



# Wyre Forest Sports and Leisure Centres Workout Timetable

April 2009 - October 2009

## Wyre Forest Glades

T: 01562 515151 F: 01562 861458

Typetalk: 18001 01562 515151

Website: [www.wyreforestgladesleisurecentre.co.uk](http://www.wyreforestgladesleisurecentre.co.uk)

## Stourport Sports Centre

T: 01299 822308 F: 01299 827681

Typetalk: 18001 01299 822308

Website: [www.stourportsportscentre.co.uk](http://www.stourportsportscentre.co.uk)

## Bewdley Leisure Centre

T: 01299 402595

Typetalk: 18001 01299 402595

Website: [www.bewdleyleisurecentre.co.uk](http://www.bewdleyleisurecentre.co.uk)



MONDAY CLASS	TIME	LOCATION	SITE	INTENSITY	CRECHE AVAILABILITY
Body Combat	9:45am - 10:45am	Studio	WFG	ALL LEVELS	Yes
Stretch and Tone	10:00am - 11:00am	Activity/Studio	SSC	ALL LEVELS	
Stretch and Tone	11:00am - 12:00pm	TriRoom	WFG	ALL LEVELS	Yes
Forever Active Aerobics	12:30pm - 1:15pm	Studio	WFG	BEGINNERS	Yes
Energiser 45	12:30pm - 1:15pm	Activity/Studio	SSC	ALL LEVELS	
Aqua	2pm - 3pm	Pool	SSC	ALL LEVELS	
Line Dancing*	2pm - 4pm	Studio	WFG	ALL LEVELS	
Junior Multisports	4:00pm - 5:30pm	Sports Hall	WFG	ALL LEVELS	
Body Pump	6pm - 7pm	Studio	WFG	ALL LEVELS	
Body Balance	6:30pm - 7:30pm	TriRoom	WFG	ALL LEVELS	
Step Aerobics	6:30pm - 7:30pm	Activity/Studio	SSC	ALL LEVELS	
Body Combat	7pm - 8pm	Studio	WFG	ALL LEVELS	
Bums, Tums and Thighs	7:30pm - 8:30pm	TriRoom	WFG	ALL LEVELS	
Power Hour Circuits	7:30pm - 8:30pm	Sports Hall	SSC	INTERMEDIATE	
Legs, Bums and Tums	7:30pm - 8:30pm	Studio	SSC	ALL LEVELS	
Aquafit	8pm - 9pm	Pool	WFG	ALL LEVELS	
Power Hour Circuits	8:15pm - 9:15pm	Studio	WFG	ALL LEVELS	
<b>TUESDAY CLASS</b>	<b>TIME</b>	<b>LOCATION</b>	<b>SITE</b>	<b>INTENSITY</b>	<b>CRECHE AVAILABILITY</b>
Blitz those Bits Aerobics	9:45am - 10:45am	Studio	WFG	ADVANCED	Yes
Body Pump	11:15am - 12:15pm	Studio	WFG	ALL LEVELS	Yes
Body Combo	1:15pm - 2:15pm	Studio	WFG	ALL LEVELS	Yes
Junior Street Dance	4:30pm - 5:30pm	Studio	WFG	ALL LEVELS	
Body Balance	6pm - 7pm	TriRoom	WFG	ALL LEVELS	
Body Combat	6pm - 7pm	Studio	WFG	ALL LEVELS	
Fight Fit	6:30pm - 7:30pm	Activity/Studio	SSC	ALL LEVELS	
Fit 'n' Funky Aerobics	7:00pm - 8:00pm	Studio	WFG	INTERMEDIATE	
Pilates	7:15pm - 8pm	TriRoom	WFG	ALL LEVELS	
Tums and Bums	7:30pm - 8:30pm	Sports Hall	B/C	ALL LEVELS	
Belly Dancing	8:00pm - 9:00pm	Arena	WFG	ALL LEVELS	
Urban Rebounding	8:00pm - 9:00pm	Studio	SSC	ALL LEVELS	
Beginners Circuits	8:15pm - 9:15pm	Studio	WFG	ALL LEVELS	
<b>WEDNESDAY CLASS</b>	<b>TIME</b>	<b>LOCATION</b>	<b>SITE</b>	<b>INTENSITY</b>	<b>CRECHE AVAILABILITY</b>
Forever Active Aqua	9:45am - 10:30am	Pool	WFG	ALL LEVELS	Yes
Step Aerobics	9:30am - 10:30am	Studio	SSC	ALL LEVELS	
Body Combo	9:45am - 10:45am	Studio	WFG	ALL LEVELS	Yes
Stretch & Tone	11am - 12pm	TriRoom	WFG	ALL LEVELS	Yes
Forever Active Aerobics	11:30 - 12:15pm	Studio	WFG	BEGINNERS	Yes
Working Lunch Circuits	1:00pm - 1:50pm	Studio	WFG	ALL LEVELS	Yes
Junior Sports	4:00pm - 5:00pm	Sports Hall	SSC	ALL LEVELS	

\* Please note that these classes are not included in the kinetika membership.  
 Programme details correct at time of going to press.

Combat Express	6:15pm-7:00pm	Studio	WFG	ADVANCED	
Tums & Bums	6:30pm-7:30pm	Sports Hall	SSC	BEGINNERS	
Pilates	7:00pm-8:00pm	Activity Studio	SSC	ALL LEVELS	
Bums, Tums and Thighs	7:00pm-8:00pm	TriRoom	WFG	ALL LEVELS	
Body Pump	7:15pm-8:15pm	Studio	WFG	ALL LEVELS	
Power Hour Circuits	7:30pm-8:30pm	Sports Hall	B.C	ALL LEVELS	
Belly Dancing	8:00pm-9:00pm	Studio	SSC	ALL LEVELS	
Ceroc*	8:00pm-11:00pm	Studio	WFG	ALL LEVELS	
Master Swim	9:00pm-10:00pm	Pool	SSC	ADVANCED	
<b>THURSDAY CLASS</b>	<b>TIME</b>	<b>LOCATION</b>	<b>SITE</b>	<b>INTENSITY</b>	<b>CRECHE AVAILABILITY</b>
Salisa Size	9:45am-10:45am	Studio	WFG	ALL LEVELS	Yes
Legs, Tums & Bums	10:00am-11:30am	Studio	SSC	ALL LEVELS	
Body Pump	11:15am-12:15pm	Studio	WFG	ALL LEVELS	Yes
Junior Multi Sports (8-15 yr olds)	4:00pm-5:30pm	Arena	WFG	ALL LEVELS	
Teen Cheerleading (8-16yr old)	4:30pm-5:30pm	Studio	WFG	ALL LEVELS	
Pilates	6:00pm-6:45pm	TriRoom	WFG	ALL LEVELS	
Bums, Tums, Thighs	6:15pm-7:15pm	Studio	WFG	ALL LEVELS	
Body Combat	6:30pm-7:30pm	Sports Hall	B.C	ALL LEVELS	
Urban Rebounding	6:30pm-7:30pm	Studio	SSC	ALL LEVELS	
Tai Chi	7:00pm-8:00pm	TriRoom	WFG	ALL LEVELS	
Adult Street Dance	7:15pm-8:00pm	Studio	WFG	ALL LEVELS	
Aqua Tone	8:00pm-9:00pm	Pool	WFG	ALL LEVELS	
Burlesque Dancing	8:00-8:45pm	Studio	WFG	ALL LEVELS	
<b>FRIDAY CLASS</b>	<b>TIME</b>	<b>LOCATION</b>	<b>SITE</b>	<b>INTENSITY</b>	<b>CRECHE AVAILABILITY</b>
Forever Active Aqua	9:45am-10:30am	Pod	WFG	ALL LEVELS	Yes
Body Combat	9:45am-10:45am	Studio	WFG	ALL LEVELS	Yes
Forever Active Aerobics	11am-12pm	Studio	WFG	BEGINNERS	Yes
Working Lunch Circuits	1:00pm-1:50pm	Studio	WFG	ALL LEVELS	Yes
Forever Active Aqua	3:00pm-4:00pm	Pool	SSC	ALL LEVELS	
Power Hour Circuits	6:15pm-7:15pm	Studio	WFG	ALL LEVELS	
Power Hour Circuits	6:30pm-7:30pm	Sports Hall	SSC	ALL LEVELS	
Body Pump	7:15pm-8:15pm	Studio	WFG	ALL LEVELS	
Pilates	7:00pm-8:00pm	Activity Studio	SSC	ALL LEVELS	
<b>SATURDAY CLASS</b>	<b>TIME</b>	<b>LOCATION</b>	<b>SITE</b>	<b>INTENSITY</b>	<b>CRECHE AVAILABILITY</b>
Body Pump	9:30am-10:30am	Studio	WFG	ALL LEVELS	
Sports 'n' Splash 8-15 years	10:45am-12:15pm	Arena	WFG	ALL LEVELS	
<b>SUNDAY CLASS</b>	<b>TIME</b>	<b>LOCATION</b>	<b>SITE</b>	<b>INTENSITY</b>	<b>CRECHE AVAILABILITY</b>
Step Aerobics	9:30am-10:30am	Studio	WFG	ALL LEVELS	
Bums, Tums and Thighs	10:30am-11:30am	Studio	WFG	ALL LEVELS	

**AEROBICS:** An effective way to lose fat, improve overall areas and have fun. Choose from Nice and Easy, blitz those bits, Tums and Bums, Thigh Burners, Fit 'n' Funky Aerobics.

**AQUA:** These classes are designed for all ages and levels of fitness, great for fitness and toning. Non weight bearing also suitable for most pregnant ladies. Choose from Aquatone and Aquacise.

**BODY BALANCE:** A dynamic Yoga-based programme that leaves you feeling relaxed and renewed. It combines the fundamental principles and practices of Yoga, Pilates and Feldenkrais, such as controlled breathing, concentration, flexibility and strength training to create a holistic workout that brings the body, mind and soul into a state of balance and harmony.

**BEGINNERS CIRCUITS:** This is ideal for people who are new to circuit training. Designed with this in mind you can take your time and work at your own level, great for fitness and tone.

**BODY COMBAT:** An adrenaline pumping routine combining powerhouse moves and stances developed from Karate, Kickboxing and Tai Chi disciplines. Come and throw off the confines of the day and get rid of your inhibitions.

**BODY COMBO:** This energy packed session combines 30mins of body combat and 30mins of body pump resulting in a motivating, fun, fat burning workout.

**BODY PUMP:** The world's first class to combine high repetition weight training with aerobic conditioning. It will tone and condition your body, can help you to lose weight and ultimately change your body shape.

**BURLESQUE DANCING:** You will learn the art of Burlesque dancing whilst toning up and learning to dance in a fun environment.

**COMBAT EXPRESS:** A 45 minute Body Combat class using fast adrenaline pumping tracks that will get your heart racing to the beats.

**ENERGISER 45:** A great lunchtime workout. Aimed at increasing your energy levels for the rest of the day, this fun 45 minute workout will work towards giving you all over tone and fitness. An effective and motivational class in the middle of the day.

**FIGHT FIT:** A fantastic opportunity to learn the skill of boxing. Learn how to punch properly and enjoy a group

atmosphere. This is a brilliant way to enjoy something new, increase your knowledge and have fun.

**FIT YOGA:** Freestyle Fitness Yoga targets flexibility, core stability and strength. It is a fitness programme that incorporates deep stretch, Yoga postures and stability exercises combined with the fluidity and aesthetic qualities of contemporary dance.

**FOREVER ACTIVE:** A gentle and fun way to improve overall fitness and flexibility for the over 50s.

**JUNIOR SESSIONS:** These cater for 8-15yr olds, giving a wide range of activities for younger people, encouraging them to have fun whilst getting fit and being healthy, choose from Junior Street dance, Body Circuits, Multisports.

**LINE DANCING:** An ideal way to keep fit and meet new friends, no partner required or special clothes needed.

**PILATES:** This wonderfully relaxing class will enable you to release the stresses of the day whilst getting fit, flexible and in great shape at the same time. Come in, chill out.

**POWER HOUR CIRCUITS:** These are high intensity classes, designed for weight loss, overall tone and increasing your fitness. Suitable for all levels, this class will push you to your limits.

**SPORTS 'N' SPLASH:** A multi sports session with a free unsupervised swim. Free to Krew members. Sports include football, dodgeball, basketball and rounders.

**TAI CHILL:** A wonderfully relaxing and de-stressing class combining the art of Tai Chi with chilled out, relaxing music that will melt your worries away.

**TEEN CHEERLEADING:** Come along, get fit and have fun learning how to be a true life Cheerleader. Work as a team with our funky instructor to put together motivating and energetic Cheerleading routines.

**URBAN REBOUNDING:** Urban Rebound is a fun, safe and effective way to exercise aerobically on a regular basis. It provides a surprisingly challenging cardiovascular workout without excess stress on the heart, muscles or joints. It uses familiar aerobic moves, sports specific, conditioning moves and core stabilization techniques.

**WORKING LUNCH:** A perfect lunchtime workout, combining Aerobics and Circuit exercises, to give all over tone and fitness. An energising and fun class in the middle of the day.

## Membership not required to attend classes

### Class Information

- Due to a high demand you will only be able to book Body Pump classes 90mins before commencement of the session from the 1st April 2005.
- Classes are only available for those aged 16 and over (except where specified as 'Junior' Classes)
- Booking is recommended, this may be done 7 days in advance in person or by telephone. Payment must be made by non kinetika members at the time of booking. Members may book up to 10 days in advance.
- For safety reasons, children are not permitted to sit in on any fitness classes.
- Please note that a five minute change over time is built into every hour long class.
- Due to the popularity of evening classes booked places will be given away if at commencement time of class all booked parties have not arrived.
- Due to high demand for circuit classes Kinetika Members will have the facility to book 3 days in

advance, whilst casual payers can only book 24 hours in advance.

- Tickets must be collected from reception and handed to the instructor. All class participants including kinetika members must collect a ticket at the main reception prior to the class.
- Before the class, please inform the instructor of any injuries or medical problems which may affect you during the class.
- Admission to an aerobics session after the warm up period has taken place may not be permitted. This is to safeguard you against injury.
- Cancellation period for classes is two hours for kinetika members and 24 hours for non members. Failure to adhere to this will result in the full charge being made for the class.

**The management reserve the right to change the contents of this programme at short notice.**