



Workout Timetable

Spring/Summer 2009

Cranleigh Leisure Centre
01483 274400

Godalming Leisure Centre
01483 417282

The Herons Leisure Centre
01428 658484

The Edge Sports Centre
01428 644577

Farnham Sports Centre
01252 711119



Cranleigh Workout Timetable

Monday

8.30am-9.15am	Aqua Fit	Main Pool
9.45am-10.40am	Body Pump	Studio
10.45am-11.40am	Body Balance	Studio
2.00pm-3.00pm	50+	Studio
6.00pm-7.00pm	Legs, Bums & Tums	Studio
7.00pm-8.00pm	Circuits	Studio
7.00pm-8.00pm	Aqua Fit	Main Pool
8.00pm-9.00pm	Body Jam	Studio

Tuesday

9.45am-10.40am	Hi-Lo Aerobics	Studio
10.45am-11.40am	Legs, Bums & Tums	Studio
7.15pm-8.15pm	Hi-Lo Aerobics	Studio
8.15pm-9.15pm	Body Pump	Studio

Wednesday

8.30am-9.15am	Aqua Fit	Main Pool
9.20am-10.20am	50+	Studio
10.30am-11.30am	50+	Studio
7.00pm-8.00pm	Body Step	Studio
8.00pm-9.00pm	Body Balance	Studio

Thursday

9.45am-10.40am	Body Pump	Studio
10.45am-11.40am	Body Balance	Studio
6.00pm-7.00pm	Core Stability	Studio
7.00pm-8.00pm	Body Jam	Studio
8.00pm-9.00pm	Body Pump	Studio

Friday

9.15am-10.00am	Aqua Fit	Main Pool
9.45am-10.40am	Legs, Bums & Tums	Studio
10.45am-11.40am	Body Step	Studio

Saturday

10.00am-11.00am	Hi-Lo Aerobics	Studio
11.00am-12.00pm	Body Pump	Studio



Godalming Workout Timetable

Monday

10.00am-11.00am

Body Balance

7.00pm-8.00pm

Shape & Tone

Tuesday

10.00am-12.00noon

Active Lifestyle

6.30pm-7.00pm

Ab Attack

7.50pm-8.35pm

Aqua Fit

Wednesday

9.30am-10.30am

Body Condition

12.00noon-1.00pm

Body Balance

6.00pm-7.00pm

Pilates

Thursday

10.00am-12.00am

Active Lifestyle

7.30pm-8.30pm

Legs, Burns & Tums

Friday

6.00pm-7.00pm

Core Fit

Saturday

9.30am-10.30am

Shape & Tone

11.00am-12.00noon

Pilates

Sunday

11.30am-12.30am

Body Balance



The Edge

Monday	Times
Body Pump	9.30 - 10.30
Body Balance	18.00 - 19.00
Body Pump	19.00 - 20.00
Aerobic Combat	20.00 - 21.00

Tuesday	
Active Lifestyle	9.30 - 10.30
Body Attack	18.00 - 19.00
Swiss Ball*	19.30 - 20.30

Wednesday	
Body Balance	9.30 - 10.30
Body Pump	18.00 - 19.00
Body Step	19.00 - 20.00
Body Jam	20.00 - 21.00

Thursday	
Active Lifestyle	9.30 - 10.30
Body Jam	18.00 - 19.00
Circuits	19.00 - 20.00
Body Balance	20.00 - 21.00

Friday	
Active Lifestyle	9.00 - 11.00
Body Step	18.00 - 19.00
Body Balance	19.00 - 20.00

Saturday	
Body Pump	10.00 - 11.00

*own ball required

The Herons

Monday	Times
Body Attack	9.30 - 10.30
Body Balance	10.30 - 11.30
Aqua	9.30 - 10.30
Aqua	19.30 - 20.30

Tuesday	
Legs, Bums & Tums	9.30 - 10.30
Aqua Natal	19.30 - 20.30

Wednesday	
Body Step	9.30 - 10.30

Thursday	
Legs, Bums & Tums	9.30 - 10.30
Aqua	9.30 - 10.30
Legs, Bums & Tums	19.30 - 20.30

Friday	
Body Step	9.30 - 10.30



**Now available from
the Herons**

Sizes range from 32AA - 40G

If we don't have your size
available, we will order it in
for you!

**WHY WEAR A
SPORTS
BRA?**

Typically a breast
will move approx
8cm for each
step taken.

Any form of
movement causes
the ligaments to
stretch, ligaments will
never go back to their
original position -
causing sagging and
discomfort.

A supportive sports bra
significantly reduces
movement by up to 75%.
Thus reducing sagging
and discomfort.

PURE UNDERWEAR

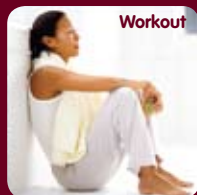
www.purelime.com

PURE LIME

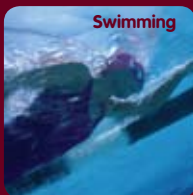
Farnham Group Exercise Timetable

MONDAY	HIGH ENERGY DANCE 9.30-10.40am Sue Allen ♿	AQUA AEROBICS 9.45-10.30am Maxine Phillips ♿	BODY PUMP 10.45-11.45am Diana West ♿	NIFTY 50'S BEGINNERS 12.00-1.00pm Kay Wardle
TUESDAY	AERO BLITZ & TONE 9.50-10.50am Maxine Phillips ♿		BODY BLAST 10.50-11.45am Kay Wardle ♿	HIGH ENERGY DANCE 12.45-2.00pm Sue Allen
WEDNESDAY	THE CORE & MORE 9.15-10.00am Kerry Lagden	BUMS, TUMS & THIGHS 10.00-11.00am Kerry Lagden ♿		BODY COMBAT 12.00-12.45pm Diana West
THURSDAY	BODY BLAST 9.50-10.50am Kay Wardle ♿	CORE STABILITY 10.55-11.45am Kay Wardle ♿	BODY PUMP 12.00-1.00pm Sheren Ward/ Carol Searle	
FRIDAY	BODY COMBAT 9.15-10.00am Diana West	BUMS, TUMS & THIGHS 10.00-11.00am Kay Wardle ♿	AB ATTACK 11.05-11.40am Kay Wardle ♿	HIGH ENERGY DANCE
SATURDAY	BODY PUMP 8.00-9.00am Lynne Carver/ Carol Searle	STEP AEROBICS 9.00-10.00am Jo Payne	BODY BALANCE 10.05-11.05am Jo Payne	HIGH ENERGY DANCE 11.10-12.25pm Sue Allen
SUNDAY	BODY COMBAT 9.30-10.30am Diana West/ Lesley Brooke	BODY PUMP 10.30-11.30am Lesley Brooke/ Lynne Carver	BODY BALANCE 5.00-6.00pm Diana West	

Don't pay separately for workout classes!



Workout



Swimming



Gym

Enjoy unlimited gym, swim, sauna & workout... all for one price!




BODY BALANCE 1.00-2.00pm Diana West	BODY TONE 6.15-7.15pm Judy Harris	CIRCUIT TRAINING 7.00-8.00pm Chris Emerson	BODY PUMP 7.15-8.15pm Maxine Phillips	BODY COMBAT 8.30-9.30pm Lynne Carver	
ANCE n	BODY PUMP 6.00-7.00pm Diana West	BODY COMBAT 7.00-8.00pm Diana West		HIGH ENERGY DANCE 8.30-9.45pm Sue Allen	
HIGH ENERGY DANCE 12.45-2.00pm Sue Allen	STEP AEROBICS 6.00-7.00pm Jo Payne	CIRCUIT TRAINING 7.00-7.55pm Chris Emerson	BODY BALANCE 7.00-8.00pm Jo Payne	Aqua Aerobics 7.40-8.25pm Tracy Harris	BODY PUMP 8.00-9.00pm Maxine Phillips
	BODY COMBAT 6.00-7.00pm Diana West	HIGH ENERGY DANCE 7.00 - 8.15pm Sue Allen	BUMS, TUMS & THIGHS 8.15-9.15pm Judy Harris		
HIGH ENERGY DANCE 12.45-2.00pm Sue Allen	BODY PUMP 6.00-7.00pm Diana West	CIRCUIT TRAINING 7.00-8.00pm Chris Emerson	AQUA AEROBICS 8.05-8.50pm Tracy Harris		

Booking information

- Bookings for classes can be made by telephone 7 days in advance
 - By kinetika membership number
 - By credit card
 - In person at reception with full payment
- Cancellations must be made at least 24 hours in advance of booking. Less than 24 hours and the full fee will be payable. This applies to members and non-members.
- Morning Aqua Aerobics classes are cancelled during school holidays.
- The management reserves the right to change the advertised programme of classes and instructors.

Crèche

We provide excellent creche facilities for all our centre users. Booking is essential.

 Creche available during these sessions.

Monday	9.30 - 11.29am
Tuesday	9.45 - 11.44am
Wednesday	9.45 - 11.44am
Thursday	9.45 - 11.44am
Friday	9.45 - 11.44am

Class Descriptions

BodyPump – BodyPump is a group exercise class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

BodyBalance – BodyBalance is a dynamic, fitness to music class incorporating Yoga, Tai Chi Pilates and Feldenkrais. It allows individuals to increase muscle strength, improve flexibility, and promotes relaxation.

BodyStep – BodyStep is a cardiovascular programme providing a high energy cardio workout to music. It features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the lower body while pushing the fat-burning systems into high gear.

BodyJam – BodyJam is an intoxicating pot-pourri of movement and music. The emphasis is as much on fun as breaking into a sweat using a combination of dance and aerobic moves.

Aerobic Combat – Aerobic Combat combines moves from a range of self defence disciplines e.g. karate, boxing, taekwondo utilising music to create an energetic atmosphere to raise fitness levels while reducing fat and conditioning the body.

Body Attack – Body Attack is a cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises. It is a rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength.

Yoga – Yoga is an ancient philosophical discipline harmonizing the mind, body and spirit. It helps to improve memory and concentration whilst enhancing the well-being, strength, vitality and balance of the body.

Circuits – Circuit Training is the progressive development of the muscular and cardio systems. It achieves all round fitness and endurance whilst being extremely sociable and fun.

Aqua – Aqua exercise programme has a major emphasis on aerobic type exercise including exercises which develop flexibility, muscular strength and endurance – all in the water. This is a safe and effective workout utilising the water as your training partner. Ideal for post and pre natal exercisers and rehabilitation from sports injuries.

Swiss Ball – Swiss Ball is designed to focus on the core muscles of the abdominals and back whilst also targeting other muscle groups. It also assists in improving flexibility and overall balance. Please bring your own ball to class as we do not provide.

Active Lifestyle – Active Lifestyle is a gentle to moderate exercise session for Seniors incorporating low impact aerobic, muscle conditioning, and stretch exercises. Classes cater for all abilities.

LBT – Legs, Bums and Tums is still one of the most popular classes on a gym timetable. The class focuses mainly on the toning and strengthening of the lower body utilising a variety of low impact and resistance exercises.

Have you tried..

For more information about any of our BTS classes contact the reception at each individual site.

