Thompson  
Charlie  
(taster sessions till Feb and then run as a course)

Pool  
Studio **NEW!**

5.00-5.30pm  
5.30-6.30pm  
6.00-7.00pm

Total body spin first half  
Body Pump  
Pilates(course)

James/Tom  
Emma Steedan  
Debbie Whittle  
Contact 07780 875192 for more info

Studio **NEW!**

Studio

K1

6.30-7.30pm  
7.40-9.40pm  
7.15-8.15pm

Bodybalance  
Kickboxing (club)  
Yoga (course)

Vikki Miller  
Keith James  
Pippa Clifford

Studio

Studio

K1

## Friday

9.30-10.30am  
9.45-10.00am  
10.45-11.45am

Body Max  
Fab Abs  
Pilates(course)

Debbie Whittle  
Fitness  
Debbie Whittle  
Contact 07780 875192 for more info

Studio

Mats

Studio

1.00-2.00pm  
4.30-5.30pm  
6.30-7.30pm

Learning Disabilities aerobics  
Boxing techniques & fitness  
Swimfit

Linda Jeffries  
Josh Pocock  
Jan Hutchings

Studio

Studio

Pool

**NEW!**

## Saturday

9.30-10.30am  
3.10-6.30

Bodypump  
Squash Club

Maria Long

Studio

Squash Courts

## Sunday

8.15-9.15am

Aqua Aerobics

Alan Thompson

Pool



# Class Descriptions

**Aqua Aerobics** – Aerobic workout in the water to take pressure off the body, ideal for people who have joint problems and find exercise on land difficult, also great for a fun workout in water.

**Fab Abs** – A class focusing on the abdominals and helping you achieve flatter abs.

**Yoga** – You will be taught breathing, stretching and relaxation techniques to find an inner peace and harmony of mind and body.

**Body Pump** – Uses barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Body Pump works all the major muscle groups via a series of weight bearing exercises.

**Circuits** – Total body workout incorporating cardiovascular and strength training. Work at a level that suits you.

**Corefit** – A class aimed at strengthening your abs, back and core muscles.

**Pilates** – Strengthens your core postural muscles, stabilising the torso to strengthen through the whole body.

**Legs, Bums, Tums** – An aerobic class that tackles those stubborn areas. A great workout that tones as you go.

**BodyBalance** – A carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.

**Swimfit** – Our coach will help with technique and set out a session to improve your technique and cardio vascular fitness.

**Club 50** – A multi activity class for the over 50's including a stretching class, aquafit and racket sports.

**Body Jam** – An addictive fusion of dance and aerobic moves. The blend includes the latest sounds of hip hop, funk and Latin music, together with the coolest sounds currently topping the charts.

**Body Max** – A Weights workout class, targeting all the major muscle groups, burning fat, toning and strengthening.

**Boxercise** – A circuit based class using boxing bags and gloves. Learn to kick and punch safely in a fun environment.

**Flexibility** – A great class for all to attend. Improve your flexibility which in turn will improve your mobility, posture and all round fitness.

**Dancefit** – Get fit with our dance classes, various music used to incorporate all tastes.

**50+ Abs** – Aimed at the 50+ age group who wish to target the abdominal area for flatter toned abs.

**Fitness Pilates** – Targeting the core in slow and controlled movements to achieve great results whilst not putting a strain on the body. Ideal for improving back pain.

**Kettlebell Blast** – Kettlebells are an ancient exercise tool that have been adapted for modern day living. Whether you want to lose weight, tone up, improve your fitness or get stronger; kettlebell training can help you achieve your overall fitness goals. This unique form of exercise is fun, fast and scientifically proven. With a kettlebell and training program for men and women of all ages and fitness levels, get the unfair advantage today.

**Pre-School Yoga** – A yoga class aimed at pre-school and their parent or guardian, why not enjoy a class with your child and have fun. Promotes movement, flexibility, relaxation and aids restful sleep.

**Pump/Balance** – The first half is bodypump the second bodybalance. Burn fat and tone muscle and then improve flexibility and core strength and then finally relax. A perfect session.

**Pilates for backs** – A pilates class aimed at beginners with back problems.

**Poole Heartclub** – Contact Mr Pringle 01202 884250 for more information.

**Fatburner** – An aerobics class to work the whole body incorporating weights, step box, and toning moves.

**COPD** – A rehab class for those who have completed their COPD rehab at the hospital and want to continue keeping as fit as possible. Contact fitness manager for more info.

**Skifit** – A 5 week course aimed at those who are taking to the slopes and would benefit from some sports specific fitness before heading off.

**Total Body Spin** – Complete a half hour upper body workout and then take part in a half hour spin to finish off. A complete body workout.

**Boxing techniques** – Using boxing techniques and fitness training this class will teach you how to move and punch whilst giving you a hard workout.

# Group Cycling Programme

## Monday

7.00-7.30am

9.15-9.45am

5.30-6.00pm

7.00-7.45pm

Wake Up Spin

All Spin

All Spin

Inter/Adv Spin

Craig

Craig

James

Liam

## Tuesday

10.00-10.30am

5.45-6.45pm

7.15-7.45pm

50+ spin

Intermediate Spin

Intermediate Spin

James

Andy

Tom

## Wednesday

7.00-7.30am

Wake up Spin

Fitness

## Thursday

10.30-11.00am

5.30-6.00pm

6.30-7.30pm

7.30-8.30pm

50+ Spin

Total body Spin part 2

Burn It Off Spin

Inter/Adv Spin

Aaron

Grace

Andy

Andy

## Friday

7.00-7.30am

9.15-9.45am

Wake Up Spin

All Spin

Fitness

Fitness

## Saturday

9.00-9.30am

(height restriction)

9.45-10.15am

Family Spin

Grace

All Spin

Grace

## Sunday

10.30-11.15am

Hangover Spin

Fitness

To avoid disappointment please book in advance for Group fitness classes and studio cycling. Please retain your ticket from reception which will be collected by the instructor. If you are unable to attend a class please call 877468 to remove your name and enable someone else to take your space.

### Height Restriction – Hip height must be a minimum of 79cm to ride

If you book a class and do not attend you will be charged full price as per our booking terms and conditions. Please provide a minimum of 2 hrs notice when cancelling a class booking otherwise you will be charged the full session fee.

If you require any further information please contact reception.



# Junior Exercise Timetable

All Activities need to be booked in advance due to limited spaces. Activities in green denote Free to Junior Kinetika Members.

## Monday

2.45-3.45pm	Gym session	11-15yrs	
3.45-4.30pm	Gym session	11-15yrs	
4.00-5.00pm	Archery (Course)	8+yrs	NEW!
5.00-6.00pm	Archery (Course)	8+yrs	NEW!
4.00-5.30pm	Netball	9-13yrs	
(Please contact Judy Hooper 01202 861909)			
4.30-5.15pm	Gym session	11-15yrs	
4.45-5.30pm	Teen Balance	11-15yrs	
5.30-6.30pm	Badminton (All levels)	8+yrs	
6.30-7.30pm	Badminton Gold	8+yrs	
(Coaches recommendation only)			

## Tuesday

4.30-5.15pm	Gym session	11-15yrs	
5.00-6.00pm	Basketball (Course)	8-15yrs	

## Wednesday

3.45-4.30pm	Gym session	11-15yrs	
4.00-6.00pm	Trampoline	4+yrs	
(Please contact Julie Avey 01202 738787)			
4.30-5.15pm	Gym session	11-15yrs	

## Thursday

2.45-3.45pm	Gym session	11-15yrs	
3.45-4.30pm	Gym session	11-15yrs	
4.30-5.15pm	Gym session	11-15yrs	
5.00-6.00pm	"Kick About" Football	8+yrs	

## Saturday

9.00-10.30am	Active 4 Sport (Course)	4-7yrs	
9.00-9.45am	Teeny Boppers (Course)	2-4yrs	
9.00-9.30am	Family Spin	Hip height 79 cm or above	
9.45-10.45am	Expressive Dance (Course)	4-7yrs	
10.15-11.15am	Expressive Dance (Course)	7-10yrs	
10.30-12.30pm	Active 4 Sport (Course)	8+yrs	
10.30-11.50am	Junior Squash Coaching	9+yrs	
10.45-11.45am	Expressive Dance (Course)	11+yrs	
11.00-12.00pm	Gym Session	11-15yrs	
12.30-1.30pm	Badminton (Course -All levels)	8+yrs	
1.30-2.40pm	Table Tennis	8+yrs	NEW!
4.00-5.00pm	Archery (Course)	8+yrs	NEW!
4.00-5.00pm	Gym session	11-15yrs	
5.00-6.00pm	Water Activities (Course)	6-13yrs	

# Junior Class Descriptions

**Active4Sport** – Comprises a range of different sports and activities including, hockey, football, basketball, cricket and more. Put your skills into plenty of game play action. Includes a swim for year 8+.

**Archery** – Tried Archery before? Come and join our qualified instructors and learn how to shoot and take part in archery lead games. Are you the next Robin Hood? All abilities welcome. (Coming Soon)

**Badminton** – A great course to introduce you to the game and develop your skills. With our Badminton Association of England Coach's enjoy structured activities and organised games.

**Basketball** – Why not spring into exercise with this fantastic course that introduces to the game of basketball. Enjoy lead drills and games with our instructor.

**Expressive Dance** – A great course for you to create your dance routines and perform to an audience of family and friends, lead by Claire Camble.

**Gym Session** – All junior gym users must have had an induction before attending the supervised sessions. Please book in advance to avoid disappointment as places are limited.

**"Kickabout" Football** – Football course available for ages 8+. A chance for juniors to improve their football skills and confidence, make new friends and have a fun time in a friendly fun environment.

**Netball** – Learn the skills and tactics of this fast and exciting team game, the club also enables you to enter local leagues and tournaments.

**Junior Squash** – Clive will help you to develop your skills and improve your game of squash.

**Table Tennis** – From gaining coaching advice, to playing matches and table tennis lead games. Improve your game and learn the sport whilst having fun.

**Teen Balance** – As bodybalance but aimed at the 8-15yrs age group. Will promote flexibility, balance, strength and relaxation.

**Teeny Boppers** – Sample movement through dance in a fun session, specially catering for the young with Claire Camble.

**Trampoline** – Courses to develop and introduce you to the skills and techniques. You will work towards the British Gymnastics Award Schemes with Olga.

**Water Activities** – A combination of a variety of water based activities including water polo, water games and much more with our swimming instructor.





**Also don't forget to pick up your February half Term holiday activity programme!**

**Have you also seen our brand NEW Birthday Party Programme, ages ranging from 2 to 16yrs. NEW prices include discounted prices for members!**



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