



Workout Timetable

Spring – Summer 2010

Castle Place Leisure Centre
Christie Miller Sports Centre
Leighton Recreation Centre
Warminster Sports Centre

Bradford Swimming Pool
Melksham Blue Pool
Westbury Swimming Pool
Trowbridge Sports Centre

Castle Place Leisure Centre

Level 5a, Multi Storey Car Park, Trowbridge
01225 762711

Monday

9.30am – 10.30am	Body Max	1234	
10.30am – 11.30am	Total Body Workout	1234	
11.35am – 12.20pm	Walkrobics	12	
12.30pm – 1.00pm	UCW	1234	
5.30pm – 6.00pm	UCW	1234	
6.00pm – 7.00pm	Body Max	1234	
6.15pm – 7.00pm	UCW	1234	
7.15pm – 8.00pm	UCW	1234	
7.15pm – 8.15pm	Salsa-cise	1234	
8.15pm – 9.15pm	Pilates	123	

Tuesday

9.30am – 10.30am	Legs, Bums & Tums	123	
10.30am – 11.30am	Pilates	123	
11.35am – 12.35pm	Yoga	12	
12.30pm – 1.00pm	UCW	1234	
12.35pm – 1.20pm	Salsa-cise	1234	
1.45pm – 2.30pm	Abacus	12	
4.15pm – 5.00pm	Teen Kombat		
5.15pm – 5.45pm	UCW	1234	
6.00pm – 6.55pm	Step	234	
6.00pm – 6.30pm	UCW	1234	
6.45pm – 7.15pm	UCW	1234	
7.00pm – 8.00pm	Circuits	234	
7.30pm – 8.00pm	UCW	1234	
8.00pm – 9.00pm	Legs, Bums & Tums	1234	

Wednesday

9.30am – 10.30am	20:20:20	234	
10.45am – 11.45am	Healthy Back	1234	
12.30pm – 1.15pm	Pilates	123	
12.30pm – 1.00pm	UCW	1234	
3.30pm – 4.15pm	Teen Gym		
4.15pm – 5.00pm	Teen Kombat		
5.30pm – 6.00pm	UCW	1234	
6.00pm – 7.00pm	Body Max	1234	
6.15pm – 7.00pm	UCW	1234	
7.10pm – 8.10pm	Aerobics	1234	
7.15pm – 8.00pm	UCW	1234	
8.15pm – 9.15pm	Cardio Kick	1234	



Thursday

9.45am – 10.30am	Walkrobics	1234	
10.35am – 11.35am	Yoga	12	
11.45am – 12.30pm	Pilates	123	
12.30pm – 1.15pm	Dancercise	123	
12.30pm – 1.00pm	UCW	1234	
4.00pm – 5.00pm	Teen Gym		
5.15pm – 5.45pm	UCW	1234	
6.00pm – 7.00pm	Step	234	
6.00pm – 6.30pm	UCW	1234	
6.45pm – 7.15pm	UCW	1234	
7.00pm – 8.30pm	Yoga	12	
7.30pm – 8.00pm	UCW	1234	
8.30pm – 9.30pm	Pilates	123	

Friday

9.30am – 10.30am	Step	234	
10.00am – 10.45am	UCW	1234	
10.30am – 11.30am	Pilates	123	
11.30am – 12.30pm	Tai chi	12	
4.00pm – 5.00pm	Teen Gym		
5.00pm – 6.00pm	Cardiac Rehab	1	
5.00pm – 6.00pm	Teen Gym		
5.30pm – 6.00pm	UCW	1234	
6.00pm – 7.00pm	Teen Gym		
6.00pm – 7.00pm	Aerobics	1234	
6.15pm – 7.00pm	UCW	1234	

Saturday

11.00am – 11.45am	UCW	1234
2.00pm – 3.00pm	Teen Gym	
3.00pm – 4.00pm	Teen Gym	

Sunday

11.00am – 12.00noon	Aerobics	1234
2.00pm - 3.00pm	Teen Gym	
3.00pm - 4.00pm	Teen Gym	

 = Crèche available during these sessions

UCW = Ultimate Cycle Workout



Fitness Ratings

- 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

Christie Miller Sports Centre

Lancaster Road, Bowerhill, Melksham
01225 702826

Monday

9.30am – 10.30am	20:20:20	1234	🦁
10.30am – 11.30am	Beginners Pilates	123	🦁
12noon – 12.45pm	ABCUS		
6.30pm – 7.30pm	Aerobics	1234	
7.30pm – 8.30pm	Step	123	
8.00pm – 9.00pm	Circuits	1234	

Tuesday

9.30am – 10.30am	Legs, Bums & Tums	1234	🦁
3.30pm – 5.00pm	Teen Gym		
6.15pm – 7.15pm	Step	234	
7.20pm – 8.20pm	Body Max	1234	
8.30pm – 9.30pm	20:20:20	1234	

Wednesday

9.30am – 10.30am	Step	1234	🦁
9.30am – 10.15am	Walk Aerobics	12	🦁

6.15pm – 7.15pm	Pilates	123
7.30pm – 8.30pm	20:20:20	1234

Thursday

9.30am – 10.30pm	Yoga	1234	🦁
5.00pm – 6.00pm	Cardiac Rehab	12	
6.15pm – 7.15pm	Pilates	123	
7.15pm – 8.15pm	Legs, Bums & Tums	1234	

Friday

9.30am – 10.30am	Legs, Bums & Tums	1234	🦁
10.30am – 11.30am	Pilates	123	🦁
3.30pm – 5.00pm	Teen Gym		
6.00pm – 7.00pm	Total Body Workout	1234	
7.00pm – 8.00pm	Tai Chi		

Saturday

2.00pm – 4.00pm	Teen Gym
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Sunday

2.00pm – 4.00pm	Teen Gym
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Leighton Recreation Centre

Wellhead Lane, Westbury
01373 824448

Monday

10.00am – 11.00am	20:20:20	1234	🦁
11.15am – 12noon	Pilates	123	
4.00pm – 5.00pm	Teen Gym		
6.00pm – 7.00pm	Aero Circuits	1234	
7.15pm – 8.15pm	Body Sculpt	1234	

Tuesday

9.45am – 10.45am	Body Sculpt	1234
10.00am – 11.00am	P. IV Cardiac Rehab	12
4.00pm – 5.00pm	P. III Cardiac Rehab	12
6.00pm – 7.00pm	P. IV Cardiac Rehab	12
6.15pm – 7.15pm	Yoga	1234
7.30pm – 8.30pm	Pilates	123

Wednesday

10.00am – 11.00am	Total Body Workout	1234	🦁
11.15am – 12noon	Pilates	123	
6.00pm – 7.00pm	Aerobics	1234	
7.00pm – 8.00pm	Legs, Bums & Tums	1234	
8.00pm – 9.00pm	Adult Cheer Leading	1234	

Thursday

9.45am – 10.30am	Walkrobics	123
11.00am – 12noon	P. IV Cardiac Rehab	12
1.00pm – 3.00pm	P. III Cardiac induction	12
(On the last Thursday of every month)		
3.00pm – 4.00pm	P. III Cardiac Rehab	12
6.45pm – 7.45pm	Pilates	1234
7.00pm – 8.00pm	Circuit Training	1234

Friday

9.00am – 10.00am	Tai Chi	123	
10.00am – 11.00am	Total Body Workout	1234	🦁



Warminster Sports Centre

Woodcock Road, Warminster
01985 212946

Monday

9.00am – 9.45am	AquaFit**	123
2.15pm – 3.00pm	Nifty Fifties	12
6.00pm – 7.00pm	Legs, Bums & Tums	1234
7.00pm – 8.00pm	Circuit Training	1234
7.00pm – 8.30pm	Yoga Course*	12
8.30pm – 9.30pm	AquaFit	123

Tuesday

10.00am – 10.45am	Body Sculpt	1234
11.00am – 12noon	Pilates	1234
6.15pm – 7.00pm	Aerobics Cheer	1234
7.10pm – 8.10pm	Body Sculpt	1234
8.15pm – 9.15pm	Pilates	1234

Wednesday

9.30am – 10.30am	Pilates	1234
5.00pm – 6.00pm	P.I.V Cardiac Rehab	1234
6.00pm – 7.00pm	Legs, Bums & Tums	1234
7.00pm – 8.00pm	Dance Fit	1234
8.15pm – 9.00pm	AquaFit	123
8.15pm – 9.15pm	Yoga	1234

Thursday

10.00am – 11.00am	Legs, Bums & Tums	1234
11.00am – 12noon	Pilates	1234
6.00pm – 7.00pm	Balls and Bars	1234
7.00pm – 8.00pm	Cardio Kick	1234
8.15pm – 9.15pm	Pilates	123

Friday

1.30pm – 2.30pm	Qi Gong/Tai Chi	12
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Teen Gym runs from Monday - Sunday
3.00pm-4.00pm, subject to availability.



*Yoga Course – This is a payable course for all participants. ** This Aqua class will not be starting until the 1st February 2010

kinetika Members receive unlimited use of:
Swimming, Gym, Workout Classes

Discounts on:

Racquet sessions, 5 a side, Golf, Tenpin Bowling, Sunbeds.
To find out more please contact reception at any one of the DC Leisure Centres.

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Understanding your workout

Class Type	Description
Abtastic	A class to work on the abs using stability balls and other equipment.
Aerobics	An energising exercise to music workout to improve fitness, toning, co-ordination and burn those extra calories.
Step	Get your heart and lungs pumping to the ultimate workout for toning legs and bum.
Legs, Bums & Tums	Intensive conditioning for tightening your abdominals, legs and bum.
Circuits	A challenging, simple but effective intensive total body workout.
20:20:20	A challenging but fun workout class that combines three different aerobic sessions to really get that heart pumping and effectively conditioning the whole body.
Total Body Workout	A body conditioning class using aerobic weights.
Body Max	Giving your body a maximum workout using barbells / dumbbells to tone up fast.
Cardio Kick	A fast paced all action workout using kickboxing and martial arts moves.
Ultimate Cycle Workout (UCW)	A motivating instructor led group class on stationary bikes. For the ride of your life!
Balls and Bars	Exercises to work total body using stability ball.
Salsa-cise	A fun workout using Salsa based moves.
Dance Fit	A fun dance class incorporating different dance styles. Low impact and aimed for all levels of fitness.
Body Sculpt	Body Sculpt is devoted to strengthening and toning the abs, legs, buttocks and upper body muscles.
Mind & Body	Pilates - Deep muscle toning for inch loss, relaxation & core stability. Yoga - A combination of stretching, passive and dynamic postures, breathing exercises and relaxation techniques. Tai Chi - A stress releasing mind and body class.
Dancercise	A fun based class using various types of dance moves including rock'n'roll, jazz and salsa.
Bounce	A new class using rebounders to give an all round Cardio Vascular workout.
Boot Camp	If you are looking to loose weight, tone up, improve your fitness and aerobic stamina then this is the place to be.
Aerobics Cheer	A Fun aerobics class based on the traditional cheer leading moves.

Please note: All class times include set up/down time. Classes open to everyone. If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor. Booking is no longer required for all workout classes. No admittance to any class after it has commenced. Age limit for all classes* is 14 years old. (*Bodymax minimum age 16). We recommend that those persons that are up to 16 weeks pregnant attend Aqua/Hydro classes. Those who are 16 weeks plus should attend Antenatal/Aquabump sessions. Cancellations must be made 48 hours in advance.

Workout timetable

Class Type	Description
Healthy Back	A gentle aerobic class with elements of pilates to improve & promote a strong and healthy back.
Cardiac Rehab	A comprehensive programme, open to anyone who has had a heart attack, heart surgery, or experiences angina and would like to follow a safe effective programme.
Abacus	Part of the GP referral scheme.
Nifty Fifties	A gentle low impact exercise class aimed at 50+
Aqua Aerobics/Fit	A fun, non-impact workout using the water for resistance. Tones and strengthens muscles, suitable for non swimmers (small pool only).
Aqua Circuits	An alternative approach to exercise, combines:- Hydrofit - A more demanding workout in deep water using a flotation belt and aqua gloves to increase resistance. Hydromax - An intense version of Hydrofit using dumbbells to improve muscle strength an balance.
Aqua Bump	Gentle exercise to music in the water with a qualified instructor or midwife. Pre/ Post Natal.
Antenatal	Gentle exercise and relaxation for mums to be (minimum 16 weeks) and new mums. Consult your doctor before attending.
Swim Gym	A multi functional water based class working all your major muscle groups, using water for resistance in a circuit training set up.
Boxercise	A circuit based challenging class, incorporating basic boxing skills and sparing exercises.
Teen Kombat	A fun and energetic mixed martial arts style aerobics class



*West Wiltshire membership card holders receive up to 30% discount on all classes.

*kinetika members exercise for free

Bradford Swimming Pool

Station Approach, Bradford on Avon

01225 862970

Monday	10.00am – 12.00pm	Ladies Rec
	11.00am – 11.30am	Ladies Rec Aquafit
	1.30pm – 2.00pm	Hydrofitness
Tuesday	1.30pm – 2.30pm	Aquafit
	6.30pm – 7.30pm	Aqua Bump
	6.50pm – 7.15pm	Hydromax
	7.30pm – 8.30pm	Aquafit
Wednesday	8.00pm – 9.00pm	Aquafit
Thursday	6.05pm – 6.30pm	Hydromax
	7.00pm – 8.00pm	Aquafit
Friday	11.30am – 12.00pm	Hydrofitness

* Term time only. The Tuesday and Thursday Hydromax price also includes a swim in any public swim which runs immediately before or after the workout sessions.



Melksham Blue Pool

Market Place, Melksham

T: 01225 703525 Textphone users add prefix 18001 to access Typetalk

F: 01225 703279

Monday	11.30am - 12.30pm	Aquafit
Tuesday	7.00pm - 8.00pm	Aquafit
Wednesday	11.30am - 12.30pm	Aquafit
	7.30pm - 8.30pm	Swim Gym
Thursday	7.00pm - 8.00pm	Aquafit
	Teen Gym runs on Monday-Friday 4.00pm - 5.00pm	

Westbury Swimming Pool

Church Street, Westbury

01373 822891

Monday	10.30am - 11.30am	Aquafit
	7.00pm - 8.00pm	Aqua Bump
	8.00pm - 9.00pm	Aquafit
Tuesday	10.00am - 11.00am	Aquafit
Thursday	1.00pm - 2.00pm	Aquafit
	7.00pm - 8.00pm	Aquafit

Trowbridge Sports Centre

Frome Road, Trowbridge

01225 764342

Monday	6.00pm - 7.00pm	Aqua Fit
	6.45pm - 7.45pm	Boxercise
Tuesday	2.35pm - 3.25pm	Aquafit
Wednesday	6.00pm - 7.00pm	Aquafit
	7.15pm - 8.15pm	Circuit Training

Please note that there will not be any classes running on Bank Holidays.

