



Class Timetable

Spring/Summer 2009

Elmbridge Xcel Leisure Complex
Waterside Drive
Walton on Thames
01932 260300



Prices:

		kinetika Member	More Card	Non Member
Pump/Yoga/Pilates	55 mins	£0.50	£6.80	£8.15
Pump/Yoga/Pilates	45 mins	£0.50	£6.10	£7.30
Body Attack/Combat/Balance	55 mins	£0.50	£6.80	£8.15
Body Attack/Combat/Balance	45 mins	£0.50	£6.10	£7.30
Urban Rebound		£0.50	£7.30	£8.75
All other classes	50 mins	Free	£6.20	£7.45
All other classes	45 mins	Free	£5.55	£6.65
All other classes	30 mins	Free	£5.10	£6.10

Contact reception for more details on the more card

Class Timetable

MONDAY

Morning	09.30-10.20	NEW! Step & Sculpt	St 1
	09.30-10.20	Stretch & Define	St 2
	09.30-10.20	Water Workout	TP
Afternoon	10.30-11.20	Thighs, Bums & Tums	St 1
	14.00-14.55	Pilates Course	St 1
	17.45-18.25	Urban Rebound	St 1
Evening	18.00-18.25	Beginners Group Cycle	Gym
	18.30-19.15	Group Cycle	Gym
	18.30-19.25	Body Balance	St 1
	19.00-19.50	Water Workout	TP
	19.30-20.25	Body Pump	St 1
	20.00-20.50	Water Workout	TP
	20.30-21.15	Pilates	St 1
	20.30-21.25	Yoga	St 2

TUESDAY

Morning	09.30-10.15	Group Cycle	Gym
	09.30-10.25	Body Pump	St 1
	10.30-11.20	Urban Rebound	St 1
Afternoon	17.45-18.25	Yoga	St 1
Evening	18.30-19.25	Body Combat	St 1
	19.30-20.15	Group Cycle	Gym
	19.30-20.20	Thighs, Bums & Tums	St 1
	20.00-20.55	Pilates Course	St 2
	20.30-21.30	Body Attack	St 1

WEDNESDAY

Morning	06.30-07.15	Group Cycling	Gym
	09.30-10.25	Thighs, Bums & Tums	St 1
	09.30-10.20	Water Workout	TP
	10.30-11.20	Body Attack	St 1
Afternoon	17.45-18.25	Urban Rebound	St 1
Evening	18.00-18.25	Beginner Group Cycle	Gym
	18.30-19.15	Group Cycle	Gym
	18.30-19.20	Express Step	St 1
	19.30-20.25	Body Pump	St 1
	20.30-21.25	Yoga	St 1

THURSDAY

Morning	09.30-10.25	Body Combat	St 1
	10.30-11.25	NEW! Step & Sculpt	St 1
Afternoon	17.45-18.25	Thighs, Bums & Tums	St 1
Evening	18.30-19.15	Xpress Body Attack	St 1
	19.00-19.50	Water Workout	TP
	19.30-20.15	Group Cycle	Gym
	19.30-20.25	Body Pump	St 1

FRIDAY

Morning	09.30-10.25	Body Balance	St 2
	09.30-10.20	Water Workout	TP
	10.30-11.25	Body Pump	St 1
	10.30-11.25	Pilates	St 2
Evening	18.00-18.25	Beginner Group Cycle	Gym
	18.30-19.15	Group Cycle	Gym
	19.00-19.50	Salsa Aerobics	St 1
	20.00-20.50	NEW! Line Dancing	St 1

SATURDAY

Morning	09.00-09.25	Beginner Group Cycle	Gym
	09.30-10.15	Group Cycle	Gym
	09.30-10.20	Hi/Lo Aerobics	St 1
	10.30-11.20	Thighs, Bums & Tums	St 1
	11.30-12.25	Body Pump	St 1

SUNDAY

Morning	09.30-10.20	Urban Rebound	St 1
	10.30-11.25	Body Pump	St 1
Evening	18.00-18.55	Yoga	St 1



kinetikaTM
fitness

DC LEISURE

kinetika membership

Our kinetika membership aims to help you enjoy life, feel great and help you achieve a healthier lifestyle.

We offer a friendly fitness environment for real people. Membership includes unlimited use of:

- The gym
- Group workout classes
- Sauna, Steam Room & Spa
- 5 free training sessions with an instructor
- 2 swimming pools

For further information on how to join contact a Customer Advisor on 01932 260310 or contact reception.



Understanding your class timetable



Body Attack

Cardiovascular interval training that combines low & high intensity aerobics, strength and stabilisation exercises. A rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength. The class to attack the body. Pre-choreographed with awesome music.



Body Pump

Uses barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Pre-choreographed with awesome music.



Body Combat

Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo. A fiercely energetic experience. Pre-choreographed with awesome music.



Body Balance

A combination of Tai Chi, yoga, dance and ballet. A pure workout to balance the entire body. Pre-choreographed with awesome music.

Group Cycling

An energetic class on studio bikes to work the whole body.

Thighs, Bums & Tums

A total workout to overload those major muscle groups as well as to tone & define.

Yoga

A holistic class to strengthen body & mind. Re-energises and increases flexibility, strength and endurance.

Pilates

Pilates teaches you how to use your muscles in a controlled way so they work for you in harmony with your breathing. It strengthens the body through movement and is ideal for all levels of fitness. It is required that you attend a 6 weeks beginner course before joining the class. Ask reception for details.

Stretch & Define

A gentle class to promote body strength and condition of the heart and body.

Salsa Aerobics

Salsa based movements choreographed into a dance routine. Great fun, no need to have a partner.

Group Water Workout

Water based workout class for all levels utilising the water as resistance. Non-impact and excellent for toning and shaping, gentle on the joints and great fun.

Express Step

Easy to follow fun step class that works the whole body. Suitable for beginners/intermediates.

Step & Sculpt

A cardiovascular class using a step bench for the workout and to sculpt and define your body.

Line dancing

A fun class for all ages and abilities

Hi/Lo Combination

A combination of high and low impact aerobic moves as well as to condition heart, body & mind.

Please note:

All class times include set up/down time.

Classes are 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.

No admittance to any class after it has commenced.

Lower age limit for all classes is 16 years old.

Classes subject to availability, please check in advance to avoid disappointment.

kinetika members get selected classes free and others at a discounted rate. Contact a Customer Advisor on 01932 260310 for further details.

The Elmbridge Xcel creche is open to members and casual users of the centre.

To book your place, please call direct on 01932 260306.

Opening Time

Monday-Saturday 9.30am-1.30pm.

Early drop off 9.15am.

Timetable available in large format. Contact reception.