



Group Exercise Programme

April - July 2009

Alton Sports Centre
Mill Chase Leisure Centre
Taro Leisure Centre

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

EAST HAMPSHIRE

Partners

Operated by East Hampshire Leisure Community Association on behalf of East Hants District Council.

Group Exercise Programme

At Alton Sports Centre, Mill Chase Leisure Centre & Taro Leisure Centre we aim to provide a workout programme for all our customers, regardless of age or ability. To help you pursue a healthy and active lifestyle we offer a wide variety of classes, which will appeal to both men and women.

Alton Sports Centre

Monday

Freestyle Steppers	9.20am – 10.15am
Keep Fit Keep Active 50+	9.20am – 9.55am 10.15am – 11.00am 11.00am – 11.45am 10.30am – 11.25am
Body Balance	6.15pm – 7.10pm
Body Combat	7.00pm – 7.55pm
Circuits	7.15pm – 8.10pm
Body Pump	8.15pm – 9.10pm
Body Balance	

Tuesday

Salsa Aerobics	9.20am – 10.15am
Body Pump	10.30am – 11.25am
Pilates	6.15pm – 7.10pm
Legs, Bums & Tums	7.15pm – 8.10pm

Wednesday

Body Attack	9.20am – 10.15am
Pilates	10.30am – 11.25am
Fun & Fitness	10.30am – 11.25am
Legs, Bums & Tums	6.15pm – 7.10pm
Boxercise (Main Hall)	6.30pm – 7.30pm
Body Jam	7.15pm – 8.10pm

Thursday

Body Pump	9.20am – 10.15am
Body Balance	10.30am – 11.25am
Body Attack	6.15pm – 7.10pm
Body Pump	7.30pm – 8.25pm

Friday

Body Step	9.20am – 10.15am
Keep Fit Keep Active 50+	9.20am – 9.55am 10.15am – 11.00am 11.00am – 11.45am 10.30am – 11.25am
Legs, Bums & Tums	7.40pm – 8.30pm
Body Combat	

Sunday

Body Attack	10.00am – 10.55am
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Aqua Aerobics

Tue	7.00pm – 7.55pm
Thur	11.30am – 12.15pm 7.30pm – 8.25pm

Aqua Aerobics 50+

Mon	11.30am – 12.15pm
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Classes will be reviewed monthly and may be subject to change.

Spinning Classes

Mon	8.00pm – 8.45pm
Tues	9.30am – 10.15am 7.00pm – 7.45pm
Wed	9.30am – 10.15am
Thurs	8.00pm – 8.45pm
Fri	9.20am – 10.05am 6.30pm – 7.15pm

Mill Chase Leisure Centre

Monday

Body Balance	6.00pm – 6.55pm
Legs, Bums & Tums	7.00pm – 7.55pm

Tuesday

Circuits	6.00pm – 6.55pm
Boxercise	7.00pm – 7.55pm

Wednesday

Step & Tone	6.00pm – 6.55pm
Body Jam	7.00pm – 7.55pm

Thursday

Body Attack	6.30pm – 7.25pm
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Friday

Legs, Bums & Tums	6.00pm – 6.55pm
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Aqua Aerobics

Mon	11.15am – 12.00pm
Aqua Natal	7.00pm – 7.45pm
Tue	7.15pm – 8.10pm
Wed	10.00am – 10.55am



Crèche Opening Times

Alton Sports Centre

Monday - Friday
09.00am - 12.00pm

Taro Leisure Centre

Monday
09.00am - 12.30pm
Tuesday - Friday
09.00am - 1.30pm

Taro Leisure Centre

Monday

Freestyle Steppers	9.30am – 10.25am
Body Balance	10.35am – 11.30am
Legs, Bums & Tums	6.00pm – 6.55pm
Boxercise	7.15pm – 8.10pm
Body Pump	8.15pm – 9.10pm

Tuesday

Body Pump	9.20am – 10.15am
Body Combat	10.25am – 11.20am
Pilates (advanced)	11.35am – 12.30pm
Keep Fit & Active 50+	1.30pm – 2.25pm
Body Combat	6.00pm – 6.55pm
Body Jam	7.00pm – 7.55pm
Body Balance	8.00pm – 8.55pm

Wednesday

Legs, Bums & Tums	9.30am – 10.25am
6 week bookable course*	10.35am – 11.30am
Body Step	6.00pm – 6.55pm
Body Attack	7.00pm – 7.55pm
Body Balance	8.00pm – 8.55pm

Thursday

Body Jam	9.30am – 10.25pm
Body Balance	10.35am – 11.30am
Body Pump	6.00pm – 6.55pm
Body Combat	7.00pm – 7.55pm
Body Balance	8.15pm – 9.10pm

*See notice boards or reception for more details.

Friday

Body Attack	9.30am – 10.25am
Pilates (beginners/all levels)	10.40am – 11.35am
Keep Fit & Active 50+	1.30pm – 2.25pm
Legs, Bums & Tums	6.00pm – 6.55pm

Saturday

Boxercise	9.30am – 10.25am
Body Combat	10.35am – 11.30am

Sunday

Body Balance	10.00am – 10.55am
Sunday Social	7.00pm – 9.00pm

Aqua Aerobics

Mon	9.30am – 10.25am
Tue	8.05pm – 9.00pm
Wed	9.20am – 10.15am
Thur	8.00pm – 8.55pm
Fri	9.20am – 10.15am

Spinning Classes

Mon	7.00pm – 8.00pm
Tues	9.30am – 10.30am
	12.30pm – 1.05pm
	7.00pm – 8.00pm
Wed	6.40pm – 7.40pm
Thur	12.30pm – 1.05pm
Beginners only	6.30pm – 7.15pm
Fri	9.30am – 10.15am
	6.00pm – 7.00pm
Sat	9.30am – 10.30am



Have you tried..

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



For further information on prices please contact reception.

Class Descriptions

Aqua Aerobics - A fun all-round toning and fat-burning workout without stressing the body.

Aqua Natal - A fun all round workout for pre & post natal women.

Body Attack - A simple high-intensity group fitness class, which is fully – optioned to cater for all levels. You'll experience high energy, sports training moves for cardiovascular fitness, along with lower & upper body exercises for building strength.

Body Balance - Yoga-based stretch programme that leaves you relaxed and renewed. Suitable for all abilities. Bare feet required.

Body Combat - An all over body workout combining martial arts moves. Challenging but great fun.

Body Pump - This class is designed to give your body a complete workout using weights to powerful music. All abilities can participate, simply add on heavier weights as you get fitter. Watch out for quick results!

Circuits - This class combines fat burning with strength training using barbells and free weights. Great for toning.

Fun & Fitness - A fun based fitness session designed specifically for those with learning difficulties / disabilities. Anything goes from football to aerobics, parachute games to wacky races. Come and join us - carers welcome.

Spinning Classes - An exciting instructor-led indoor cardiovascular cycle workout.

Keep Fit, Keep Active / 50+ - A fun and gentle way to keep fit and meet new friends. Music to suit your ears and routines to put a spring in your feet.

Legs, Bums & Tums - A combination of aerobics and body conditioning with the emphasis on fun!

Pilates - A class to teach you how to correct posture through breathing. Learn how to strengthen your body through gentle exercise.

Sunday Social - Starting with a circuit class designed to strengthen muscles, followed by team games and a relaxing break in the Health suite.

Boxercise - A Great class for toning, building up strength and stamina. Release the stress and strain from everyday life.

Body Jam - With the emphasis as much on having fun as breaking a sweat, this class is an addictive fusion of dance and aerobic moves that will unlock everyone's rhythmic and dancing instincts.

Freestyle Steppers - An aerobic workout with a mixture of step and toning moves. Suitable for all abilities.

Body Step - A compelling cardio program that strengthens and shapes your lower body one step at a time.

Kinetika Membership

Warning! You could be spending too much!

Join as a kinetika member and enjoy unlimited use of our Group exercise classes.

For more information regarding kinetika membership contact a Membership Advisor NOW on:

Alton Sports Centre Tel: 01420 540047

Mill Chase Leisure Centre Tel: 01420 472549

Taro Leisure Centre Tel: 01730 234694



Visit our website for more information: www.dcleisurecentres.co.uk