



Workout Timetable

April - September 2009

The Activity Zone
The Olympiad Leisure Centre
Springfield Leisure Centre
Lime Kiln Leisure Centre

Aerofit

An aerobic class to make you sweat without being complicated. Great for working the heart and lungs and improving health.

Phase I - Basic structured exercises, introducing Aerofit.

Phase II - Increased choreography and intensity.

Power Circuits

A brilliant class for those wanting to work hard and have fun with no complicated choreography. A station based class combining traditional strength, power and running activities.

Body Combat (Body Training Systems)



Combining moves and stances from a range of self-defence disciplines like karate, Tai Chi, Tae Kwon-Do and kickboxing into a fending, fighting routine. Creating a fiercely energetic experience that raises fitness levels throughout the whole body, while fighting calories and cholesterol.

RPM (Body Training Systems)



A very energetic exercise on the bikes. It will make you sweat!!

Step

An energetic and inspiring workout that involves stepping and aerobic training.

Great for training the heart and lungs and improving coordination.

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For those who attend classes on a regular basis. You should have learnt the basic moves & techniques and be ready to benefit from an intensive work out. An intermediate level of class that may involve choreography routines. A great total body workout.

Body Pump (Body Training Systems)



Is quite simply the world's most popular group fitness program ever, a revolutionary weight training workout that strengthens, tones and defines every muscle in your body. You get all the benefits of training and toning with weights in an energy-charged, fiercely physical group exercise class. And all the benefits of a better looking, better feeling and better working body.

Legs, Bums & Tums

An epic conditioning class that focuses on improving lower body definition and tone.

Body Conditioning

This body conditioning class focuses on improving your bodies definition and tone. It is suited to all levels and abilities as movements can be adjusted.

Body Balance (Body Training Systems)



A mixture of Tai Chi, Pilates and Yoga. Working with your core strength throughout the main components of the class. You will leave this class feeling revitalised and refreshed.

Tai Chi

A spiritually enhancing low impact fitness session for body and mind.

Pilates

The Pilates Method represents a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement

Smart Hearts

Is open to anyone who has attended a hospital based cardiac rehabilitation programme or advised by their GP to take regular exercise to control high blood pressure.

Nifty Fifty

A low impact aerobic session for the 50+.

Aquafit

A deep water workout class suitable for all ages and abilities.

Aquatrim

A shallow water exercise class suitable for all ages and abilities.

Ab Attack

Abdominal work designed to sculpt and tone the mid section.

Body Attack



An intense aerobics session concentrating on high impact moves.

kinetika Membership

Free use of selected exercise classes for kinetika Members. Contact a Customer Advisor for further details.

New Customers / Returning to exercise

Please advise the class instructor of any medical conditions, illnesses or injuries that may be affected by exercise. We advise you to inform your class instructor if you are new to the class. Beginners are welcome to attend classes that are marked with level 2 or 3. Please speak to your instructor before you start the class.

Class Prices

Please contact reception for prices.

Warm Up

Please make sure that you arrive on time for your class, 5 - 10 minutes early is ideal, as the warm up at the start of the session is very important and should not be missed. You will not be allowed to join the class if you are late. Persons who book and then do not turn up for a class will be charged.

Class Restrictions

Classes may have restricted numbers due to space or equipment available. To ensure your place please book in advance.

Crèche Facilities

Crèche Facilities available at The Olympiad Leisure Centre & The Activity Zone.



Key class levels

- R - Specific group / rehabilitation
- 1 - Easy low intensity - ideal for beginners
- 2 - Low to medium intensity
- 3 - Medium intensity
- 4 - Medium to high intensity
- 5 - High intensity

Prices

Workout classes	£4.60
BTS classes	£4.90
Aqua classes	£4.60

Please note: prices may vary according to class duration.

The Olympiad Leisure Centre

Time	Level	Session	Location
Monday			
7.15am - 8.00am	4-5	RPM	RPM Studio
9.30am - 10.30am	3-5	Body Combat	Movement Studio
10.35am - 11.35am	3-5	Body Pump	Movement Studio
12.15pm - 1.00pm	4-5	RPM	RPM Studio
12.15pm - 1.00pm	4-5	Body Attack	Movement Studio
5.15pm - 6.00pm	4-5	RPM	RPM Studio
6.00pm - 7.00pm	2-3	Pilates	Studio
6.00pm - 7.00pm	3	Aerofit	Movement Studio
7.10pm - 8.10pm	3-5	Body Pump	Movement Studio
Tuesday			
9.30am - 10.30am	3-5	Body Combat	Movement Studio
10.30am - 11.30am	2-3	Pilates	Studio Hall
10.35am - 11.35am	1	Nifty Fifty	Movement Studio
12.15pm - 1.00pm	3-5	Body Pump	Movement Studio
1.30pm - 2.30pm	R	Smart Hearts	Movement Studio
5.15pm - 6.15pm	3-5	Body Pump	Movement Studio
6.30pm - 7.30pm	4	Step	Movement Studio
7.15pm - 8.00pm	4-5	RPM	RPM Studio
7.15pm - 8.15pm	3-5	Power Circuits	Sports Hall
7.35pm - 8.35pm	1-2	Body Balance	Movement Studio
Wednesday			
7.15am - 8.00am	4-5	RPM	RPM Studio
9.30am - 10.30am	3	Body Conditioning	Movement Studio
12.15pm - 1.00pm	4-5	RPM	RPM Studio
4.00pm - 4.45pm	2-3	Junior Girls RPM	RPM Studio
6.00pm - 7.00pm	3	Legs, Tums & Bums	Movement Studio
6.30pm - 7.30pm	Course	Slimming Club	Studio Hall
7.05pm - 8.05pm	3-5	Body Combat	Movement Studio
8.10pm - 9.10pm	3-5	Body Pump	Movement Studio
Thursday			
9.30am - 10.30am	3-5	Body Pump	Movement Studio
10.35am - 11.35am	1-2	Body Balance	Movement Studio
12.15pm - 1.00pm	3-5	Combat	Movement Studio
6.00pm - 7.00pm	4-5	Body Attack	Movement Studio
6.30pm - 7.15pm	4-5	RPM	RPM Studio
7.05pm - 8.05pm	1-2	Body Balance	Movement Studio
7.15pm - 8.15pm	3-5	Power Circuits	Sports Hall
7.30pm - 8.30pm	1-2	Tai Chi	Movement Studio
8.10pm - 9.10pm	3	Legs, Tums & Bum	Movement Studio
Friday			
9.30am - 10.30am	4	Step	Movement Studio
10.30am - 11.30am	1-2	Body Balance	Movement Studio

5.30pm – 6.15pm	4-5	Body Attack	Movement Studio
12.15pm - 1.00pm	4-5	RPM	RPM Studio
1.30pm - 2.30pm	R	Smart Hearts	Movement Studio
5.15pm - 6.00pm	4-5	RPM	RPM Studio
6.30pm - 7.30pm	3-5	Body Pump	Movement Studio

Saturday

9.30am - 10.15am	4-5	RPM	RPM Studio
4.00pm - 5.00pm	3-5	Body Combat	Movement Studio
5.00pm - 6.00pm	3-5	Body Pump	Movement Studio

Sunday

9.00am - 9.45am	4-5	RPM	RPM Studio
10.00am - 11.00am	3-5	Body Pump	Movement Studio
11.00am – 12.00pm	4-5	Body Attack	Movement Studio

Springfield Leisure Centre

Time	Level	Session	Location
Monday			
6.00pm - 7.00pm	3-5	Body Pump	Sports Hall
7.15pm - 8.15pm	3-5	Body Combat	Movement Room
6.00pm - 6.45pm	4-5	RPM	Club Room
8.30pm - 9.30pm	3-5	Power Circuits	Sports Hall
Tuesday			
6.00pm - 6.45pm	4-5	RPM	Club Room
7.00pm - 8.00pm	3-5	Body Combat	Sports Hall
8.00pm - 9.00pm	1-3	Aquafit	Swimming Pool
8.10pm - 9.10pm	1-2	Body Balance	Club Room
Wednesday			
9.30am - 10.30am	3-5	Body Combat	Sports Hall
10.30am - 11.30am	4-5	Body Attack	Club Room
11.30am - 12.30pm	1-2	Body Balance	Club Room
2.00pm – 3.00pm	1	Smart Hearts	Movement Studio
3.30pm - 4.30pm	1-2	Kids Combat (aged 7 – 11 years)	
6.30pm - 7.30pm	2-3	Body Pump	Sports Hall
7.45pm - 8.30pm	4-5	RPM	Club Room
Thursday			
7.15am - 8.00am	4-5	RPM	Club Room
6.00pm - 7.00pm	4-5	Body Attack	Club Room
6.30pm - 7.30pm	2-3	Circuits	Sports Hall
7.30pm – 8.15pm	4-5	RPM	Club Room
Friday			
9.30am - 10.30am	3-5	Body Combat	Sports Hall
10.30am - 11.30am	1-2	Body Balance	Club Room
Saturday			
9.30am - 10.15am	4-5	RPM	Club Room



Lime Kiln Leisure Centre

Times	Level	Session	Location
Monday			
6.00pm-7.00pm	3-5	Aerofit	Movement studio
6.30pm-7.15pm	1-3	Aqua Trim	Swimming pool
7.15pm-8.00pm	2-4	Aqua Fit	Swimming pool
7.00pm-8.00pm	3-5	Body Pump	Movement studio
8.00pm-9.00pm	1-3	Body Balance	Movement studio
Tuesday			
9.30am-10.30am	2-3	Body Conditioning	Movement studio
7.00pm-8.00pm	3-5	Body Combat	Sports hall
8.00pm-9.00pm	2-3	Body Balance	Function room
Wednesday			
9.00am-10.00am	2-3	Body Conditioning	Movement studio
10.30am-11.30am	1-2	Nifty Fifty	Movement studio
Thursday			
10.00am-11.00am	2-3	Fitness Pilates	Movement studio
11.15am-12.00pm	2-3	Step 'n' Tone	Movement studio
8.00pm-9.00pm	3-5	Circuit training	Sports hall
Friday			
9.30am-10.30am	2-3	Body conditioning	Movement studio
12.15pm-1.00pm	1-3	Aqua trim	Swimming pool
Saturday			
9.00am-10.00pm	3-4	Boxercise	Movement studio

Yoga Courses

Time	Level	Session	Location
Monday			
9.30am-11.00am	1-2	Yoga mixed ability	Movement studio
Tuesday			
6.00pm-7.30pm	1-2	Yoga beginners	Movement studio
Tuesday			
7.45pm-9.15pm	2-3	Yoga improvers	Movement studio

The Activity Zone

Times	Level	Session	Location
Monday			
9.30am – 10.40am	3	Legs, Bums & Tums	Multi Zone
11.50am – 1pm	4-5	RPM	Flexi Zone
6.15pm – 7.15pm	5	Body Attack	Multi Zone
6.50pm – 8.00pm	4-5	RPM	Flexi Zone
7.20pm – 8.30pm	4	Body Conditioning	Multi Zone
Tuesday			
7.00am – 7.45am	3-5	RPM	Flexi Zone
9.20am – 10.30am	3-5	Body Pump	Flexi Zone
10.40am – 11.45am	1-2	Body Balance	Flexi Zone
1.30pm – 2.15pm	1-3	Aqua Trim	Swimming Pool
6.20pm – 7.30pm	3-5	Body Pump	Flexi Zone
7.35pm – 8.45pm	4-5	RPM	Flexi zone
Wednesday			
9.30am – 10.40am	2-4	Step and Tone	Multi Zone
10.00am – 10.45am	1-3	Aqua Trim	Swimming Pool
10.35am – 11.45am	3-5	Body Pump	Flexi Zone
11.00am – 12.00pm	1-3	Fitness Pilates	Multi Zone
6.20pm – 7.30pm	3-5	Circuit Training	Sports hall
6.50pm – 8.05pm	3-5	Body Pump	Flexi Zone
6.50pm – 8.00pm	3	Legs, Bums & Tums	Sports Hall
8.10pm – 9.15pm	1-2	Body Balance	Flexi Zone
Thursday			
9.30am – 10.30am	1	Smart Hearts	Flexi Zone
10.35am – 11.45am	1-3	Body Balance	Flexi Zone
11.50am – 1.00pm	4-5	RPM	Flexi Zone
5.55pm – 7.00pm	3-5	Body Pump	Flexi Zone
7.05pm – 8.15pm	3-5	RPM	Flexi Zone
7.00pm – 8.00pm	5	Body Attack	Multi Zone
7.30pm – 8.30pm	1-3	Aqua Trim	Swimming pool
Friday			
9.30am – 10.30am	3	Aerofit	Multi Zone
10.50am – 12.00pm	3-5	Body Pump	Flexi Zone
5.20pm – 6.30pm	3-5	RPM	Flexi Zone
Saturday			
9.50am – 11.00am	3-5	Body Pump	Flexi Zone
11.15am – 12.15pm	4-5	RPM	Multi Zone





The Olympiad Leisure Centre

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Lime Kiln Leisure Centre

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