



Group Exercise Timetable

April 2009

Fleming Park Leisure Centre
Passfield Avenue, Eastleigh
Hampshire, SO50 9NL
Tel: 02380 684800

DC LEISURE
Fitness Industry Association
Operator of the Year 2008/9

EASTLEIGH
BOROUGH COUNCIL

Operated by DC Leisure Management on behalf of Eastleigh Borough Council

Group Exercise Timetable

Monday

| | | | | | |
|---|---------------------------|-------------|------------|--------------|--------------|
| | Indoor Cycling | 07.00-07.30 | **/** | Gym | Fitness team |
| C | 50+ Keep Fit | 09.00-09.55 | */** | Main Hall | Ann |
| C | Fatblaster | 09.30-10.25 | ****/***** | Studio 2 | Jo |
| C | Body Pump | 10.30-11.25 | *** | Studio 2 | Jo |
| C | Speedo Deepwater Aqua | 11.45-12.30 | * | Main Pool | Sian |
| C | Indoor Cycling | 12.30-13.15 | ****/***** | Gym | Fitness team |
| C | Body Balance | 12.30-13.25 | *** | Studio 2 | Helen |
| | After Workout | 17.15-17.55 | *** | Studio 2 | Janice |
| | Indoor Cycling | 18.00-18.25 | **/** | Gym | Fitness team |
| | Body Pump Express | 18.00-18.45 | *** | Studio 2 | Janice |
| | Legs, Bums & Tums | 18.05-18.55 | *** | Main Hall | Sian |
| | Freestyle Fitness Yoga | 18.15-19.10 | *** | Studio 1 | Jenny |
| | Indoor Cycling (Beginner) | 18.30-18.55 | */** | Gym | Fitness team |
| | Indoor Cycling | 19.00-19.45 | **** | Gym | Allan |
| | Aquacise | 19.00-19.55 | ** | Learner Pool | Sian |
| | Circuit Training | 19.05-19.55 | ***** | Main Hall | Liz |
| | Step 'n' Tone | 19.15-20.10 | **** | Studio 1 | Jenny |
| | Body Combat | 20.15-21.10 | **** | Studio 1 | Liz |

Tuesday

| | | | | | |
|---|---------------------------|-------------|------------|--------------|--------------|
| C | Indoor Cycling | 09.30-10.15 | ****/***** | Gym | Glenn |
| C | Step# | 09.30-10.25 | *** | Studio 2 | Rowena |
| C | Body Jam# | 09.45-10.25 | *** | Main Hall | Melanie |
| C | Legs, Bums & Tums | 12.30-13.25 | *** | Studio 2 | Melanie |
| | Aerotone | 17.15-18.10 | *** | Studio 1 | Sian |
| | Indoor Cycling | 18.00-18.25 | **/** | Gym | Fitness team |
| | Body Pump | 18.00-18.55 | *** | Studio 2 | Liz |
| | Legs, Bums & Tums | 18.15-19.10 | *** | Studio 1 | Jo |
| | Indoor Cycling (Beginner) | 18.30-18.55 | */** | Gym | Fitness team |
| | Aquacise | 19.00-19.45 | *** | Learner Pool | Alison |
| | Indoor Cycling | 19.15-20.00 | ****/***** | Gym | Kim |
| | Body Pump | 19.00-19.55 | *** | Studio 2 | Liz |
| | Fatblaster | 19.15-20.10 | ****/***** | Studio 1 | Jo |
| | Aquacise | 19.45-20.30 | *** | Learner Pool | Alison |
| | Body Combat | 20.15-21.10 | **** | Studio 2 | Liz |
| | Body Sculpt | 20.15-21.10 | *** | Studio 1 | Allison |

Wednesday

| | | | | | |
|---|-----------------------|-------------|------------|-----------|--------------|
| | Indoor Cycling | 07.00-07.30 | ****/***** | Gym | Fitness Team |
| C | 50+ Keep Fit | 09.00-09.55 | */** | Main Hall | Ann |
| C | Legs, Bums & Tums | 09.30-10.25 | *** | Studio 2 | Jenny |
| C | Body Pump | 10.30-11.25 | *** | Studio 2 | Jenny |
| C | Speedo Deepwater Aqua | 11.45-12.30 | * | Main Pool | Sian |
| C | Body Attack Express | 12.30-13.15 | ***** | Studio 2 | Liz |
| C | Body Balance Express | 17.15-18.00 | *** | Studio 1 | Helen W |
| C | Body Pump Express | 17.15-18.00 | *** | Studio 2 | Allan |
| C | Indoor Cycling | 18.00-18.45 | ****/***** | Gym | Fitness team |
| C | Body Sculpt | 18.00-18.55 | *** | Studio 2 | Melanie |
| C | Body Combat | 18.00-18.55 | **** | Studio 1 | Helen W |
| | Body Attack | 19.00-19.55 | ***** | Studio 1 | Melanie |
| | Circuit Training | 19.00-19.55 | ***** | Main Hall | Liz |
| | Body Pump | 19.00-19.55 | *** | Studio 2 | Allan |
| | Indoor Cycling | 20.30-21.00 | */** | Gym | Allan |
| | Pilates (Course) | 21.00-21.55 | ** | Studio 1 | Marion |



Thursday

| | | | | | |
|---|------------------------|-------------|--------|--------------|--------------|
| C | Step# | 09.30-10.25 | *** | Studio 2 | Rowena |
| C | Aerobics Circuit# | 09.30-10.25 | *** | Studio 3 | Ann |
| C | Indoor Cycling | 09.45-10.15 | */** | Gym | Fitness team |
| C | Body Pump | 10.30-11.25 | *** | Studio 2 | Jo/Liz |
| C | Indoor Cycling | 12.30-13.15 | ***/** | Gym | Fitness team |
| C | Freestyle Fitness Yoga | 12.30-13.25 | *** | Studio 2 | Sandra |
| | Teen Workout | 16.00-17.00 | ** | Gym | Fitness team |
| | Legs, Bums & Tums | 17.30-18.25 | *** | Studio 2 | Helen M |
| | Indoor Cycling | 18.00-18.30 | **/** | Gym | Fitness Team |
| | Body Jam | 18.00-18.55 | *** | Studio 1 | Melanie |
| | Body Pump | 18.30-19.25 | *** | Studio 2 | Allan |
| | Aquacise | 19.00-19.45 | *** | Learner Pool | Allison |
| | Body Combat | 19.05-19.55 | **** | Main Hall | Jo |
| | Yoga | 19.15-20.10 | **/** | Studio 1 | Sandra |
| | Indoor Cycling | 19.45-20.15 | *** | Gym | Damian |
| | Pilates (Drop in) | 20.15-21.10 | ** | Studio 1 | Rebecca |
| | Yoga (Course) | 20.30-21.25 | **/** | Studio 2 | Sandra |

Friday

| | | | | | |
|---|-----------------------|-------------|-------|-----------|--------------|
| C | 50+ Keep Fit | 09.00-09.55 | */** | Main Hall | Ann |
| C | Body Jam | 09.30-10.25 | *** | Studio 2 | Melanie |
| C | Step 'n' Tone | 10.30-11.25 | **** | Studio 2 | Melanie |
| C | Speedo Deepwater Aqua | 11.45-12.30 | * | Main Pool | Sian |
| C | Body Combat | 12.30-13.25 | **** | Studio 2 | Liz/Helen W |
| | Teen Workout | 16.00-17.00 | ** | Gym | Fitness team |
| | Indoor Cycling | 18.00-18.30 | **/** | Gym | Allan |
| | Body Attack | 18.00-18.55 | **** | Studio 2 | Michelle |
| | Boxercise | 18.30-19.25 | **** | Studio 1 | Roger & Alan |

Saturday

| | | | | | |
|---|----------------|-------------|-------|----------|--------------|
| | Indoor Cycling | 08.30-08.55 | **/** | Gym | Fitness team |
| C | Indoor Cycling | 09.00-09.30 | **/** | Gym | John |
| C | Body Sculpt | 09.30-10.25 | *** | Studio 2 | Melanie |
| C | Indoor Cycling | 10.30-11.15 | *** | Gym | Fitness team |
| C | Body Balance | 10.30-11.25 | *** | Studio 2 | Melanie |
| C | Body Pump | 11.30-12.25 | *** | Studio 2 | Liz/Allan |
| | Teen Workout | 14.00-15.00 | ** | Gym | Fitness team |
| | Teen Workout | 15.00-16.00 | ** | Gym | Fitness team |

Sunday

| | | | | | |
|--|-------------------|-------------|------|----------|--------------|
| | Circuit Training | 10.00-10.55 | **** | Studio 1 | Liz |
| | Sunday Blast | 10.30-11.25 | *** | Studio 2 | Janice |
| | Legs, Bums & Tums | 11.30-12.25 | *** | Studio 2 | Allison |
| | Teen Workout | 14.00-15.00 | ** | Gym | Fitness team |
| | Teen Workout | 15.00-16.00 | ** | Gym | Fitness team |

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.
- Failure to participate in these sections of a class is at your own risk.
- Location of classes may alter due to other programming changes in the centre.
- Management reserve the right to change Instructors.
- Please bring a mat or something to lie on.

- Teen Workout must be booked in advance. Places available to be booked from 09.00 on the day for Non members and 09.00 the day before for Family and Junior members
- Look out for additional short courses in ski fit, core fit, body combat technique etc.

Key

C Crèche available
 # These classes are part of the Fitness Mornings and run term time only. See the Centre brochure for full listings

Class Descriptions

Welcome to the Fleming Park Leisure Centre Group Exercise Programme. Designed to provide an excellent choice of classes for people of all ages, abilities and interests, all taught by our qualified and experienced Instructors.

Aerobics Circuit – Low level circuits suitable for all abilities. Part of the Fitness Morning.

Aerotone – Combination of aerobics and toning. Includes deep toning exercises for those unwanted areas.

After Workout – Allow yourself to unwind after a hectic day. Incorporates aerobics, toning and relaxation.

Aquacise – An exhilarating all over body workout in the water. Fun for all levels of fitness.

Body Attack – Cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises.

Body Balance – Dynamic Yoga based stretch programme leaving you feeling relaxed and renewed. Uses practices of Yoga, Pilates and Feldenkrais such as controlled breathing, concentration, flexibility and strength training to bring about balance and harmony in your body.

Body Combat – Combines power house moves and stances developed from a range of disciplines like karate, boxing and taekwon do. Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body.

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. All newcomers should arrive 5-10 minutes before the start of the class to enable them to join in fully with the class.

Body Sculpt – Body shaping incorporating Legs, Bums and Tums work and upper body using bands and weights.

Boxercise – Advanced workout introducing boxing skills with a strong cardiovascular element. Includes focus pad, speed balls and punch bag work.

Circuit Training – This class builds speed, stamina and strength as well as cardiovascular endurance.

Speedo Deepwater Aqua – Totally non impact aqua class ideal for those suffering from back problems, arthritis or recovering from injury.

Fat Blaster – This class has it all! Great choreography with explosive high/low impact moves.

Fitness & Gym, Trim and Swim Mornings – Term time activity mornings. Please see our main brochure for full programme listings.

Freestyle Fitness Yoga – Class targets flexibility, core stability and strength. Incorporates deep stretch, yoga postures and stability exercises.

Indoor Cycling – A low impact workout, yet allows you to get your heart pounding helping you achieve your fitness goals. Highly effective at 400 calories per 45 minute workout.

Legs, Bums & Tums – The title says it all, a class for all levels. Workout with deep toning exercises for those problem areas.

Pilates Course and Drop in – Exercise technique targeting deep postural muscles, re-balancing of the body, improving posture and strength & flexibility. A continual 6 week course or drop in class. Limited places.

Step – Fat burning class designed to tone thighs and bottoms. Part of the Fitness Mornings.

Step 'n' Tone – A fun stepping segment, then on to toning and firming of tums and other unwanted bits.

Sunday Blast – A great fat burning session guaranteed, floor work included.

Teen Workout – For ages 11-15 years using equipment in the gym. Please book your place from 09.00 on the day for Non members and from 09.00 on the day before for Family/Junior members.

Yoga & Yoga Course – This class is suitable for all ages and abilities, based on Iyengar method. Strong postures, breathing techniques and deep relaxation will give you a strong and supple body and a de-stressed mind. Please bring a blanket and a small pillow or cushion.

Please check the * ratings for class suitability.

Prices

Aerobics

| | |
|----------------------------|--------|
| Peak | £5.00 |
| Off peak | £4.40 |
| Full time student off peak | £3.05 |
| Passport to Leisure | £3.05 |
| Block ticket | £44.75 |

Body Training Systems

(Body Combat, Body Pump, Body Jam, Body Balance, Body Attack)

| | |
|----------------------------|-------|
| Peak | £5.25 |
| Off peak | £4.75 |
| Aquacise | £4.60 |
| Speedo Deepwater aqua | £2.90 |
| Fitness Morning (Tuesday) | £4.55 |
| Fitness Morning (Thursday) | £4.40 |
| Boxercise | £5.55 |
| Teen Workout | £2.80 |
| Indoor Cycling | £6.90 |

Rating

The following rating gives an idea of the intensity of the exercise class.

| | |
|------------|----------|
| * | Gentle |
| **/** | Moderate |
| ****/***** | Advanced |

All classes are included within the Kinetika membership.

(Peak time is applicable to classes after 17.00 on weekdays and all day on weekends).

For bank holiday programme, please contact reception.

There are no pre-booking arrangements for buying tickets for classes (except teen workout). Please collect your ticket 30 minutes in advance for members, 20 minutes for non members.

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