



Group Exercise Timetable

April – September 2009

River Park Leisure Centre

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Visit us at www.riverparkleisurecentre.co.uk



Operated by DC Leisure Management on behalf of Winchester City Council.

Aerobic Exercise Timetable

Day	Time	Activity	Instructor	Location	
Monday	09:30 - 10:30	Body Step	Jane	Studio 1	C
	09:30 - 10:15	Studio Cycling	Gym Team	Gym	C
	10:30 - 11:30	Aqua (term time only)	Sue	Main Pool	C, 
	10:35 - 11:30	Body Jam	Caroline	Studio 1	C
	12:15 - 13:10	Body Balance	Rachel	Studio 1	C
	12:30 - 13:00	Spin Xpress	Gym Team	Gym	
	13:30 - 14:25	Yoga	Paul	Studio 2	
	18:00 - 18:55	Body Jam	Philippa	Studio 2	
	18:05 - 19:00	Body Step	Jane	Studio 1	
	18:15 - 19:00	Studio Cycling	Gym Team	Gym	
	19:00 - 19:55	Body Balance	Rachel	Function Room	
	19:15 - 20:00	Studio Cycling	Gym Team	Gym	
	19:35 - 20:30	Body Pump	Jane	Studio 1	
	20:05 - 21:00	Aqua	Grace	Main Pool	
20:30 - 21:25	Legs, Bums & Tums	Chrissy	Studio 2		
Tuesday	09:30 - 10:15	Studio Cycling	Gym Team	Gym	
	10:35 - 11:30	Legs, Bums & Tums	Eileen	Studio 1	C
	12:15 - 13:10	Pilates (Drop In)	Claire	Studio 1	C
	16:30 - 17:15	Teen Fit	Gym Team	Squash Court 1	
	18:00 - 18:55	Body Pump	Caroline	Main Hall	
	18:00 - 18:55	Circuits	Circuit Team	Studio 1	
	18:15 - 19:00	Studio Cycling	Gym Team	Gym	
	19:00 - 19:55	Body Jam	Caroline	Main Hall	
	19:10 - 20:05	Circuits	Circuit Team	Studio 1	
	19:30 - 20:30	Studio Cycling	Gym Team	Gym	
	19:35 - 20:30	Legs, Bums & Tums	Laura	Studio 2	
	20:30 - 21:25	Body Combat	Allan	Studio 1	
Wednesday	09:30 - 10:25	Body Pump	Jane	Studio 1	C
	10:40 - 11:35	Legs, Bums & Tums	Jane	Studio 1	C
	12:00 - 13:00	Pilates (Intro Course)	Jane	Studio 2	C, £
	12:15 - 13:10	Body Balance	Rachel	Studio 1	
	12:30 - 13:00	Spin Xpress	Gym Team	Gym	
	13:15 - 14:30	Yoga (Drop In)	Lorna	Studio 1	
	18:00 - 18:55	Circuits	John & Rachel	Studio 2	
	18:00 - 18:55	Legs, Bums & Tums	Chrissy	Main Hall	
	18:15 - 19:00	Studio Cycling	Gym Team	Gym	
	19:10 - 19:55	Beginners Studio Cycling	Gym Team	Gym	
	18:00 - 19:10	Yoga (Beginners Course)	Lorna	Function Room	
	19:15 - 20:30	Yoga (Intermediate Course)	Lorna	Function Room	
	19:35 - 20:30	Body Pump	Rachel	Studio 1	
	20:40 - 21:35	Body Balance	Sarah	Studio 1	

Thursday	10:10 - 11:05	Body Step	Jane	Studio 1	C
	11:30 - 12:25	Body Balance	Caroline	Studio 1	C
	12:30 - 13:25	Legs, Bums & Tums	Caroline	Studio 1	C
	16:30 - 17:15	Teen Fit	Gym Team	Squash Court 1	
	18:00 - 18:55	Circuits	Circuit Team	Studio 1	
	18:00 - 18:55	Body Jam	Caroline	Main Hall	
	18:00 - 19:00	Pilates (Course)	Claire	Function Room	£
	18:15 - 19:00	Studio Cycling	Gym Team	Gym	
	19:00 - 19:55	Body Step	Jane/Jo	Main Hall	
	19:20 - 20:15	Body Balance	Laura	Studio 1	
	20:10 - 21:05	Pilates (Drop In)	Jane	Studio 2	
	20:15 - 21:10	Aqua	Catherine	Learner Pool	
	20:30 - 21:25	Body Combat	Liz	Studio 1	
	Friday	09:30 - 10:25	Pilates (Drop In)	Jane	Studio 1
10:40 - 11:40		Body Pump	Jane	Studio 1	C
12:15 - 13:10		Stretch	Rachel	Studio 1	C
12:15 - 13:00		Studio Cycling	Gym Team	Gym	C
13:00 - 13:55		Aqua (term time only)	Fredericka	Learner Pool	C
17:30 - 18:15		Studio Cycling	Gym Team	Gym	
18:15 - 19:15		Boxercise	Circuit Team	Studio 1	£
18:30 - 19:30		Junior Street Dance (term time only)	Laura	Studio 2	
19:30 - 20:30		Adult Street Dance	Laura	Studio 2	
19:30 - 20:15		Teen Fit	Gym Team	Gym	
Saturday	09:00 - 09:45	Studio Cycling	Gym Team	Gym	
	10:00 - 10:45	Studio Cycling	Gym Team	Gym	
	10:15 - 11:10	Circuits	Simon/John	Studio 1	
	15:30 - 16:30	Low Level Circuits	Tope	Studio 1	
	16:45 - 17:45	Body Pump	Aerobic Team	Studio 1	
	18:00 - 18:55	Teen Fit	Gym Team	Gym	
	19:00 - 19:55	Teen Fit	Gym Team	Gym	
Sunday	10:00 - 10:55	Hi-Energy	Rachel/Helen	Studio 1	
	11:00 - 11:55	Body Balance	Rachel/Helen	Studio 1	
	16:00 - 16:55	Body Step	Philippa/Jo	Studio 1	

Key

C Crèche available

£ kinetika members charged for this activity

 Free tea or coffee after this class (please present your ticket to the Café)

Please note:

- For your safety, please ensure suitable training shoes are worn to all classes.
- **The warm up and cool down are an essential part of each class to prevent injury. Therefore we do not allow entry into a class 5 minutes after the start.**
- **kinetika members will be penalised for failing to cancel pre-booked sessions they no longer wish to attend and for not registering at reception before the class.**
- The group exercise timetable is subject to change.

Class Descriptions

Welcome to the River Park Leisure Centre Group Exercise Programme. It is designed to provide an excellent choice of classes for people of all ages and abilities. All taught by our qualified and experienced instructors.

Adult Street Dance Do you enjoy dancing? Have you always wanted to learn some funky moves like those seen on MTV or in pop videos? Our new Adult Street Dance session is a great way to keep fit, have fun & learn to dance!

Aqua Class Using water for a non weight bearing workout in the main or learner pool. Using water as resistance for toning.

Body Balance This is a Yoga, Tai Chi and Pilates workout that builds flexibility and strength and leaves you feeling centred and clam.

Body Combat Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into 55 minute energetic routine.

Body Jam Mixture of hip hop, funk Latin and Broadway dance moves that add new meaning to the concept of having fun while getting fit.

Body Pump Non impact resistance programme combining high repetition weight training with aerobic endurance. Conditions muscles while raising metabolic rate for rapid fat burning. New starters please arrive ten minutes before the class begins.

Body Step An energising step workout. Cardio blocks push fat burning systems into high gear. Muscle conditioning tracks shape and tone your body.

Boxercise A class using resistance training equipment, cardiovascular work, punch bags and focus pad training.

Circuits This class builds speed, stamina and strength as well as cardiovascular endurance.

Hi Energy An aerobic workout with high energy choreographed routines.

Junior Street Dance A funky aerobics class for 11-16 year olds. Blending aerobic and dance moves, to the latest sounds of hip-hop, funk and chart topping sounds.

Legs, bums, turns A low impact class concentrating on those problem areas.

Low Level Circuits Inclusive of all impairments, this workout session incorporates both cardiovascular and resistance training.

Pilates This class focuses on coordination and relaxation using, slow, flowing movements. Developed to work specifically on training the core postural muscles, improving both strength and flexibility.

Spin Xpress A new 30 minute express studio cycling workout which helps improve cardiovascular fitness and burns lots of calories.

Stretch Improve flexibility, posture and muscle condition.

Studio Cycling A cardiovascular workout on a stationary bike in the gym.

Teen Fit Junior workout for 11-16 year olds in the gym.

Yoga This class encompasses all styles of physical yoga. Postures and breathing are used to release physical and mental tension.

Prices

Adult Street Dance	£4.85
Aerobics	£5.20
Aqua	£4.35
Body Balance	£5.35
Body Combat	£5.35
Body Jam	£5.35
Body Pump	£5.35
Body Step	£5.35
Boxercise	£5.25
Boxercise (member & PPL)	£3.40
Circuits	£4.85
Junior Street Dance	£2.00
Pilates (drop in)	£6.00
Spin Xpress	£4.20
Stretch	£5.20
Studio Cycling	£5.45
Teen Fit	£3.20

BTS PPL before 17:00 is £3.20 and
BTS PPL after 17:00 is £4.65

UNLESS STATED OTHERWISE JUNIOR KINETIKA AND KINETIKA MEMBERS PARTICIPATE FOR FREE.

Advance Member Bookings and Tickets

1. We have a new default system in place whereby if a member makes an advance booking for any group exercise session and then does not attend the class or cancel the space, you may be subject to a charge. 2. You must collect your ticket from reception before the session starts as tickets will be collected by instructors. 3. Anyone without a ticket will be asked to leave the class.

A large print version of this publication is available on request.