



# Classes Timetable

## Leiston Leisure Centre

Red House Lane

Leiston, Suffolk

IP16 4LS

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[www.leistonleisurecentre.co.uk](http://www.leistonleisurecentre.co.uk)



Suffolk Coastal Leisure Community Association Ltd working  
in partnership with Suffolk Coastal District Council

# Classes Timetable

## MONDAY

6.00pm - 7.00pm

7.00pm - 8.00pm

LEGS, BUMS AND TUMS  
STEP AEROBICS

## TUESDAY

12.30pm - 1.30pm

5.45pm - 6.45pm

7.00pm - 8.00pm

7.00pm - 8.30pm

8.30pm - 10.00pm

AEROBICS  
BODY COMBAT  
LADIES WATER WORKOUT  
AEROBICS  
KARATE

## WEDNESDAY

7.00pm - 8.00pm

8.15pm - 9.15pm

BODY PUMP  
BODY COMBAT

## THURSDAY

12.30pm - 1.30pm

2.00pm - 3.00pm

4.00pm - 5.00pm

5.30pm - 6.30pm

7.00pm - 8.30pm

AEROBICS  
WATER WORKOUT  
JUNIOR AEROBICS  
BODY COMBAT  
AEROBICS

## FRIDAY

5.30pm - 6.30pm

6.30pm - 8.00pm

LEGS, BUMS AND TUMS  
YOGA

## SATURDAY

8.45am - 9.45am

10.00am - 11.30am

BODY PUMP  
KARATE

## SUNDAY

10.00am - 11.15am

5.15pm - 6.15pm

6.30pm - 7.30pm

PILATES\*  
BODY COMBAT  
BODY PUMP

\* Pilates is a 6 week course available for kinetika Members, Coastal Card Holders and Non-Coastal Card Holders at an additional cost per course.

# Class Descriptions

## AEROBICS

A great cardiovascular workout combined with toning and conditioning exercises. This class will boost your heart rate, burn calories as well as improve muscle tone. The use of handweights is encouraged to increase results and intensity however it is equally suitable for those who prefer low impact workouts.

## BODY COMBAT

A pre-choreographed, non contact, martial arts-based fitness programme with moves drawn from karate, tai kwan do, kung fu, kick boxing, Muay Thai and t'ai chi. It provides an exhilarating exercise experience that delivers ultra-fast fitness results.

## BODY PUMP

Is a group fitness class that uses barbells and adjustable weights to tone and condition muscles whilst raising metabolic rate for rapid fat burning. Its perfect for both men and woman.

\*Please note all first time participants must attend a brief technique class 15 minutes before the current scheduled classes.

## KARATE

Karate-Do is a traditional self defence system, combining fitness and stretching exercises. This helps to build confidence and all round fitness and toning. Any age or ability from 5 - 95 can benefit.

## LEGS, BUMS & TUMS

A class designed to tone those problem tummy, thigh and bum areas! Series of static, dynamic and plyometric movements are used as well as floor exercises. This means a low impact workout for those with varying fitness levels who want fast results.

## PILATES

Pilates focuses on building your core strength and improving your posture through a series of low impact stretching and conditioning exercises. It is a complete body work out that helps you develop awareness of how your body works, helping your mind and body work in harmony.

## STEP AEROBICS

A traditional step class using adjustable step blocks to add variety and intensity to your aerobic workout. The class is suitable for all levels of fitness and beginners to step.

## WATER WORKOUT

A low impact exercise routine designed to work every muscle in your body. The water acts as a low resistance and is suitable for all levels of fitness. It is particularly suitable for those who want a gentle introduction to exercise, for rehabilitation purposes and women who are pregnant. Men are also welcome in the Thursday class!

## YOGA

Yoga is about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.



# CLASS INFORMATION

All classes are available to both members and non members.

If you are a kinetika member you are entitled to free entry and you may book 7 days in advance.

If you are a non member there is a charge per class and you may book up to 7 days in advance with a coastal card or 6 days without.

It is advisable to book on to classes as spaces are limited and cannot be guaranteed. Please be aware, there will be a cancellation charge for any individual who books into a class and does not give 24 hours notice - this includes kinetika members who will be charged a penalty equal to the full class rate if they fail to cancel in time.

Tai Chi, Self Defence, Lifeguarding and First Aid courses will be available throughout the year. For more information and booking details please see reception.



## Fitness classes FREE to kinetika members

If you do three or more classes per week you will save money by becoming a member.

**Ask at reception for details!**

### 1 FREE DAYTIME AEROBIC CLASS

Use this pass at  
Leiston Sports Centre  
and gain free access  
to 1 daytime  
aerobics class.\*

Name \_\_\_\_\_

Telephone \_\_\_\_\_

\*Pass must be surrendered at point of sale. 1 free class per customer.