

# The Journey



## FREE 7 DAY GYM PASS

At your local Leisure Centre. Includes Gym, Workout Classes and Swimming\*\*

Find your nearest centre in our directory on the back page. Call today to start your free week of fitness. Conditions apply...see below\*

### Start your journey today and change your life!

We are all aware of the importance of a healthy diet and active lifestyle, but it's not always easy to find time in our hectic schedules for it.

With all of the different healthy living and dieting information around, it can be difficult to choose which suits you best. The advice from the experts is to follow a healthy diet, take part in regular physical activity and maintain a healthy weight. This results in you enjoying a wide variety of foods, taking part in enjoyable activities and staying healthy! Our fitness team at kinetika are on hand to guide you through the best type of activity and help keep you motivated to achieve your goals.

With 78 kinetika gyms throughout England, help is at hand to begin your journey to a new fitter, healthier lifestyle. The staff at our gyms are specifically trained to deliver the 4-6 week kinetika journey programme to help you achieve your goals. During your journey you will be given your own personal exercise plan and will also receive five training sessions with one of our instructors and get the support, help and guidance that you need.

Many people have enjoyed great results following the kinetika journey, such as Mel Pearson who has lost an amazing ten and a half stone working out in her kinetika gym at the Arena Leisure Centre in Camberley, Surrey.

Another customer who has noticed a difference is Tom Luffman from Fleming Park Leisure Centre in Eastleigh, Hampshire. Tom was overweight and had high blood pressure so he began his kinetika journey, "I was nervous at the first appointment, but there was no need to be as I was made to feel relaxed and at ease. The kinetika journey really helped me as I found it incredibly motivating and inspired me to keep attending."

More stories about how we have helped improve the lives of our customers can be found on pages 2 and 3 of this edition. We are also offering a SEVEN-day gym pass that will allow you to try out the gyms in any of our centres FREE of charge.

Don't put it off any longer. Contact your local centre, which is listed on page 4, and book your free week of fitness for the first step to a healthier and happier you!

### I'm half the woman I was

Mel Pearson is proof of what can be achieved if you put your mind to it. Although she wanted to change her lifestyle and lose weight, nothing seemed to work and having tried other gyms without success, she found herself weighing almost 21 stone and felt depressed and unmotivated.

In 2007, Mel tried hypnotherapy and it changed her attitude to food completely, she then joined the kinetika gym at the Arena Leisure Centre in Camberley, Surrey and 18 months later has lost an amazing ten and a half stone.

"I couldn't have done it without the advice and guidance of the kinetika instructors." Mel, 26, Camberley

Despite being a bit nervous before her first appointment, Mel was quickly put at ease by her instructors, Alana and Jodi. With their help and support and an impressive start (she lost 5kgs in weight, 7cm from her hips and 15cm from her waist within the first three weeks), Mel was hooked. By her fifth appointment of the kinetika journey, there was no stopping her!

She says: "I feel fantastic and am never going to go back to the way I was. I love exercise and love my new figure even more. I've recently done the Moonwalk - a full marathon around London at night and in my bra! Everyone has been so supportive, particularly my family and boyfriend, but I couldn't have done it without the advice and guidance of the kinetika instructors."



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# Being a kinetika member has changed my life

Fran Harvey, is currently training for a marathon. Nothing particularly surprising for a young man in his early 20s, except that 18 months ago, Fran was 19 stone, his diet was poor and he was doing virtually no exercise.

He says: "My lifestyle was terrible. I was really lazy and eating all the wrong foods – fried breakfasts, fast food for lunch, big dinners every night, plus lots of high calorie snacks such as crisps and chocolate."

In 2008, life became unbearable and Fran knew he had to make some long term changes to his lifestyle if he wanted to progress at work and be more successful with the ladies! He joined the kinetika gym at Springfield Leisure Centre in Corsham,

"Being a kinetika member has turned my life around – just look what it's done for me!"

Fran, 23, Corsham

Wiltshire and started exercising three times a week. Fran explains: "I was apprehensive at first as I was really self-conscious about my weight, but the kinetika staff were really friendly and the first two appointments gave me so much motivation."

Fran's weight loss has been considerable. He dropped two stone in the first few months and has since lost over five and a half stone in total through sensible eating and regular exercise. He has started playing in a Sunday league football team and has already completed a half marathon. He adds; "I'm a genuine example of a success story. Being a kinetika member has turned my life around – just look what it's done for me!"



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## Fit at 50

Tom Luffman joined the kinetika gym at Fleming Park Leisure Centre, Eastleigh, Hampshire about 12 months ago. During that time he has transformed his lifestyle, lost two stone in weight and turned 50.

Through a combination of bad diet and too much alcohol, Tom was overweight and had high blood pressure.

"Before I started coming to the gym I felt fat, stressed and lethargic. I was nervous at the first appointment, but there was no need to be as I was made to feel relaxed and at ease. The kinetika journey really helped me as I found it incredibly motivating and inspired me to keep attending," says Tom.

As his activity levels have increased and Tom has progressed, his family and friends have seen the improvement in his physique, but more importantly, Tom's blood pressure is now back to normal and he is less stressed.

Since becoming a member, he has run the Eastleigh 10km race in 44 minutes and is now training towards a half marathon, however, the improvement that Tom is most pleased about is being able to out run his 23 year old son.



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"The kinetika journey really helped me as I found it incredibly motivating"

Tom, 50, Eastleigh

## Exercise has become a huge part of my life

Bora Kavali has been a kinetika member at the Wandle Recreation Centre, Wandsworth, London for six years. Being in a wheelchair meant that Bora had very limited activity and as a result, he felt very restricted. When he made the decision to improve his lifestyle, Bora knew that he needed to join a friendly and inclusive centre that would be welcoming to all members regardless of age, shape or ability.

At his first kinetika journey appointment, Bora felt a little nervous, but also excited at the prospect of taking up a new challenge. Since that day, exercise has become a massive part of his life and he now trains three or four times a week with the support of his instructors Ian Coop and Adam Fiske. Bora has even started a weekend course to complete a Level 2 gym instructor qualification.

Bora has overcome many obstacles during his life and exercise has been one means that has helped him do that. He explains: "I need a good routine to be able to function to the best of my ability. Training at the Wandle Recreation Centre has been a huge benefit and a really important factor in my development. I have very specific needs and never in all my time at the Centre have I had anything but the best care."



## Joining the gym was the best decision we've ever made



DON AND STEVE

At 47 and 49 years of age, Steve Matthews and Don Harkness finally decided to join a gym to improve their health and lose some weight. Don's stress levels were at an all time high and they were starting to find that walking up stairs made them breathless.

They joined the kinetika gym at the Wolverhampton Swimming and Fitness Centre, Wolverhampton, West Midlands in March 2009.

Fortunately, their preconception of a gym as 'unfriendly' and the idea that they would be the only ones out of shape were quickly dispelled at their first appointment on the kinetika Journey. Don explains: "We really enjoyed all our appointments with Martin, our instructor. It spurred us on to continue and we didn't miss a single one. To begin with, Martin showed us

around the gym and how to use each piece of equipment. He tailored the workout to our ability and has provided friendly advice and encouragement along the way."

"Not only has Martin helped us see what we have achieved so far, he has been able to answer any queries or problems we've encountered and has taught us different ways of training in order to stay motivated and keep progressing towards our goals," adds Steve.

By the fifth appointment, both Steve and Don were feeling healthier and more energetic. The results confirmed that all their hard work had paid off with them both losing 5cm from their waistlines and dramatically increasing their strength and fitness.

Martin says: "Steve and Don have been great to work with. They have listened well and followed all the advice given which is why they have been so successful. They are keen to learn and vary their training techniques, and I know they are already looking forward to the next set of measurements!"

# I had to lose weight to improve my health



BEFORE

When Emma Morton joined the kinetika gym at The Regional Fitness and Swimming Centre, Peterborough, Cambridgeshire she weighed 22 stone, wore a size 30, was suffering shortness of breath and couldn't even do up her own shoes.

Emma explains: "My story is fairly typical, I was always active as a child, but like many girls gave up playing sport during my teenage years. After I got married to Scott and had my two children, Ewan and Abigail, the weight started to creep on until eventually I realised it was seriously affecting my health and I had to do something about it."

Nursery nurse Emma found that the kinetika journey was a great way to start exercising and was really encouraged by the support



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she received from the all the instructors. She now weighs 14 stone 10lbs and is a size 16/18.

She adds: "I feel great – I have more energy, better mobility and am so much more confident. When I started I would only do aquafit under the water so that no-one could see me, now I go to fitness classes and have even tried horse riding, something I would never have dared to do before."

But it doesn't stop there, Emma is still attending the gym five times a week and combined with a low fat healthy eating plan has a new goal of reaching a size 14. Her husband and children are really proud of her fantastic achievement, but it's the long term benefit to her health that they are most pleased about.

"I feel great – I have more energy, better mobility and am so much more confident"

Emma, Peterborough

# You're never too old to take up exercise

At 61, Marjorie Bessant feels like a new woman! The 'new' Marjorie is a million miles away from the quiet, nervous person who was referred to Farnham Sports Centre, Farnham, Surrey by her GP six months ago in order to lose weight.

Marjorie explains: "I suffered from an inner ear infection which affected my balance and kept me out of action for six months. As a result I put on one and a half stone and felt fat and frumpy."

Marjorie started attending the kinetika gym as part of the weight referral scheme, but being new to exercise she was a bit anxious about using the equipment and following a programme. However, she really enjoyed her one to one appointments with her instructor. When she completed the referral scheme she became a full member and went on the kinetika journey, her favourite appointment of the journey was appointment 5 where she found out she had lost a total of one and a half stone.

Marjorie has continued to be a regular exerciser at Farnham Sports Centre, and combined with an active lifestyle at home

is successfully maintaining her weight loss. Her husband, Jack, has also now joined and already lost half a stone.

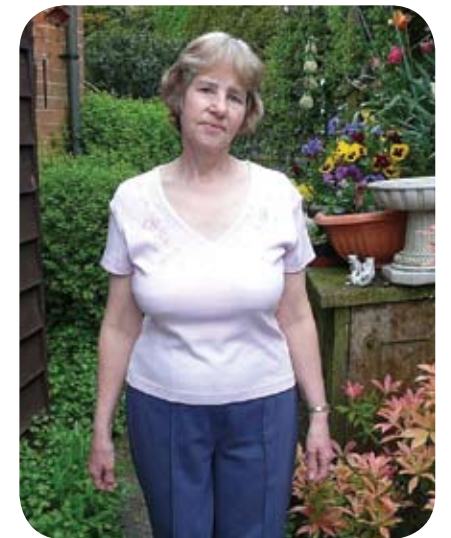
She adds: "It's not just about feeling slimmer, although I love my new look! I feel fitter and stronger and have so much more energy too. If I can do it, anyone can!"

"I feel fitter and stronger and have so much more energy too. If I can do it, anyone can!"

Marjorie, 61, Farnham



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# There's no mountain high enough

Climbing Ben Nevis once is impressive and a great thing to say you've done. Climbing it again at the age of 65 with Diabetes and Prostrate Cancer is a truly amazing achievement. Keith Thompson has done a lot of charity walks in his time – Snowdon and Scafell Pike being just two of his previous conquests – but he couldn't resist the opportunity to scale Britain's highest mountain again and raise even more money for charity.

In preparation for his climb, Keith joined the kinetika gym at Glossop Leisure Centre, Glossop, Derbyshire and under the guidance of his instructor, Lee, concentrated on improving his overall stamina as well as focusing particularly on leg endurance training.

On May 11, 2009, Keith and his cousin set out from the Ben Nevis Youth Hostel at 8.45am. It was a bright Monday morning with clear skies and sunshine, and they reached the half-way point after just two hours of steady climbing. When they reached the snowline, their ascent got progressively harder and slower. The last mile to the top was in pretty deep snow, which got deeper with every step taken, but they persevered and they both reached the summit safely, although Keith is convinced that he wouldn't have made it without the training he had put in at the gym.

The descent through the snowfield was even more difficult than climbing up it, but they took their time and came down slowly, eventually arriving back at the hostel at 6.30pm – delighted to be able to still

walk. His training and preparation paid off, Keith rose to the challenge, had a fantastic time and raised over £900 for the national Attention Deficit Hyperactive Disorder charity.



KEITH TRAINING AT GLOSSOP LEISURE CENTRE



KEITH CLIMBING BEN NEVIS

# Where to find your nearest kinetika gym

Once you have located your nearest Centre, give them a call to book your first appointment and don't forget to use your FREE 7 day membership pass!

## NORTH

**Aston-cum-Aughton Leisure Centre**  
Aughton Road  
Swallownest  
Sheffield  
0114 294 2580  
enquiries@aston-cum-aughtonleisurecentre.co.uk

**Brookvale Recreation Centre**  
Barnfield Avenue  
Murdishaw  
Runcorn  
01928 712051  
enquiries@brookvalerecreationcentre.co.uk

**Glossop Leisure Centre**  
High Street East  
Glossop  
01457 842272  
enquiries@glossopleisurecentre.co.uk

**Kingsway Leisure Centre**  
Kingsway  
Widnes  
0151 495 2200  
enquiries@kingswayleisurecentre.co.uk

**New Mills Leisure Centre**  
Hyde Bank Road  
New Mills  
01663 748842  
enquiries@newmillsleisurecentre.co.uk

**Rotherham Leisure Complex**  
Effingham Street  
Rotherham  
01709 722555  
enquiries@rotherhamleisurecomplex.co.uk

**Runcorn Pool**  
Bridge Street  
Runcorn  
01928 572114  
enquiries@runcornswimmingpool.co.uk

**Sam Jones-Sheffield**  
Drakehouse Leisure Park  
Drakehouse Way  
Waterthorpe  
Sheffield  
0114 251 3999  
enquiries@samjones-sheffield.co.uk

**Wath upon Dearne Leisure Centre**  
Festival Road  
Wath-upon-Dearne  
01709 870120  
enquiries@wathupondearneleisurecentre.co.uk

## MIDLANDS

**Alfreton Leisure Centre**  
Church Street  
Alfreton  
01773 523325  
enquiries@alfretonleisurecentre.co.uk

**Ken Marriott Leisure Centre**  
Bruce Williams Way  
Rugby  
01788 535851  
enquiries@kenmarriottleisurecentre.co.uk

**Redwell Leisure Centre**  
Barnwell Road  
Wellingborough  
01933 402045  
enquiries@redwellleisurecentre.co.uk

**Ripley Leisure Centre**  
Derby Road  
Ripley  
01773 514727  
enquiries@ripleyleisurecentre.co.uk

**Stourport Sports Centre**  
Harold Davies Drive  
Stourport on Severn  
01299 822308  
enquiries@stourportsportscentre.co.uk

**The Waendel Leisure Centre**  
Thomas Street  
Wellingborough  
01933 221622  
enquiries@thewaendelleisurecentre.co.uk

**William Gregg VC Leisure Centre**  
(Formerly known as Heanor Leisure Centre)  
Hands Road  
Heanor  
01773 537940  
enquiries@williamgreggvcleisurecentre.co.uk

**Wolverhampton Swimming & Fitness Centre**  
Planetary Road  
Wednesfield  
Wolverhampton  
01902 384777  
enquiries@wolverhamptonswimmingandfitnesscentre.co.uk

**Wyre Forest Glades Leisure Centre**  
Bromsgrove Street  
Kidderminster  
01562 515151  
enquiries@wyreforestgladesleisurecentre.co.uk

## EAST

**Archers Health & Fitness**  
At Hitchin Swimming Centre  
Fishponds Road  
Hitchin  
01462 437111  
enquiries@hitchinswimmingcentre.co.uk

**Braintree Leisure Centre**  
Panfield Lane  
Braintree  
01376 552585  
enquiries@braintreeleisurecentre.co.uk

**Bramston Sports Centre**  
Bridge Street  
Witham  
01376 533400  
enquiries@bramstonsportscentre.co.uk

**Deben Swimming Pool**  
Station Road  
Woodbridge  
01394 384763  
enquiries@debenpool.co.uk

**Fakenham Sports & Fitness Centre**  
Trap Lane  
Fakenham  
01328 850010  
enquiries@fakenhamsportsandfitnesscentre.co.uk

**Felixstowe Leisure Centre**  
Seafront  
Felixstowe  
01394 670411  
enquiries@felixstoweleisurecentre.co.uk

**Halstead Leisure Centre**  
Colne Road  
Halstead  
01787 472480  
enquiries@halsteadleisurecentre.co.uk

**Leiston Leisure Centre**  
Red House Lane  
Leiston  
01728 830364  
enquiries@leistonleisurecentre.co.uk

**Royston Leisure Centre**  
Woodcock Road  
Royston  
01763 255190  
enquiries@roystonlc.co.uk

**Sheringham Splash Leisure & Fitness Centre**  
Weybourne Road  
Sheringham  
01263 825675  
enquiries@splashleisureandfitnesscentre.co.uk

**The Regional Fitness & Swimming Centre**  
Bishops Road  
Peterborough  
01733 551474  
enquiries@peterboroughregionalfitnessandswimcentre.co.uk

**Victory Swim & Fitness Centre**  
Station Road  
North Walsham  
01692 409370  
enquiries@victoryswimandfitnesscentre.co.uk

## LONDON

**Balham Leisure Centre**  
Elmfield Road  
Balham  
020 8772 9577  
enquiries@balhamleisurecentre.co.uk

**Kingfisher Leisure Centre**  
Fairfield Road  
Kingston Upon Thames  
020 8546 1042  
enquiries@kingfisherleisurecentre.co.uk

**Kingsmeadow Fitness & Athletic**  
422A Kingston Road  
Kingston-upon-Thames  
020 8547 2198  
enquiries@kingsmeadowfitnessandathletic.co.uk

**Latchmere Leisure Centre**  
Burns Road  
Battersea  
020 7207 8004  
enquiries@latchmereleisurecentre.co.uk

**Putney Leisure Centre**  
Dryburgh Road  
Putney  
020 8785 0388  
enquiries@putneyleisurecentre.co.uk

**Roehampton Sport and Fitness Centre**  
Laverstoke Gardens  
Roehampton  
020 8785 0535  
enquiries@roehamptonportandfitnesscentre.co.uk

**The Malden Centre**  
Blagdon Road  
New Malden  
020 8336 7770  
enquiries@themaldencentre.co.uk

**Tolworth Recreation Centre**  
Fullers Way North  
Tolworth  
020 8391 7910  
enquiries@tolworthrecreationcentre.co.uk

**Tooting Leisure Centre**  
Greaves Place  
Tooting  
020 8333 7555  
enquiries@tootingleisurecentre.co.uk

**Wandle Recreation Centre**  
Mapleton Road  
Wandsworth  
020 8871 1149  
enquiries@wandlecreationcentre.co.uk

## SOUTH EAST

**Billingshurst Leisure Centre**  
Station Road  
Billingshurst  
01403 787500  
enquiries@billingshurstleisurecentre.co.uk

**Broadbridge Heath Leisure Centre**  
Wickhurst Lane  
Broadbridge Heath  
Horsham  
01403 211311  
enquiries@broadbridgeheathleisurecentre.co.uk

**Moulsecomb Community Leisure Centre**  
Moulsecomb Way  
Brighton  
01273 622266  
enquiries@moulsecombcommunityleisurecentre.co.uk

**Prince Regent Swimming Complex**  
Church Street  
Brighton  
01273 685694  
enquiries@princeregentswimmingcomplex.co.uk

**Stanley Deason Leisure Centre**  
Wilson Avenue  
Brighton  
01273 694281  
enquiries@stanleydeasonleisurecentre.co.uk

**Steyning Leisure Centre**  
Horsham Road  
Steyning  
01903 879666  
enquiries@steyningleisurecentre.co.uk

**The Pavilions In The Park**  
Hurst Road  
Horsham  
01403 219209  
enquiries@thepavilionsinthepark.co.uk

**Withdean Sports Complex**  
Tongdean Lane  
Brighton  
01273 553915  
enquiries@withdeansportscomplex.co.uk

## SOUTH

**Aldershot Pools**  
Guildford Road  
Aldershot  
01252 323482  
enquiries@aldershotpoolscomplex.co.uk

**Alton Sports Centre**  
Chawton Park Road  
Alton  
01420 540047  
enquiries@altonsportscentre.co.uk

**Arena Leisure Centre**  
Grand Avenue  
Camberley  
01276 417111  
enquiries@arenaleisurecentre.co.uk

**Cranleigh Leisure Centre**  
Village Way  
Cranleigh  
01483 274400  
enquiries@cranleighleisurecentre.co.uk

**Elmbridge Xcel Leisure Complex**  
Waterside Drive  
Walton-on-Thames  
01932 260300  
enquiries@elmbridgexcelleisurecomplex.co.uk

**Farnborough Leisure Centre**  
Westmead  
Farnborough  
01252 370411  
enquiries@farnboroughleisurecentre.co.uk

**Farnham Sports Centre**  
Dogflud Way  
Farnham  
01252 711119  
enquiries@farnhamsportscentre.co.uk

**Ferndown Leisure Centre**  
Cherry Grove  
Ferndown  
01202 877468  
enquiries@ferndownleisurecentre.co.uk

**Fleming Park Leisure Centre**  
Passfield Avenue  
Eastleigh  
023 8068 4800  
enquiries@flemingparkleisurecentre.co.uk

**Godalming Leisure Centre**  
Broadwater Park  
Summers Road  
Farncombe  
01483 417282  
enquiries@godalmingleisurecentre.co.uk

**Hérons Leisure Centre**  
Kings Road  
Haslemere  
01428 658484  
enquiries@theherons.co.uk

**Mill Chase Leisure Centre**  
Mill Chase Road  
Bordon  
01420 472549  
enquiries@millchaseleisurecentre.co.uk

**River Park Leisure Centre**  
Gordon Road  
Winchester  
01962 848700  
enquiries@riverparkleisurecentre.co.uk

**Taro Leisure Centre**  
Penns Place  
Petersfield  
01730 263996  
enquiries@taroleisurecentre.co.uk

**The Edge Leisure Centre**  
Woolmer Hill Road  
Woolmer Hill  
Haslemere  
01428 644577  
enquiries@theedgehealthandfitnesscentre.co.uk

## SOUTH WEST

**Castle Place Leisure Centre**  
Level 5a Multi Storey Car Park  
Trowbridge  
01225 762711  
enquiries@castleplaceleisurecentre.co.uk

**Christie Miller Sports Centre**  
Lancaster Way  
Bowerhill  
Melksham  
01225 702826  
enquiries@christiemillersportscentre.co.uk

**Clifton Hill Sports Centre**  
Belmont Road  
Exeter  
01392 253353  
enquiries@cliftonhillsportscentre.co.uk

**Exeter Arena**  
Summer Lane  
Exeter  
01392 468653  
enquiries@exeterarena.co.uk

**Leighton Recreation Centre**  
Wellhead Lane  
Westbury  
01373 824448  
enquiries@leightonrecreationcentre.co.uk

**Lime Kiln Leisure Centre**  
Lime Kiln  
Wootton Bassett  
01793 852197  
enquiries@limekiln.co.uk

**Melksham Blue Pool**  
Market Place  
Melksham  
01225 703525  
enquiries@melkshambluepool.co.uk

**Parish Wharf Leisure Centre**  
Harbour Road  
Portishead  
01275 848494  
enquiries@parishwharfleisurecentre.co.uk

**Pyramids Swimming & Leisure Centre**  
Heavitree Road  
Exeter  
01392 253553  
enquiries@pyramidsswimandleisurecentre.co.uk

**Springfield Leisure Centre**  
Beechfield Road  
Corsham  
01249 712846  
enquiries@springfieldleisurecentre.co.uk

**Strode Sports Centre**  
Strode Way  
Clevedon  
01275 879242  
enquiries@strodeleisurecentre.co.uk

**The Activity Zone**  
Bremilham Road  
Malmesbury  
01666 822533  
enquiries@theactivityzone.co.uk

**The Olympiad Leisure Centre**  
Sadlers Mead  
Monkton Park  
Chippenham  
01249 444144  
enquiries@olympiadleisurecentre.co.uk

**Warminster Sports Centre**  
Woodcock Road  
Warminster  
01985 212946  
enquiries@warminstersportscentre.co.uk

**Wonford Sports Centre**  
Rifford Road  
Exeter  
01392 253453  
enquiries@wonfordsportscentre.co.uk

For more details of your local Centre, please go to [www.kinetikagyms.co.uk](http://www.kinetikagyms.co.uk)