

# Breaking News!

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www.dcleisurecentres.co.uk

May 2009

## A Message From The General Manager

We are delighted to announce the "gym upgrades" at both Farnborough Leisure Centre and Aldershot Pools. The total investment of £100,000 is funded by DC Leisure and Rushmoor Borough Council. The dates for the installation of the new gym equipment are detailed below and on our website [www.farnboroughleisurecentre.co.uk](http://www.farnboroughleisurecentre.co.uk) & [www.aldershotpoolscomplex.co.uk](http://www.aldershotpoolscomplex.co.uk)

At Farnborough Leisure Centre there will be 27 new pieces of fat burning cardio vascular equipment, new free weights, new carpets and replacement of the upholstery on all the resistance equipment.

At kinetika in Aldershot the cardio vascular equipment will be upgraded and there will be a full replacement of resistance equipment. In addition, new carpets will also be fitted.

The disruption to gym usage and workout classes will be kept to a minimum and we are offering alternative workout classes, please see the Workout Timetable overleaf.

Please come along to our **FREE** member's tenpin bowling night at Farnborough Bowl on Wednesday the 20th of May from 7pm.

The team are delighted with the investment and we hope you enjoy the upgraded facilities.

We thank you all for your co-operation during this time and we look forward to the end result!

**Duncan Mackay**  
General Manager  
Farnborough Leisure Centre

**Louise Jelley**  
General Manager  
Aldershot Pools

## Upgrade Schedule

### Farnborough Leisure Centre

Our kinetika gym will be closed on:

- Wednesday 20th May
- Thursday 21st May
- Friday 22nd May



### Aldershot Pools

Our kinetika gym will be closed on:

- Wednesday 27th May
- Thursday 28th May
- Friday 29th May



During the upgrade, there will be updates available in the main reception please feel free to ask the gym team if you would like to discuss the plans in more detail.



## Workout Programme Changes

This is the temporary amended timetable for Wednesday 20th, Thursday 21st & Friday 22nd May  
Please note which classes are cancelled and which have a different location

### Wednesday 20th May

9.30am	Indoor Cycling	Cancelled
12.30pm	Body Step	Studio 2
1.00pm	Indoor Cycling	Cancelled
5.30pm	Indoor Cycling	Cancelled
6.15pm	Indoor Cycling	Cancelled
6.15pm	Body Blitz	Cancelled
6.15pm	Circuits	Main Hall
7.00pm	Yoga	Studio 2
8.15pm	Yoga	Studio 2
7.15pm	Indoor Cycling	Cancelled
7.30pm	Body Combat	Main Hall
8.15pm	Water Workout	Pool

### Thursday 21st May

9.45am	Indoor Cycling	Cancelled
10.00am	Water Workout	Pool
12.30pm	Body Pump	Studio 2
6.00pm	Body Combat	Activity Room
6.15pm	Indoor Cycling	Cancelled
6.15pm	Body Pump	Studio 2
7.00pm	Body Step	Squash Court
7.30pm	Legs, Burns & Tums	Studio 2
8.30pm	Body Balance	Squash Court

### Friday 22nd May

9.45am	Body Combat	Studio 2
12.15pm	Body Pump	Studio 2
5.30pm	Indoor Cycling	Cancelled
6.15pm	Body Pump	Studio 2
7.00pm	Water Workout	Pool

There will be NO advance booking for non-members for these 3 days.

## Membership Price Freeze!

All-inclusive health and fitness membership prices have been frozen until 2010.

For those who will miss their daily gym workout why not try one of the workout classes above! Also try the sauna, steam room or maybe swim all of which are included in your membership.

Alternatively we have agreed with Camberley Arena and Farnham Sports Centre that our members will be able to use their kinetika gyms during the 3 day closure at each site. An induction is required so please contact Farnborough Leisure Centre Main Reception to arrange your induction and use of their facilities.

## Q & A

### How does the gym upgrade affect me?

The kinetika gym at Farnborough will be closed on the 20th, 21st & 22nd May. The kinetika gym at Aldershot will be closed on the 27th, 28th & 29th May. We hope you enjoy the new equipment.

### How will I know how to use the new equipment?

Don't worry. Our qualified kinetika gym staff will be on hand the weekend following the upgrade; alternately you can request advice and assistance during your next visit or why not take this opportunity to book a programme update. Please ask at reception for further details.

## Members Tenpin Bowling Night

To celebrate our gym upgrade, Farnborough Bowl is offering our kinetika members 2 FREE games of tenpin bowling on Wednesday 20th May from 7pm.

Pre booking is essential as spaces are limited.

Please call **01252 554046** to book your space and join in the fun!



enquiries@farnboroughleisurecentre.co.uk  
www.farnboroughleisurecentre.co.uk

Farnborough Leisure Centre: 01252 370411  
Membership Enquiries: 01252 554040  
Swimming Academy: 01252 554041  
Farnborough Bowl: 01252 554046



enquiries@aldershotpoolscomplex.co.uk  
www.aldershotpoolscomplex.co.uk

Aldershot Pools: 01252 323482  
Membership Enquiries: 01252 323482  
Swimming Academy: 01252 323482  
Farnborough Bowl: 01252 554046  
Aldershot Lido (seasonal): 01252 313706



Managed by DC Leisure working in partnership with Rushmoor Borough Council

