



Group Exercise Programme

January 2010

Alton Sports Centre
Mill Chase Leisure Centre
Taro Leisure Centre

Group Exercise Programme

At Alton Sports Centre, Mill Chase Leisure Centre & Taro Leisure Centre we aim to provide a workout programme for all our customers, regardless of age or ability. To help you pursue a healthy and active lifestyle we offer a wide variety of classes, which will appeal to both men and women.

Alton Sports Centre

Monday

Body Step	9.20am – 10.15am
Keep Fit Keep Active 50+	9.20am – 9.55am 10.15am – 11.00am 11.00am – 11.45am
Body Balance	10.30am – 11.25am
50+ pilates (chawton suite)	2.00pm-2.55pm
Body Combat	6.15pm – 7.10pm
Circuits (Main Hall)	7.00pm – 7.55pm
Body Pump	7.15pm – 8.10pm
Body Balance	8.15pm – 9.10pm

Tuesday

Salsa Aerobics	9.20am – 10.15am
Body Pump	10.30am – 11.25am
Pilates (Studio 2)	10.30am-11.25am
Pilates	6.15pm – 7.10pm
NEW! Body Step	7.15pm – 8.10pm

Wednesday

Body Attack	9.20am – 10.15am
Legs, Bums & Tums	10.30am – 11.25am
Fun & Fitness	10.30am – 11.25am
Legs, Bums & Tums	6.15pm – 7.10pm
Boxercise (Main Hall)	6.30pm – 7.25pm
Body Jam	7.15pm – 8.10pm

Thursday

Body Pump	9.20am – 10.15am
Body Balance	10.30am – 11.25am
Body Attack	6.15pm – 7.10pm
Circuits (Main Hall)	7.00pm-7.55pm
Body Pump	7.30pm – 8.25pm

Friday

Body Step	9.20am – 10.15am
Keep Fit Keep Active 50+	9.20am – 9.55am 10.15am – 11.00am 11.00am – 11.45am
Legs, Bums & Tums	10.30am – 11.25am
Body Combat	7.40pm – 8.30pm

Sunday

Body Attack	10.00am – 10.55am
-------------	-------------------

Aqua Aerobics

Tue	7.00pm – 7.55pm
Thur	11.30am – 12.15pm 7.30pm – 8.25pm

Aqua Aerobics 50+

Mon	11.30am – 12.15pm
-----	-------------------

Spinning Classes

Mon	8.00pm – 8.45pm
Tues	9.30am – 10.15am 7.00pm – 7.45pm
Wed	9.30am – 10.15am
Thurs	8.00pm – 8.45pm
Fri	9.20am – 10.05am 6.30pm – 7.15pm

Mill Chase Leisure Centre

Monday

Body Balance	6.00pm – 6.55pm
Legs, Bums & Tums	7.00pm – 7.55pm

Tuesday

Circuits	6.00pm – 6.55pm
Pilates	7.00pm – 7.55pm
Boxercise	7.00pm – 7.55pm

Wednesday

Step & Tone	6.00pm – 6.55pm
Body Combat	7.00pm – 7.55pm

Thursday

Body Attack	6.30pm – 7.30pm
Body Balance	8.00pm – 8.45pm

Friday

Legs, Bums & Tums	6.00pm – 6.55pm
-------------------	-----------------

Aqua Aerobics

Monday	11.15am – 12.00pm
Aqua Natal	7.00pm – 7.45pm
Tuesday	7.15pm – 8.10pm
Wednesday	10.00am – 10.55am
Thursday	9.30am – 10.30am



Crèche Opening Times

Alton Sports Centre
Monday – Friday
09.00am – 12.00pm

Taro Leisure Centre
Monday
09.00am – 12.30pm
Tuesday – Friday
09.00am – 1.30pm

Classes will be reviewed monthly and may be subject to change.

Taro Leisure Centre

Monday

Body Attack	9.30am – 10.25am
Body Balance	10.35am – 11.30am
Legs, Bums & Tums	6.00pm – 6.55pm
Boxercise	7.15pm – 8.10pm
Body Pump	8.15pm – 9.10pm

Tuesday

Body Pump	9.20am – 10.15am
Body Combat	10.25am – 11.20am
Pilates (advanced)	11.35am – 12.30pm
Keep Fit & Active 50+	1.30pm – 2.25pm
Body Combat	6.00pm – 6.55pm
Body Jam	7.00pm – 7.55pm
Body Balance	8.00pm – 8.55pm

Wednesday

Legs, Bums & Tums	9.30am – 10.25am
6 week bookable course*	10.35am – 11.30am
New! Body Attack	6.00pm – 6.55pm
New! Stomp FX	7.00pm – 7.55pm
Body Balance	8.00pm – 8.55pm

Thursday

Body Jam	9.30am – 10.25pm
Body Balance	10.35am – 11.30am
Body Pump	6.00pm – 6.55pm
Body Combat	7.00pm – 7.55pm
NEW! Pilates	8.00pm – 8.55pm

Friday

Freestyle Fitness	9.30am – 10.25am
Pilates (beginners/all levels)	10.40am – 11.35am
Keep Fit & Active 50+	1.30pm – 2.25pm
Legs, Bums & Tums	6.00pm – 6.55pm

Saturday

Boxercise	9.30am – 10.25am
Body Combat	10.35am – 11.30am

Sunday

New! Body Pump	9.30am – 10.30am
Body Balance	10.00am – 10.55am
Sunday Circuits	7.00pm – 7.55pm

Aqua Aerobics

Mon	9.30am – 10.25am
Tue	8.05pm – 9.00pm
Wed	9.20am – 10.15am
Thur	8.00pm – 8.55pm
Fri	9.20am – 10.15am

Spinning Classes

Mon	7.00pm – 8.00pm
Tues	9.30am – 10.30am 12.30pm – 1.05pm 7.00pm – 8.00pm

Wed	4.15pm-5.00pm
-----	---------------

NEW! Teen fit spin	6.40pm – 7.40pm 12.30pm – 1.05pm
--------------------	-------------------------------------

Thur	6.30pm – 7.15pm
Beginners only	9.30am – 10.15am
Fri	6.00pm – 7.00pm
Sat	9.30am – 10.30am
Sunday	9.30am – 10.30am

*See notice boards or reception for more details.

*Members rate available



Have you tried..

For more information about any of our BTS classes contact the reception at each individual site.



For further information on prices please contact reception.

Class Descriptions

Aqua Aerobics – A fun all-round toning and fat-burning workout without stressing the body.

Aqua Natal – A fun all round workout for pre & post natal women.

Body Attack – A simple high-intensity group fitness class, which is fully – optioned to cater for all levels. You'll experience high energy, sports training moves for cardiovascular fitness, along with lower & upper body exercises for building strength.

Body Balance – Yoga-based stretch programme that leaves you relaxed and renewed. Suitable for all abilities. Bare feet required.

Body Combat – An all over body workout combining martial arts moves. Challenging but great fun.

Body Pump – This class is designed to give your body a complete workout using weights to powerful music. All abilities can participate, simply add on heavier weights as you get fitter. Watch out for quick results!

Body step – A cardio infused step class that makes you feel liberated and alive. Includes conditioning tracks that shape and tone your body. Suitable for all levels.

Circuits – This class combines fat burning with strength training using barbells and free weights. Great for toning.

Fun & Fitness – A fun based fitness session designed specifically for those with learning difficulties / disabilities. Anything goes from football to aerobics, parachute games to wacky races. Come and join us – carers welcome.

Spinning Classes – An exciting instructor-led indoor cardiovascular cycle workout.

Keep Fit, Keep Active / 50+ – A fun and gentle way to keep fit and meet new friends. Music to suit your ears and routines to put a spring in your feet.

Legs, Bums & Tums – A combination of aerobics and body conditioning with the emphasis on fun!

Pilates – A class to teach you how to correct posture through breathing. Learn how to strengthen your body through gentle exercise.

Boxercise – A Great class for toning, building up strength and stamina. Release the stress and strain from everyday life.

Body Jam – With the emphasis as much on having fun as breaking a sweat, this class is an addictive fusion of dance and aerobic moves that will unlock everyone's rhythmic and dancing instincts.

Freestyle Fitness – A combination of aerobics, step and weights, a great session to finish of the week.

Stomp FX – A fun-fuelled step programme like no other. It blends 'stependous' athletic, moves and power routines to your favourite dance anthems. Suitable for all abilities.

Kinetika Membership

Warning! You could be spending too much!

Join as a kinetika member and enjoy unlimited use of our Group exercise classes.

For more information regarding kinetika membership contact a Membership Advisor NOW on:

Alton Sports Centre Tel: 01420 540047

Mill Chase Leisure Centre Tel: 01420 472549

Taro Leisure Centre Tel: 01730 234694



DCL24386

Visit our website for more information: www.dcleisurecentres.co.uk



Inclusive fitness
accredited site 2006