



Group Exercise

Programme 2009

Tooting Leisure Centre
Greaves Place
Tooting, SW17 0NE
020 8333 7555



DC LEISURE
Fitness Industry Association
Operator of the Year 2008/9



Managed by DC Leisure on behalf of Wandsworth Council

Introduction to our Group Exercise Programme

Group exercise classes are an excellent way of keeping healthy and staying in shape. Our instructor-led classes give you a structured workout that will tone muscles and work your heart and lungs.

With such a wide variety of classes, you can always find something you will enjoy. Whether you're a newcomer and need low impact classes, or you prefer to push yourself with some high impact classes, you'll find exactly what you're after.

kinetika are proud to have a team of instructors and teachers with unique personalities and diverse teaching styles to offer you something different on each visit. No two classes are alike.

Frequently Asked Questions

I've never done a class before, what should I do?

Book one of the General classes (signified by a G on the timetable), and let the instructor know prior to your class that you've not done it before.

What should I wear?

Wear comfortable clothing that allows you full flexibility, as well as well-fitted trainers.

Can I take a drink into the class?

Yes you can, but no glass bottles are allowed, and all drinks you do take in must have a sealed lid.

How early can I book for classes?

As a member you can book your class up to 4 days in advance, non members can book up to 4 days in advance also but with payment.

You can book either over the phone or at reception. Not all classes are bookable.

Members who book and fail to attend classes will be charged for the full cost of the class in addition to any membership fees.

24 hours cancellation is required for all classes, refunds or transfers will not be issued outside of these times.

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Class Etiquette

- All classes include set up/down time.
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- All customers must have a receipt to enter a class (even Direct Debit members), which are handed to the instructor before the class starts.
- Admission to a class will not be permitted after the class has started.
- Before the class starts, please inform the instructor of any injuries or medical conditions that may affect you during the session.
- Please wear suitable clothing and footwear. If you are unsure about what to wear please ask a member of staff who will be happy to advise you.
- Any drinks container brought to a class must have a sealed lid, and must not be made of glass.
- Customers must be aged 16 or over to attend a class.
- The management reserve the right to amend the programme at any time.

Workout Class only Membership

If you wish to attend more than **6 Workout Classes a month**, then a kinetika Workout Only Membership would be cheaper for you.

Our Workout Only Membership gives you unlimited classes at ALL of our classes across our Leisure Centres. You will also be entitled to discounts on other activities.

Want to do more than just Workout Classes?

Why not take out our All-inclusive Membership which gives you UNLIMITED Gym, Swim, Workout Classes & use of the Health Suites. All of our memberships have many benefits.

Please speak to a Customer Advisor for more information.

**WITH NO CONTRACT...
WHATS TO LOSE???**



Class ratings

We run classes for all levels of fitness. To make it easier for you to find a class that suits you, each class is indicated by one of the following:

- 'B' **Beginner**
- 'G' **General**
- 'I' **Intermediate**
- 'A' **Advanced**

Definitions

- B** For newcomers to exercise, or those that are not exercising regularly.
- G** Class suitable for all participants, whether a beginner or advanced exerciser.
- I** Classes for people that are regular exercisers.
- A** Classes include intricate choreography and/or physically demanding exercise. This class is not suitable for newcomers.

Prices

	Centre member	Non-member
Exercise class	£6.40	£7.40
Yoga	£7.15	£8.15
COPD/Cardiac rehab	£3.15	£4.15
Pump technique	FREE	
Indoor Cycling	£7.70	£8.70

Tooting Leisure

TIME	CLASS	LEVEL	LOCATION
MONDAY			
10.00-11.00am	Triple Challenge	(G)	Lola Jones
12.30-13.30pm	Cardiac Rehab	(S)	Lola Jones
6.00-7.00pm	Body Pump	(G)	Lola Jones
6.15-7.00pm	Aqua	(G)	Main Pool
6.30-7.15pm	Indoor cycling	(I/A)	Gym
7.00-8.00pm	Ultimate Core	(I)	Crèche
7.00-8.00pm	Step	(I)	Studio 2
7.00-8.00pm	Body Jam	(G)	Lola Jones
7.30-8.15pm	Indoor cycling	(I/A)	Gym
7.35-8.25pm	Circuits	(G)	Sports Hall
8.00-9.00pm	Pilates	(G)	Lola Jones
TUESDAY			
10.00-11.00am	Step	(G)	Lola Jones
12.15-1.15pm	COPD	(S)	Lola Jones
6.00-7.00pm	Body Attack	(G)	Lola Jones
6.30-7.15pm	Indoor cycling	(I/A)	Gym
7.00-7.45pm	TBC	(I)	Lola Jones
7.00-8.00pm	Body Jam	(G)	Studio 2
7.30-8.15pm	Indoor cycling	(I/A)	Gym
7.45-8.45pm	Body Balance	(G)	Lola Jones
WEDNESDAY			
10.00-11.00am	Stability Ball	(G)	Lola Jones
10.15-11.00am	Indoor cycling	(G)	Gym
2.00-3.00pm	Cardiac Rehab	(S)	Lola Jones
6.00-7.00pm	Legs Bums & Abs	(G)	Lola Jones
6.30-7.15pm	Indoor cycling	(G/I)	Gym
7.00-8.00pm	Ultimate Core	(G)	Crèche
7.00-8.00pm	Body Balance	(G)	Studio 2
7.00-8.00pm	Body Pump	(G)	Lola Jones
7.30-8.15pm	Indoor cycling	(I/A)	Gym
8.00-9.15pm	Ladies Boxing Circuits	(G)	Lola Jones
8.00-8.45pm	Aqua	(G)	Main Pool



Centre

TIME	CLASS	LEVEL	LOCATION
THURSDAY			
10.00-11.00am	Pilates	(G)	Lola Jones
11.00-12.00pm	Yoga	(G)	Lola Jones
6.00-7.00pm	Body Pump	(G)	Lola Jones
7.00-8.00pm	Body Combat	(G)	Lola Jones
7.00-8.00pm	Aerobics	(G)	Studio 2
7.00-8.30pm	Sivananda Yoga	(I)	Crèche
7.30-8.15pm	Indoor cycling	(I/A)	Gym
7.35-8.35pm	Circuits	(G)	Sports Hall
8.00-9.00pm	Body Attack	(G)	Lola Jones
FRIDAY			
10.00-11.00am	Aerobics	(G)	Lola Jones
6.00-7.00pm	Body Pump	(G)	Lola Jones
SATURDAY			
9.30-10.30am	Legs Burns & Abs	(G)	Lola Jones
10.30-11.15am	Indoor cycling	(I/A)	Gym
10.30-11.15am	Step	(G)	Lola Jones
11.15-11.30am	Pump Technique	(G)	Lola Jones
11.30-12.30pm	Body Pump	(G)	Lola Jones
12.30-1.30pm	Body Combat	(G)	Lola Jones
SUNDAY			
9.45-10.45am	Pilates	(I)	Crèche
10.00-11.00am	Aerobics	(G)	Studio 2
11-11.45am	Indoor cycling	(G)	Gym
11.00-12.00am	Legs Burns & Abs	(G)	Studio 2
11.00-12.15pm	Hatha Yoga	(G)	Crèche



Class Descriptions

50+ Aerobics

Gentle exercise to music, to improve fitness, muscle tone and coordination, for those aged over 50.

50+ Aqua

This enjoyable class gives the whole body a workout using the water as resistance. For those aged over 50, and people on the GP referral scheme, non-swimmers are also welcome.

Abs / Abs & Back

Ready to work those core muscles, well this is a class for you. Get a complete abdominal work out and feel your abs and back get stronger as well as improving posture.

Abs & Stretch

Concentrated abdominal and back work, followed by a deep stretch.

Aerobics

Uses modified dance and fitness training moves to deliver a cardiovascular workout using no equipment.

Aqua Aerobics

Using the natural resistance of the water, as well as resistance equipment, this class will help tone your body and increase your general fitness levels.

Beginner Yoga

This class should be attended by those new to Yoga. It will give you an idea on how to get started with the practice of Yoga. Know the basic Yoga session, proper clothing and props, and learn some guidelines in doing poses.

Body Attack

A sports-inspired workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Body Balance

A combination of Tai Chi, Yoga and Pilates training to improve posture, co-ordination and core strength. Using inspirational music, this class will challenge and relax you.

Body Combat

A combination of powerhouse moves and stances developed from a range of self-defence disciplines including karate, kickboxing and Tai Chi.

Body Jam

A melting pot of hip hop, funk, Latin, disco and Broadway, this class will bring fun to your workout.

Body Pump

It is a non-impact class designed to give you an effective and challenging workout with the use of barbells and weights.

Body Pump Technique

This should be attended by all people who haven't been to a BodyPump class before. An instructor will guide you through all the movements and exercises you will need to know in the BodyPump class.

Body Tone

A full-body resistance class using equipment to tone and shape the body.

Boxercise

Dynamic kickboxing moves in a circuit format to define the body and increase overall fitness.

Box Circuits

A Circuit based class that includes boxing.

Cardio Combat

Cardio Combat is a non-contact fitness class combining elements of traditional martial arts to give a great cardiovascular and whole body workout.

Cardiac Rehab

A specialist class for cardiac referrals only.

Circuits

A series of exercises to challenge all major muscle groups and energy systems.

(Body) Conditioning

The class is designed to tone and shape both the upper and lower body muscles. Classes may vary, and equipment may be used.

COPD

A specialist class for people with Chronic Obstructive Pulmonary Disease.

Dance Aerobics

This is a class for all of you who love to dance. All the latest moves and music to give you a





great cardiovascular workout. Classes will differ dependent on the instructor.

Fitball stability

A great abdominal workout using the fitball, this class will help improve posture, strength, tone and functional fitness.

G.P Referral

An exercise session that caters for a wide range of medical conditions, the session will be tailored to your needs and requirements dependant on your GP's recommendations.

Gym Circuits

A series of exercises using gymnasium based equipment to challenge all major muscle groups & energy systems.

Hatha Yoga

Hatha Yoga uses postures and stretches in combination with the breath to develop flexibility and relaxation. This class will encourage proper alignment of the body and bring balance, strength, and calmness to you.

Indoor Cycling

A high energy class on stationary bikes that helps to burn calories and build stamina.

Junior Circuits

A Circuit class for juniors aged 7 – 11.

Kickboxing Fitness

Dynamic kickboxing moves in a circuit format to define the body and increase overall fitness.

Legs Bums & Abs

A class that speaks for itself!

Legs, Bums & Tums (LBT)

An exercise class to music, working on toning up the legs, bum and stomach area.

Pilates

With calm and relaxing music, pilates will help improve posture, core strength and co-ordination.

Pilates Course

This is a 10 week course of Pilates. Please enquire at Reception for Course Dates, Prices & to book.

Shotokan Karate

A system of fighting without weapons, and striking with hands, feet and elbows.

Sivananda Yoga

Sivananda yoga is for all abilities. A structured series of postures, breathing techniques and guided relaxation designed to maximise vitality of body & mind.

Step

A high-energy session that improves fitness and tones the lower body. The class uses the 'step' – the most popular piece of studio equipment in the world. Power Step uses weights as well, within the class.

Step & Sculpt

This class combines step and toning for a power packed, complete cardio and weight training workout.

Step 'n' Tone

A low impact, high intensity class combining step with body conditioning

Tai Chi

'Grand Ultimate Fist'. Slow, graceful and powerful moves to improve co-ordination, balance and circulation of the body.

Thai Boxing

Improve you stamina with this form of self-defence. It entails fighting with fists (boxing gloves) according to strict Thai Boxing rules.

TBC / Triple Challenge

Total Body Conditioning combines 20 minutes of step, 20 minutes of aerobics and 20 minutes of toning.

Ultimate Core Workout

A fun, non-impact group workout using the 'big blue ball', which improves posture, strength, body toning and functional fitness.

Ultimate Swiss Ball

A fun, non impact group workout using the 'big blue ball' which improves posture, strength, body toning and functional fitness.

Yoga

Breathing techniques, postures and relaxation to harmonise mind and body.

What Classes can I enjoy at other Leisure Centres?

	Balham	Latchmere	Putney	Roehampton	Tooting	Wandle
50+ Aqua	✓		✓			
50+ Aerobics		✓		✓		
Aerobics	✓	✓	✓	✓	✓	✓
Abs/Abs & Back					✓	✓
Abs & Stretch			✓			
Aqua	✓	✓	✓		✓	
Beginner Yoga			✓			
Body Attack	✓				✓	✓
Body Balance	✓		✓		✓	✓
Body Combat	✓		✓		✓	✓
Body Jam					✓	
Body Pump	✓	✓	✓	✓	✓	✓
Body Pump Technique	✓	✓	✓		✓	
Body Tone	✓				✓	
Boxercise					✓	
Box Circuits (Ladies Only)					✓	
Cardio Combat		✓				
Cardio Rehab				✓	✓	
Circuits	✓	✓	✓	✓	✓	
(Body) Conditioning		✓	✓			
COPD					✓	
Dance Aerobics	✓					✓
Fitball/stability	✓					
GP Referral				✓		
Gym Circuits						✓
Hatha Yoga					✓	
Indoor Cycling	✓	✓			✓	✓
Junior Circuits	✓					
Kickboxing Fitness						✓
Legs Bums & Abs					✓	
Legs Bums & Tums (LBT)	✓	✓		✓	✓	
Pilates	✓				✓	
Pilates Course		✓	✓			
Shotokan Karate	✓					
Sivananda Yoga					✓	
Step	✓	✓	✓	✓	✓	
Step & Sculpt	✓					
Step N Tone		✓	✓			
Tai Chi					✓	
Thai Boxing	✓					
TBC/ Triple challenge					✓	
Ultimate core workout					✓	✓
Ultimate Swiss Ball					✓	
Yoga	✓	✓	✓		✓	✓

Balham Leisure Centre

Elmfield Road, Balham, SW17 8AN
020 8772 9577
enquiries@balhamleisurecentre.co.uk

Latchmere Leisure Centre

Burns Road, Battersea, SW11 5AD
020 7207 8004
enquiries@latchmereleisurecentre.co.uk

Putney Leisure Centre

Dryburgh Road, Putney, SW15 1BL
020 8785 0388
enquiries@putneyleisurecentre.co.uk

Tooting Leisure Centre

Greaves Place, Tooting, SW17 0NE
020 8333 7555
enquiries@tootingleisurecentre.co.uk

Wandle Recreation Centre

Mapleton Road, Wandsworth, SW18 4DN
020 8871 1149
enquiries@wandlerecreationcentre.co.uk

Roehampton Sport & Fitness Centre

Laverstoke Gardens, Roehampton, SW15 4JB
020 7785 0535
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