



Fitness Timetable

From January 2012

Ken Marriott Leisure Centre

01788 535851

www.kenmarriottleisurecentre.co.uk

DC LEISURE 

Fitness Industry Association
Operator of the Year 2008 & 2009



DC Leisure Management working in partnership with Rugby Borough Council



MONDAY

50+ Keepfit	9.30am to 11.30pm	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio
Hatha Yoga*	9.40am to 11.10am	Studio 2
Bike-a-fit	6.00pm to 7.00pm	Cycle Studio
Power Surge	6.05pm to 7.05pm	Studio 1
Legs Bums & Tums	6.00pm to 7.00pm	Studio 2
HyperStep	7.10pm to 8.10pm	Studio 1
Zumba	8.15pm to 9.15pm	Studio 1

TUESDAY

Bike-a-fit/Abs	6.45am to 7.45am	Cycle Studio
Aerobatone	9.30am to 10.30am	Studio 1
Pilates	9.30am to 10.30am	Studio 2
Line Dancing	10.30am to 11.30am	Main Hall
Zumba	6.00pm to 7.00pm	Studio 1
Yoga, Relax and Tone	7.00pm to 8.00pm	Studio 2
Legs Bums & Tums	7.00pm to 8.00pm	Studio 1
Bike-a-fit	7.00pm to 8.00pm	Cycle Studio
BodyPump	8.10pm to 9.10pm	Studio 1

WEDNESDAY

Bike-a-fit/Abs	6.45am to 7.45am	Cycle Studio
Zumba	9.30am to 10.30am	Studio 1
BodyBalance	9.30am to 10.30am	Studio 2
50+ Movers & Shakers	10.40am to 11.40am	Studio 1
Total Pump	6.00pm to 7.00pm	Studio 1
Bike-a-fit	6.00pm to 7.00pm	Cycle Studio
BodyBalance	6.00pm to 7.00pm	Studio 2
Zumba	7.15pm to 8.15pm	Studio 1

THURSDAY

Total Pump	9.30am to 10.30am	Studio 1
50+ KeepFit	11.00am to 12.00pm	Studio 1
HyperStep	6.00pm to 7.00pm	Studio 1
Sun Power Yoga	6.00pm to 7.00pm	Studio 2
Bike-a-fit	7.00pm to 8.00pm	Cycle Studio
Legs Bums & Tums	7.00pm to 8.00pm	Studio 1
Absolute Abs	7.00pm to 8.00pm	Studio 2
BodyPump	8.10pm to 9.10pm	Studio 1

FRIDAY

Body Balance*	9.30am to 10.30am	Studio 2
Zumba	9.30am to 10.30am	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio
Zumba gold	10.40am to 11.40am	Studio 2
Power Surge	6.00pm to 7.00pm	Studio 1

SATURDAY

Total Pump	9.30am to 10.30am	Studio 1
Bike-a-fit	9.30am to 10.30am	Cycle Studio
Super Circuit	11.00am to 11.45am	Studio 1

* (Term Time Only)



50+ KEEPFIT is a gentle way to improve overall fitness and flexibility for the over 50's.

50+ MOVERS AND SHAKERS an upbeat, lively class that will get you rockin n rolling, moving and shaking.

ABSOLUTE ABS work your way to that 6 pack and feel the burn.

AEROBICS a fast paced, dynamic class designed to improve overall fitness and burn fat.

AEROBATONE an energy busting class that uses a combination of aerobic and toning exercises to improve overall fitness and help sculpt the body.

BIKE-A-FIT ride the calorie killer during this excellent fat burning class. 45 minutes across various terrain will leave you on a high and wanting more.

ZUMBA GOLD All the zesty Latin music of Zumba modified to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle

BODYPUMP & TOTAL PUMP These classes use barbells and adjustable weights to tone and condition the muscles whilst raising the metabolic rate for rapid fat burning.

BODYBALANCE a dynamic fitness to music programme that leaves you feeling relaxed and renewed, it combines the best of eastern disciplines, like yoga and Tai Chi.

HATHA YOGA a relaxing class designed to improve strength, flexibility, balance and promote a feeling of wellbeing.

LEGS BUMS & TUMS a class for all levels. Workout with deep toning exercises for those problem areas.

LINE DANCING is the ideal way to meet new friends – no partner or special clothes required.

PILATES is a floor based workout focusing on core stability, posture, toning and relaxation.

POWERSURGE is a high intensity class for circuit fans – surge will push you to the limit from start to finish with a variety of stations for all aspects of fitness.

SUN POWER YOGA A flowing mix of posture work with strong ashtanga and traditional sivenanda exercises. The class is cardiovascular and you can expect to sweat with grace.

HYPERSTEP a cardiovascular programme providing a high energy workout to music.

ZUMBA a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.



Crèche

Our Ofsted registered Crèche is open to cover all of our morning classes giving you the freedom to take some well earned "me" time.

Opening Times

Monday to Friday 9.15am to 1.15pm

Saturday 9.30am to 11.30am

We also offer a Saturday club for children aged from 5 to 12 years

Prices

	Daytime	Evening
Body Pump/Total Pump	£4.45	£5.30
Body Balance	£4.70	£4.70
Powersurge	£4.45	£4.45
Absolute Abs		£4.20
Bike-a-fit	£4.45	£4.45
Pilates	£4.45	£4.45
Aerobics/Aerobatone	£4.45	£4.45
Legs, bums n tums	£4.60	£4.60
50+ /Movers and Shakers	£2.80	
Hatha Yoga	£4.60	
Weekend Wake Up	£4.45	
Zumba	£4.45	£4.70
Zumba gold	£2.80	

kinetika Membership

Fitness classes FREE to kinetika members.

If you attend two or more classes per week you will save money by becoming a member.

Ask to speak to a Customer Advisor for further details.



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