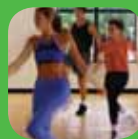


Weekly Aerobic Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30 – 10.30 Intermediate step* 	9.30 – 10.30 Power Yoga* 	9.25 – 10.25 50 + Workout 	9.30 – 10.30 Kettlebells* ^ 	9.30 – 10.30 Body Pump 	8.30 – 9.30 Spin* ^
9.30 – 10.30 50 + Workout 	9.30 – 10.30 Zumba 	9.30 – 10.30 LBT* 	09.30 – 10.30 Body Combat 	10.30 – 11.30 Body Combat 	9.30 – 10.30 Body Pump
10.45 – 11.45 Body Pump 	10.30 – 11.30 Beginners Step 	10.30 – 11.30 Aerobics 	10.30 – 11.30 Body Balance 	10.30 – 11.30 Spin* ^ 	10.30 – 11.30 Zumba
18.00 – 19.00 Body Pump	11.30 – 12.30 Boxercise	11.35 – 12.35 Body Pump 	11.00 – 12.00 Aquafit** 	14.00 – 15.00 Water Workout**	
19.00 – 20.00 Body Combat	18.00 – 19.00 Beginners Step	12.45 – 13.45 Spin* ^ 	17.30 – 18.30 Spin^	18.00 – 19.00 Total Tone*	
19.00 – 20.00 Ladies Water Workout**	19.00 – 20.00 Body Combat	14.00 – 15.00 Water Workout**	17.45 – 18.45 Pole Dancing* ^		18.00 – 19.00 Boxercise
	20.00 – 21.00 Body Balance	18.00 – 19.00 Spin* ^	18.30 – 19.30 Circuits		
		18.00 – 19.00 Boxercise	19.30 – 20.30 Body Pump		
		19.00 – 20.00 Dance Workout*			
		19.00 – 20.00 Zumba			
		20.00 – 21.00 Aquafit**			

PLEASE NOTE YOU MUST SIGN IN/SWIPE AT RECEPTION. PRE BOOKING IS ADVISED, CLASSES AVAILABLE TO MEMBERS AND NON MEMBERS.

* CLASS LOCATED IN STUDIO ** CLASS LOCATED IN POOL ^ ADDITIONAL CHARGE FOR KINETIKA MEMBERS.

CRÈCHE AVAILABLE

PLEASE BE AWARE THAT THE TIMETABLE IS SUBJECT TO CHANGE AT THE MANAGER'S DISCRETION.

Intermediate Step

A choreographed class designed to increase the level of knowledge for participants who have previously done step.

Zumba

Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music.

Beginners Step

An easy to follow choreographed class for people who have not previously stepped. This class enables beginners to develop their confidence with the most common of moves, whilst participating in a cardio vascular class.

LBT

A toning class specifically designed for the legs, bottom and stomach. A traditional conditioning class focusing on specific muscle groups - For those who want to tone and shape up.

Aerobics

A freestyle choreographed class, set to music, designed to increase the heart rate.

Spin

A high intensity class on a stationary bike which includes climbs and speed work.

Circuits

Work round a series of stations which combine resistance & cardio exercises for a total body workout. Suitable for all abilities.

Pole Dancing

A class designed around a Pole. This form of exercise increases core and general body strength by using the body itself as resistance, while toning the body as a whole. Suitable for all fitness levels.

Total Tone

A toning class, using high repetition exercises to help firm and condition the whole body. Suitable for all fitness levels.

Aqua Fit

A low impact workout and muscle conditioning session, with the added fun of being in the water.

Water workout

From water aerobic exercises to water walking exercises, working out in the pool is an excellent non-impact way to build strength, reduce body fat, and increase flexibility.

Gentle water workout

A low impact, low intensity class designed within the water. Suitable for all fitness levels.

Boxercise

A circuit type class which includes the use of boxing bags and focus pads. Boxercise provides a good balance of cardiovascular and toning exercises.

