



Workout Timetable

July – September 2010

The Olympiad Leisure Centre

Springfield Leisure Centre

Lime Kiln Leisure Centre

The Activity Zone

Aerofit

An aerobic class to make you sweat without being complicated. Great for working the heart and lungs and improving health.

Phase I – Basic structured exercises, introducing Aerofit.

Phase II – Increased choreography and intensity.

Power Circuits

A brilliant class for those wanting to work hard and have fun with no complicated choreography. A station based class combining traditional strength, power and running activities.

Body Combat

Les Mills Programmes



Combining moves and stances from a range of self-defence disciplines like karate, Tai Chi, Tae Kwon-Do and kickboxing into a fending, fighting routine. Creating a fiercely energetic experience that raises fitness levels throughout the whole body, while fighting calories and cholesterol.

RPM Les Mills Programmes



A very energetic exercise on the bikes. It will make you sweat!!

Step

An energetic and inspiring workout that involves stepping and aerobic training.

Great for training the heart and lungs and improving coordination.

Body Pump

Les Mills Programmes



Is quite simply the world's most popular group fitness program ever, a revolutionary weight training workout that strengthens, tones and defines every muscle in your body. You get all the benefits of training and toning with weights in an energy-charged, fiercely physical group exercise class. And all the benefits of a better looking, better feeling and better working body.

Legs, Bums & Tums

An epic conditioning class that focuses on improving lower body definition and tone.

Body Conditioning

This body conditioning class focuses on improving your bodies definition and tone. It is suited to all levels and abilities as movements can be adjusted.

Body Balance

Les Mills Programmes



A mixture of Tai Chi, Pilates and Yoga. Working with your core strength throughout the main components of the class. You will leave this class feeling revitalised and refreshed.

Tai Chi

A spiritually enhancing low impact fitness session for body and mind.

Pilates

The Pilates Method represents a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement

Smart Hearts

Is open to anyone who has attended a hospital based cardiac rehabilitation programme or advised by their GP to take regular exercise to control high blood pressure.

Nifty Fifty

A low impact aerobic session for the 50+.

Aquafit

A deep water workout class suitable for all ages and abilities.

Aquatrim

A shallow water exercise class suitable for all ages and abilities.

Ab Attack

Abdominal work designed to sculpt and tone the mid section.

Body Attack



An intense aerobics session concentrating on high impact moves.

Yoga

Improve your all over sense of well-being. Reduce tension and improve core strength and flexibility.



kinetika Membership

Free use of selected exercise classes for kinetika Members. Contact a Customer Advisor for further details.

New Customers / Returning to exercise

Please advise the class instructor of any medical conditions, illnesses or injuries that may be affected by exercise. We advise you to inform your class instructor if you are new to the class. Beginners are welcome to attend classes that are marked with level 2 or 3. Please speak to your instructor before you start the class.

Class Prices

Please contact reception for prices.

Age limits

Age restrictions apply – please ask at reception

Warm Up

Please make sure that you arrive on time for your class, 5 – 10 minutes early is ideal, as the warm up at the start of the session is very important and should not be missed. You will not be allowed to join the class if you are late. Persons who book and then do not turn up for a class will be charged.

Class Restrictions

Classes may have restricted numbers due to space or equipment available. To ensure your place please book in advance.

Crèche Facilities

Crèche Facilities available at The Olympiad Leisure Centre & The Activity Zone.

Key class levels

- R – Specific group / rehabilitation
- 1 – Easy low intensity – ideal for beginners
- 2 – Low to medium intensity
- 3 – Medium intensity
- 4 – Medium to high intensity
- 5 – High intensity

Prices

Workout classes	£4.85
BTS classes	£5.15
Aqua classes	£4.85

Please note: prices may vary according to class duration.

DC Leisure supports the government's Change4Life campaign.



To maintain a healthy weight, we need to both eat well and move more. Many families are making changes that will help them live healthier and longer. Visit www.nhs.co.uk/Change4Life or call 0300 123 3434 for more information



The Olympiad Leisure Centre

Time	Level	Session	Location
Monday			
7.15am – 8.00am	4-5	RPM	RPM Studio
9.30am – 10.30am	3-5	Body Combat	Movement Studio
10.35am – 11.35am	3-5	Body Pump	Movement Studio
12.15pm – 1.00pm	4-5	RPM	RPM Studio
5.45pm – 6.30pm	4-5	RPM	RPM Studio
6.00pm – 7.00pm	2-3	Pilates	Studio Hall
6.00pm – 7.00pm	3-4	Aerofit	Movement Studio
7.00pm – 7.45pm	2-3	Aqua Trim	Pool
7.00pm – 8.00pm	2-3	Yoga	Studio Hall
7.10pm – 8.10pm	3-5	Body Pump	Movement Studio
Tuesday			
9.30am – 10.30am	3-5	Body Combat	Movement Studio
10.30am – 11.30am	2-3	Pilates	Studio Hall
10.35am – 11.35am	1	Nifty Fifty	Movement Studio
12.15pm – 1.00pm	3-5	Body Pump	Movement Studio
5.15pm – 6.15pm	3-5	Body Pump	Movement Studio
6.30pm – 7.30pm	4	Step	Movement Studio
7.15pm – 8.00pm	4-5	RPM	RPM Studio
7.15pm – 8.15pm	3-5	Power Circuits	Sports Hall
7.35pm – 8.35pm	1-2	Body Balance	Movement Studio
Wednesday			
7.15am – 8.00am	4-5	RPM	RPM Studio
9.30am – 10.30am	3	Body Conditioning	Movement Studio
10.45am – 11.45am	2-3	Wellness Yoga (payable course – pay at reception)	Movement Studio
12.15pm – 1.00pm	4-5	RPM	RPM Studio
6.00pm – 7.00pm	3	Legs, Tums & Bums	Movement Studio
7.05pm – 8.05pm	3-5	Body Combat	Movement Studio
8.10pm – 9.10pm	3-5	Body Pump	Movement Studio
Thursday			
9.30am – 10.30am	3-5	Body Pump	Movement Studio
10.35am – 11.35am	1-2	Body Balance	Movement Studio
12.15pm – 1.00pm	4-5	RPM	RPM Studio
12.15pm – 1.00pm	3-5	Body Combat	Movement Studio
1.00pm – 1.45pm	2-3	Pilates	Movement Studio
6.00pm – 7.00pm	4-5	Body Attack	Movement Studio
6.30pm – 7.15pm	4-5	RPM	RPM Studio
7.05pm – 8.05pm	1-2	Body Balance	Movement Studio
7.15pm – 8.15pm	3-5	Power Circuits	Sports Hall
7.30pm – 8.30pm	1-2	Tai Chi	Movement Studio
8.10pm – 9.10pm	3	Legs, Tums & Bums	Movement Studio
Friday			

9.30am – 10.30am	4	Step	Movement Studio
10.30am – 11.30am	1-2	Body Balance	Movement Studio
12.15pm – 1.00pm	4-5	RPM	RPM Studio
5.15pm – 6.00pm	4-5	RPM	RPM Studio
5.30pm – 6.15pm	4-5	Body Attack	Movement Studio
6.30pm – 7.30pm	3-5	Body Pump	Movement Studio

Saturday

9.30am – 10.15am	4-5	RPM	RPM Studio
4.00pm – 5.00pm	3-5	Body Combat	Movement Studio
5.00pm – 6.00pm	3-5	Body Pump	Movement Studio

Sunday

9.00am – 9.45am	4-5	RPM	RPM Studio
10.00am – 11.00am	3-5	Body Pump	Movement Studio
11.00am – 12.00pm	4-5	Body Attack	Movement Studio

Springfield Leisure Centre

Time	Level	Session	Location
Monday			
6.00pm – 7.00pm	3-5	Body Pump	Sports Hall
6.00pm – 6.45pm	4-5	RPM	Club Room
7.00pm – 8.00pm	1-2	Body Balance	Club Room
8.30pm – 9.30pm	3-5	Circuits	Sports Hall
Tuesday			
6.00pm – 6.45pm	4-5	RPM	Club Room
7.00pm – 8.00pm	3-5	Body Combat	Sports Hall
8.00pm – 9.00pm	1-3	Aquafit	Swimming Pool
8.10pm – 9.10pm	1-2	Body Balance	Club Room
Wednesday			
9.30am – 10.30am	3-5	Body Combat	Sports Hall
10.30am – 11.30pm	1-2	Body Balance	Club Room
2.00pm – 3.00pm	1	Smart Hearts	Movement Studio
6.30pm – 7.30pm	2-3	Body Pump	Sports Hall
7.45pm – 8.30pm	4-5	RPM	Club Room
Thursday			
6.30pm – 7.30pm	2-3	Circuits	Sports Hall
7.30pm – 8.15pm	4-5	Indoor Cycling	Club Room
Friday			
9.30am – 10.30am	3-5	Body Combat	Sports Hall
10.30am – 11.30am	1-2	Body Balance	Club Room
5.30pm – 6.00pm	2-4	Ab Attack	Club Room
6.30pm – 7.15pm	4-5	RPM	Club Room
Saturday			
9.30am – 10.15am	4-5	RPM	Club Room
Sunday			
9.30am – 10.30am	2-3	Body Pump	Sports Hall

Lime Kiln Leisure Centre

Times	Level	Session	Location
Monday			
6.00pm – 7.00pm	3-5	Aerofit	Movement studio
6.30pm – 7.15pm	1-3	Aqua Trim	Swimming pool
7.15pm – 8.00pm	2-4	Aqua Fit	Swimming pool
7.00pm – 8.00pm	3-5	Body Pump	Movement studio
8.00pm – 9.00pm	1-3	Body Balance	Movement studio
Tuesday			
7.00pm – 8.00pm	3-5	Body Combat	Sports hall
8.00pm – 9.00pm	2-3	Body Balance	Function room
Wednesday			
9.00am – 10.00am	2-3	Body Conditioning	Movement studio
10.30am – 11.30am	1-2	Nifty Fifty	Movement studio
7.00pm – 8.00pm	3-5	Boxercise	Movement Studio
Thursday			
10.00am – 11.00am	2-3	Fitness Pilates	Movement studio
11.15am – 12.00pm	2-3	Step 'n' Tone	Movement studio
8.00pm – 9.00pm	3-5	Circuit training	Sports hall
Friday			
9.30am – 10.30am	2-3	Body conditioning	Movement studio
11.00am – 12.00pm	2-3	Body Balance	Movement studio
12.15pm – 1.00pm	1-3	Aqua trim	Swimming pool
Saturday			
9.30am – 10.15am	3-4	Step n Tone	Movement Studio



Yoga Courses

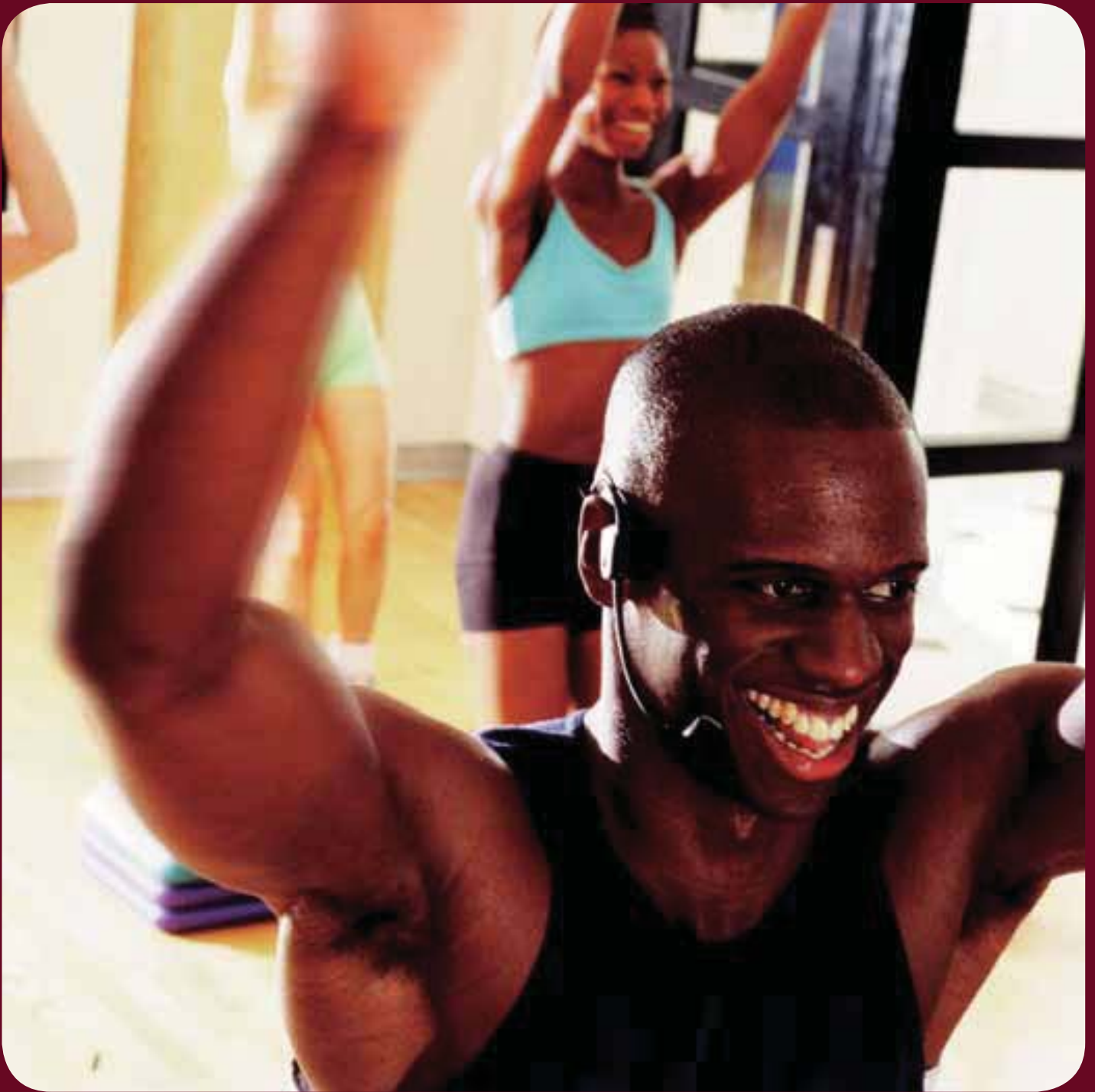
Time	Level	Session	Location
Monday			
9.30am – 11.00am	1-3	Yoga mixed ability	Movement Studio
Tuesday			
6.00pm – 7.30pm	1-3	Yoga mixed ability	Movement Studio
7.45pm – 9.15pm	1-3	Yoga mixed ability	Movement Studio
Thursday			
6.00pm – 7.30pm	1-3	Yoga mixed ability	Movement Studio

The Activity Zone

Times	Session	Location
Monday		
9.20am – 10.30am	Legs, Bums & Tums	Multi Zone
11.50am – 1.00pm	RPM	Flexi Zone
6.20pm – 7.00pm	Beginners RPM	Flexi Zone
7.05pm – 8.15pm	RPM	Flexi Zone
6.50pm – 8.00pm	Aero Tone	Multi Zone
8.05pm – 9.15pm	Body Balance	Multi Zone
Tuesday		
6.50am – 7.45am	RPM	Flexi Zone
9.20am – 10.30am	Body Pump	Flexi Zone
10.35am – 11.45am	Body Balance	Flexi Zone
1.20pm – 2.15pm	Aqua Trim	Swimming Pool
6.20pm – 7.30pm	Body Pump	Flexi Zone
7.35pm – 8.45pm	RPM	Flexi Zone
Wednesday		
9.20am – 10.30am	Aero Attack	Multi Zone
9.50am – 10.45am	Aqua Trim	Swimming Pool
10.35am – 11.30am	Body Pump	Flexi Zone
10.50am – 12.00pm	Fitness Pilates	Multi Zone
6.20pm – 7.30pm	Circuits	Sports Hall
6.50pm – 8.00pm	Legs, bums & tums	Sports Hall
6.55pm – 8.05pm	Body Pump	Flexi Zone
8.05pm – 9.15pm	Body Balance	Multi Zone
Thursday		
10.35am – 11.45am	Body Balance	Flexi Zone
11.50am – 1.00pm	RPM	Flexi Zone
5.50pm – 7.00pm	Body Pump	Flexi Zone
7.05pm – 8.15pm	RPM	Flexi Zone
6.55pm – 8.05pm	Body Balance	Multi Zone
7.20pm – 8.30pm*	Aqua Trim	Swimming Pool
Friday		
6.50am – 7.45am	RPM	Flexi Zone
9.20am – 10.30am	Aerofit	Multi Zone
10.50am – 12.00pm	Body Pump	Flexi Zone
5.20pm – 6.30pm	RPM	Flexi Zone
Saturday		
9.50am – 11.00am	Body Pump	Flexi Zone
11.05am – 12.15am	RPM	Flexi Zone

* From 1st September - Time change to 7.00pm - 8.00pm





The Olympiad Leisure Centre

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Wiltshire, SN15 3PA

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Springfield Leisure Centre

Beechfield Road, Corsham

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Lime Kiln Leisure Centre

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Wiltshire, SN4 7HG

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The Activity Zone

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