



Group Workout Programme

Autumn / Winter 2010

River Park Leisure Centre
Gordon Road, Winchester
01962 848700

enquiries@riverparkleisurecentre.co.uk
www.riverparkleisurecentre.co.uk

DC LEISURE
Fitness Industry Association
Operator of the Year 2008 & 2009



Winchester
City Council

Operated by DC Leisure on behalf of Winchester City Council

Group Workout Programme

Time	Class Name	Location	Class Level		Key
Monday					
9:30am - 10:15am	Studio Cycling	Gym	2	Gym Team	S B
9:30am - 10:30am	Body Step	Studio 1	3	Jane	S
10:30am - 11:30am	Aqua	Main Pool	2	Sue	S *
10:35am - 11:30am	Body Pump	Studio 1	3	Caroline	S
12:15pm - 1:10pm	Body Balance	Studio 1	2	Eddie/Rachel	S
2:00pm - 3:00pm	Neuro Fit	Studio 2	1	Lydia	S
5:15pm - 6:00pm	Studio Cycling	Gym	2	Gym Team	B
6:00pm - 6:55pm	Body Jam	Studio 2	2	Philippa	
6:05pm - 7:00pm	Body Step	Studio 1	3	Jane	
6:15pm - 7:00pm	Studio Cycling	Gym	2	Gym Team	B
7:00pm - 7:55pm	Body Balance	Function Room	2	Dawn/Rachel	
7:15pm - 8:00pm	Studio Cycling	Gym	2	Gym Team	B
7:35pm - 8:30pm	Body Pump	Studio 1	3	Jane	
8:05pm - 9:00pm	Aqua	Main Pool	2		
8:30pm - 9:25pm	Legs, Bums & Tums	Studio 2	2	Jenna	
Tuesday					
9:30am - 10:15am	Studio Cycling	Gym	2	Gym Team	S B
10:35am - 11:30am	Legs, Bums & Tums	Studio 1	2	Eileen	S
12:15pm - 1:10pm	Yoga (drop in)	Studio 1	1	Mitch	S
4:30pm - 5:15pm	Teen Fit	Gym	1	Gym Team	S J B
6:00pm - 6:55pm	Circuits	Studio 1	4	Circuit Team	
6:15pm - 7:00pm	Studio Cycling	Gym	2	Gym Team	B
7:00pm - 7:55pm	Body Jam	Main Hall	2	Caroline	
7:10pm - 8:05pm	Circuits	Studio 1	4	Circuit Team	
7:30pm - 8:30pm	Studio Cycling	Gym	2	Gym Team	B
7:35pm - 8:30pm	Legs, Bums & Tums	Studio 2	2	Jenna	
8:30pm - 9:25pm	Body Attack	Studio 1	4	Alex	
Wednesday					
9:30am - 10:25am	Body Pump	Studio 1	3	Jane	S
10:40am - 11:35am	Legs, Bums & Tums	Studio 1	2	Jane	S
12:00pm - 1:00pm	Pilates (Intro. Course)	Studio 2	2	Jane	S B *
12:15pm - 1:10pm	Body Balance	Studio 1	2	Eddie/Rachel	S
12:30pm - 1:00pm	Spin Xpress	Gym	2	Gym Team	S B
6:00pm - 6:55pm	Circuits	Studio 2	4	Circuit Team	
6:00pm - 6:55pm	Legs, Bums & Tums	Main Hall	2		
6:00pm - 7:10pm	Yoga (Beginners Course)	Function Room	2	Stuart	B *
6:15pm - 7:00pm	Studio Cycling	Gym	2	Gym Team	B
7:10pm - 7:55pm	Studio Cycling (Beginners)	Gym	1	Gym Team	B
7:15pm - 8:30pm	Yoga (Drop in)	Function Room	2	Stuart	
7:35pm - 8:30pm	Body Pump	Studio 1	3	Eddie/Rachel	
8:40pm - 9:35pm	Body Balance	Studio 1	2	Sarah/Rachel	
Thursday					
10:10am - 11:05am	Body Step	Studio 1	3	Jane	S
11:30am - 12:25pm	Body Balance	Studio 1	2	Helen	S
11:35am - 12:20pm	Speedo Deepwater Aqua	Main Pool	1	Sian	S *
12:30pm - 1:25pm	Legs, Bums & Tums	Studio 1	2	Caroline	S
4:00pm - 4:45pm	Teen Fit	Gym	1	Gym Team	S J B
5:00pm - 5:45pm	Teen Fit	Gym	1	Gym Team	J B
6:00pm - 6:55pm	Circuits	Studio 1	4	Circuits Team	
6:00pm - 6:55pm	Body Jam	Main Hall	2	Caroline	
6:15pm - 7:00pm	Studio Cycling	Gym	2	Gym Team	B
6:30pm - 7:25pm	Pilates (Intro. Course)	Function Room	2	Fabrizio	B *
7:00pm - 7:55pm	Body Step	Main Hall	3	Jane/Jo	
7:20pm - 8:15pm	Body Balance	Studio 1	2	Katie	
8:15pm - 9:10pm	Aqua	Main Pool	2	Sian	
8:30pm - 9:25pm	Body Combat	Studio 1	3	Liz	

Time	Class Name	Location	Class Level		Key
Friday					
9:00am - 10:25am	Pilates (Drop in)	Studio 1	2	Jane	S
10:40am - 11:35am	Body Pump	Studio 1	3	Jane	S
12:15pm - 1:00pm	Studio Cycling	Gym	2	Gym Team	S B
12:30pm - 1:25pm	Stretch	Studio 1	1	Rachel	S
5:30pm - 6:15pm	Studio Cycling	Gym	2	Gym Team	B
6:15pm - 7:15pm	Boxercise	Studio 1	4	Circuit Team	
6:30pm - 7:15pm	Teen Fit	Gym	1	Gym Team	J B
7:30pm - 8:15pm	Teen Fit	Gym	1	Gym Team	J B

Saturday

9:30am - 9:45am	Studio Cycling	Gym	2	Gym Team	S B
10:00am - 10:45am	Studio Cycling	Gym	2	Gym Team	S B
10:15am - 11:10am	Circuits	Studio 1	4	Circuits Team	S
3:30pm - 4:30pm	Low Level Circuits	Studio 1	1	Tope	S
4:45pm - 5:45pm	Body Pump	Studio 1	3	Rachel	
5:00pm - 5:55pm	Teen Fit	Gym	1	Gym Team	J B
6:00pm - 6:55pm	Teen Fit	Gym	1	Gym Team	J B

Sunday

10:00am - 10:55am	Hi Energy	Studio 1	2	Jenna/Rachel	S
11:00am - 11:55am	Body Balance	Studio 1	2	Rachel	S
4:00pm - 4:55pm	Body Step	Studio 1	3	Philippa/Jo	S



Class Levels

- 1= Not exercised before or for a long time
- 2= Some experience of exercise
- 3= Regular exercise, looking to step it up a gear
- 4= Looking to push your body to achieve maximum results

Key

- S** Café available
- J** Junior Class, please check with class instructor regarding age.
- B** Booking required
- *** Term time only, please contact reception

Class Descriptions

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance.

Aqua Using water for a non weight bearing workout in the main or learner pool. Using water as resistance for toning.

Boxercise A class using resistance training equipment, cardiovascular work, punch bags and focus pad training.

Circuits This class builds speed, stamina and strength as well as cardiovascular endurance.

Hi Energy An aerobic workout with high energy choreographed routines.

Legs, Bums & Tums A low impact class concentrating on those problem areas.

Low Level Circuits Inclusive of all impairments, this workout session incorporates both cardiovascular and resistance training.

Neuro Fit Part of our GP Referral Programme. Contact our Active Lifestyles Officers on 01962 848725 for more information.

Pilates This class focuses on coordination and relaxation using, slow, flowing movements. Developed to work specifically on training the core postural muscles, improving both strength and flexibility.

SpeedoDeepwater Aqua Totally non impact aqua class ideal for those suffering from back problems, arthritis or recovering from injury

Studio Cycling A cardiovascular workout on a stationary bike in the gym.

Spin Xpress A new 30 minute express studio cycling workout which helps improve cardiovascular fitness and burns lots of calories.

Stretch Improve flexibility, posture and muscle condition.

Teen Fit Junior workout for 11-16 year olds in the gym.

Yoga This class encompasses all styles of physical yoga. Postures and breathing are used to release physical and mental tension.

- Please consult your doctor before starting a vigorous exercise programme.
- Tell your instructor before the workout begins if you have been unwell since you last exercised.
- Remember to bring water and/or a sports drink with you to your class.
- For safety reasons, children are not permitted to sit in on any classes and bags must be stored in lockers provided.
- Classes must be paid for and/or registered for (including kinetika members) at reception. The receipt issued must be handed to the instructor prior to the class.
- Please arrive on time as the warm up is essential in order to help avoid injury. Admission to a class after the warm up period has taken place may not be permitted.
- Please bring a towel to lie on during the class.
- At certain times the instructor and venue may change in line with holidays and sickness cover.
- For your safety, please ensure you wear suitable footwear for the class you are attending.

Pick up our brochure for workout class prices from reception

kinetika members get all classes for FREE. Contact a Customer Advisor on 01962 848705 for details of kinetika membership.



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

Correct at time of going to print and is subject to change