



Group Exercise Timetable

January 2010

Fleming Park Leisure Centre
Passfield Avenue, Eastleigh
Hampshire, SO50 9NL
Tel: 02380 684800

Group Exercise Timetable

Monday

	Indoor Cycling	07.00-07.30	**/**	Gym	Fitness team
C	50+ Keep Fit	09.00-09.55	**/**	Main Hall	Ann
C	Fatblaster	09.30-10.25	****/*****	Studio 2	Jo
C	Body Pump	10.30-11.25	**	Studio 2	Jo
C	Speedo Deepwater Aqua	11.40-12.25	*	Main Pool	Sian
C	Indoor Cycling	12.30-13.15	***/**	Gym	Fitness team
C	Body Balance	12.30-13.25	***	Studio 2	Helen
	After Workout	17.30-18.25	**	Studio 2	Janice
	Indoor Cycling	18.00-18.25	**/**	Gym	Fitness team
	Body Pump	18.30-19.25	**	Studio 2	Janice
	Total Body Workout	18.05-18.55	**	Main Hall	Sian
	Freestyle Fitness Yoga	18.15-19.10	**	Studio 1	Jenny
	Indoor Cycling (Beginner)	18.30-18.55	**/**	Gym	Fitness team
	Indoor Cycling	19.00-19.45	****	Gym	Allan
	Aquacise	19.00-19.55	**	Learner Pool	Sian
	Circuit Training	19.05-19.55	*****	Main Hall	Liz
	Step 'n' Tone	19.15-20.10	****	Studio 1	Jenny
	Indoor Cycling	20.00-20.30	**/**	Gym	Allan
	Body Combat	20.15-21.10	****	Studio 1	Liz

Tuesday

C	Indoor Cycling	09.30-10.15	***/**	Gym	Glenn
C	Step#	09.30-10.25	**	Studio 2	Rowena
C	Body Jam#	09.45-10.25	**	Main Hall	Melanie
C	Body Balance	12.30-13.25	**	Studio 2	Melanie
	Aeroblitz	17.25-18.10	**	Studio 1	Amy
	Indoor Cycling	18.00-18.25	**/**	Gym	Fitness team
	Body Pump	18.00-18.55	**	Studio 2	Liz
	Total Body Workout	18.15-19.10	**	Studio 1	Jo
	Indoor Cycling (Beginner)	18.30-18.55	**/**	Gym	Fitness team
	Aquacise	19.00-19.45	**	Learner Pool	Lilly
	Indoor Cycling	19.15-20.00	****/*****	Gym	Kim
	Body Pump	19.00-19.55	**	Studio 2	Liz
	Fatblaster	19.15-20.10	****/*****	Studio 1	Jo
	Aquacise	19.45-20.30	**	Learner Pool	Lilly
	Body Combat	20.15-21.10	****	Studio 2	Liz
	Total Body Workout	20.15-21.10	**	Studio 1	Maria

Wednesday

	Indoor Cycling	07.00-07.30	***/**	Gym	Fitness Team
C	50+ Keep Fit	09.00-09.55	**/**	Main Hall	Ann
C	Total Body Workout	09.30-10.25	**	Studio 2	Jenny
C	Body Pump	10.30-11.25	**	Studio 2	Jenny
C	Speedo Deepwater Aqua	11.40-12.25	*	Main Pool	Sian
C	Body Combat Express	12.30-13.15	****	Studio 2	Helen W
C	Body Balance Express	17.15-18.00	**	Studio 1	Helen W
C	Body Pump Express	17.15-18.00	**	Studio 2	Jo
C	Indoor Cycling	18.00-18.45	**/**	Gym	Fitness team
C	Total Body Workout	18.00-18.55	**	Studio 2	Melanie
C	Body Combat	18.00-18.55	****	Studio 1	Helen W
	Body Attack	19.00-19.55	*****	Studio 1	Melanie
	Circuit Training	19.00-19.55	*****	Main Hall	Liz
	Body Pump	19.00-19.55	**	Studio 2	Allan
	Indoor Cycling	20.30-21.00	**/**	Gym	Allan
	Pilates (Course)	21.00-21.55	**	Studio 1	Marion



Thursday

C	Step#	09.30-10.25	***	Studio 2	Rowena
C	Aerobics Circuit#	09.30-10.25	***	Studio 3	Ann
C	Indoor Cycling	09.45-10.15	*/**	Gym	Fitness team
C	Body Pump	10.30-11.25	***	Studio 2	Jo/Liz
C	Indoor Cycling	12.30-13.15	*** /****	Gym	Fitness team
C	Freestyle Fitness Yoga	12.30-13.25	***	Studio 2	Sandra
	Teen Workout	16.00-17.00	**	Gym	Fitness team
	Total Body Workout	17.30-18.25	***	Studio 2	Helen R
	Indoor Cycling	18.00-18.30	** /***	Gym	Fitness team
	Body Jam	18.00-18.55	***	Studio 1	Melanie
	Body Pump	18.30-19.25	***	Studio 2	Janice
	Aquacise	19.00-19.45	***	Learner Pool	Helen R
	Body Combat	19.05-19.55	****	Main Hall	Jo
	Yoga	19.15-20.10	** /***	Studio 1	Sandra
	Indoor Cycling	19.15-20.00	***	Gym	Damian
	Pilates (Drop in)	20.15-21.10	**	Studio 1	Rebecca
	Yoga (Course)	20.30-21.25	** /***	Studio 2	Sandra

Friday

C	50+ Keep Fit	09.00-09.55	*/**	Main Hall	Ann
C	Body Jam	09.30-10.25	***	Studio 2	Melanie
C	Step 'n' Tone	10.30-11.25	****	Studio 2	Melanie
C	Speedo Deepwater Aqua	11.40-12.25	*	Main Pool	Sian
C	Body Combat	12.30-13.25	****	Studio 2	Helen W
	Teen Workout	16.00-17.00	**	Gym	Fitness team
	Indoor Cycling	18.00-18.30	** /***	Gym	Fitness team
	Body Attack	18.00-18.55	****	Studio 2	Liz
	Boxercise	18.30-19.25	****	Studio 1	Roger & Alan

Saturday

	Indoor Cycling	08.30-08.55	** /***	Gym	Fitness team
C	Indoor Cycling	09.00-09.30	** /***	Gym	John
C	Total Body Workout	09.30-10.25	***	Studio 2	Melanie
C	Indoor Cycling	10.30-11.15	***	Gym	Fitness team
C	Body Balance	10.30-11.25	***	Studio 2	Melanie
C	Body Pump	11.30-12.25	***	Studio 2	Liz/Allan
	Teen Workout	14.00-15.00	**	Gym	Fitness team
	Teen Workout	15.00-16.00	**	Gym	Fitness team

Sunday

	Indoor Cycling	09.15-09.45	** /***	Gym	Fitness Team
	Circuit Training	10.00-10.55	****	Studio 1	Liz
	Sunday Blast	10.30-11.25	***	Studio 2	Janice
	Total Body Workout	11.30-12.25	***	Studio 2	Allison
	Teen Workout	14.00-15.00	**	Gym	Fitness team
	Teen Workout	15.00-16.00	**	Gym	Fitness team

Please Note:

- For your safety, please ensure suitable training shoes are worn to all classes.
- The warm up and cool down are an essential part of each class to prevent injury.
- Failure to participate in these sections of a class is at your own risk.
- Location of classes may alter due to other programming changes in the centre.
- Management reserve the right to change instructors.
- Please bring a mat or something to lie on.

- Teen Workout must be booked in advance. Places available to be booked from 09.00 on the day for Non members and 09.00 the day before for Family and Junior members
- Look out for additional short courses in ski fit, core fit, body combat technique etc.

Key

- C Crèche available
- # These classes are part of the Fitness Mornings and run term time only. See the Centre brochure for full listings

Class Descriptions

Welcome to the Fleming Park Leisure Centre Group Exercise Programme. Designed to provide an excellent choice of classes for people of all ages, abilities and interests, all taught by our qualified and experienced Instructors.

Aerobics Circuit – Low level circuits suitable for all abilities. Part of the Fitness Morning.

Aeroblitz – Combination of aerobics and toning. Includes deep toning exercises for those unwanted areas.

After Workout – Take the stress out of work in this high energy workout class, incorporating aerobics, toning and relaxation.

Aquacise – An exhilarating all over body workout in the water. Fun for all levels of fitness.

Body Attack – Cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises.

Body Balance – Dynamic Yoga based stretch programme leaving you feeling relaxed and renewed. Uses practices of Yoga, Pilates and Feldenkrais such as controlled breathing, concentration, flexibility and strength training to bring about balance and harmony in your body.

Body Combat – Combines power house moves and stances developed from a range of disciplines like karate, boxing and tae kwon do. Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body.

Body Jam – Mixture of hip hop, funk, Latin and Broadway dance moves that add new meaning to the concept of having fun while getting fit.

Body Pump – Non impact resistance programme combining high repetition weight training with aerobic endurance. Conditions muscles while raising metabolic rate for rapid fat burning. All newcomers should arrive 5-10 minutes before the start of the class to enable them to join in fully with the class.

Boxercise – Advanced workout introducing boxing skills with a strong cardiovascular element. Includes focus pad, speed balls and punch bag work.

Circuit Training – This class builds speed, stamina and strength as well as cardiovascular endurance.

Speedo Deepwater Aqua – Totally non impact aqua class ideal for those suffering from back problems, arthritis or recovering from injury.

Fat Blaster – This class has it all! Great choreography with explosive high/low impact moves.

Fitness & Gym, Trim and Swim Mornings – Term time activity mornings. Please see our main brochure for full programme listings.

Freestyle Fitness Yoga – Class targets flexibility, core stability and strength. Incorporates deep stretch, yoga postures and stability exercises.

Indoor Cycling – A low impact workout, yet allows you to get your heart pounding helping you achieve your fitness goals. Highly effective at 400 calories per 45 minute workout.

Pilates Course and Drop in – Exercise technique targeting deep postural muscles, re-balancing of the body, improving posture and strength & flexibility. A continual 6 week course or drop in class. Limited places.

Step – Fat burning class designed to tone thighs and bottoms. Part of the Fitness Mornings.

Step 'n' Tone – A fun stepping segment, then on to toning and firming of tums and other unwanted bits.

Sunday Blast – A great fat burning session guaranteed, floor work included.

Teen Workout – For ages 11-15 years using equipment in the gym. Please book your place from 09.00 on the day for Non members and from 09.00 on the day before for Family/Junior members.

Total Body Workout – A total body work-out suitable for all abilities using hand weights and bands or just your body weight to achieve a complete toning session covering all those major muscle groups.

Yoga & Yoga Course – This class is suitable for all ages and abilities, based on Iyenga method. Strong postures, breathing techniques and deep relaxation will give you a strong and supple body and a de-stressed mind. Please bring a blanket and a small pillow or cushion.

Please check the * ratings for class suitability.

Prices

Aerobics/Yoga/Pilates

Peak	£5.10
Off peak	£4.50
Full time student off peak	£3.10
Passport to Leisure	£3.10
Block ticket	£45.65

Body Training Systems

(Body Combat, Body Pump, Body Jam, Body Balance, Body Attack)

Peak	£5.35
Off peak	£4.85
Aquacise	£4.70
Speedo Deepwater aqua	£2.95
Fitness Morning (Tuesday)	£4.65
Fitness Morning (Thursday)	£4.50
Boxercise	£5.65
Teen Workout	£2.85
Indoor Cycling	£7.05

Rating

The following rating gives an idea of the intensity of the exercise class.

*	Gentle
/	Moderate
****/*****	Advanced

All classes are included within the kinetika membership.

(Peak time is applicable to classes after 17.00 on weekdays and all day on weekends).

For bank holiday programme, please contact reception.

There are no pre-booking arrangements for buying tickets for classes (except teen workout). Please collect your ticket 30 minutes in advance for members, 20 minutes for non members.

Please note the following changes to our classes:

Please supply your own mats for classes at Fleming Park

Unfortunately we are no longer able to accommodate under 16's in any of our adult classes. Please look out for information around the centre for classes specific to these age groups.

A large print version of this publication is available on request.

fleming park  **kinetika fitness**