



Fitness Timetable

January 2009

Ken Marriott Leisure Centre
01788 535851
www.kenmarriottleisurecentre.co.uk



MONDAY

| | | | | |
|-------------------------------|--------------------|--------------|------|---|
| 50+ Keepfit (x3 1 hr classes) | 9.30am to 12.30pm | Studio 1 | */** | C |
| Bike-a-fit | 9.30am to 10.30am | Cycle Studio | ** | C |
| Fitball | 9.30am to 10.30am | Studio 2 | ** | C |
| AquaFit | 11.05am to 11.50am | Main Pool | */** | C |
| Bike-a-fit | 6.00pm to 7.00pm | Cycle Studio | ** | |
| Power Surge | 6.05pm to 7.05pm | Studio 1 | ** | |
| Legs Bums & Tums | 6.00pm to 7.00pm | Studio 2 | ** | |
| Step | 7.10pm to 8.10pm | Studio 1 | *** | |
| Boxercise | 8.15pm to 9.15pm | Studio 1 | ** | C |

TUESDAY

| | | | | |
|------------------|--------------------|--------------|------|---|
| Aerobatoné | 9.30am to 10.30am | Studio 1 | ** | C |
| Pilates | 9.30am to 10.30am | Studio2 | */** | C |
| Line Dancing | 10.30am to 11.30am | Studio2 | */** | C |
| Aerobics | 6.00pm to 7.00pm | Studio 1 | ** | |
| AquaFit | 6.40pm to 7.25pm | Main Pool | */** | |
| Legs Bums & Tums | 7.00pm to 8.00pm | Studio 1 | ** | |
| Bike-a-fit | 7.00pm to 8.00pm | Cycle Studio | *** | |
| BodyPump | 8.10pm to 9.10pm | Studio 1 | ** | |

WEDNESDAY

| | | | | |
|--------------|--------------------|--------------|-------|---|
| Bike-a-fit | 9.30am to 10.30am | Cycle Studio | ** | C |
| Step | 9.30am to 10.30am | Studio 1 | ** | C |
| BodyBalance | 9.30am to 10.30am | Studio 2 | */** | C |
| 50+ Keep Fit | 10.30am to 11.30am | Studio 1 | * | |
| Total Pump | 6.00pm to 7.00pm | Studio 1 | ** | |
| Bike-a-fit | 6.00pm to 7.00pm | Cycle Studio | *** | |
| BodyBalance | 6.00pm to 7.00pm | Studio 2 | */** | |
| Absolute Abs | 7.10pm to 7.50pm | Studio 2 | **/** | |
| Aquaburn | 7.35pm to 8.20pm | Main Pool | ** | |

THURSDAY

| | | | | |
|------------------|--------------------|---------------|------|---|
| Total Pump | 9.30am to 10.30am | Studio 1 | ** | C |
| Legs Bums & Tums | 9.30am to 10.30am | Studio 2 | ** | C |
| 50+ KeepFit | 11.00am to 12.00pm | Studio 1 | */** | C |
| AquaFit | 11.35am to 12.20pm | Main Pool | */** | C |
| HyperStep | 6.00pm to 7.00pm | Studio 1 | *** | |
| Bike-a-fit | 6.00pm to 7.00pm | Cycle Studio | ** | |
| Bike-a-fit | 7.00pm to 8.00pm | Cycle Studio | *** | |
| Legs Bums & Tums | 7.00pm to 8.00pm | Studio 1 | ** | |
| Boxercise | 7.00pm to 8.00pm | Studio 2 | ** | |
| Pilates | 7.00pm to 8.00pm | Training Room | */** | |
| BodyPump | 8.10pm to 9.10pm | Studio 1 | ** | |

FRIDAY

| | | | | |
|-----------------|--------------------|--------------|------|---|
| Body Balance | 9.30am to 10.30am | Studio 2 | ** | C |
| Weekend Wake Up | 9.30am to 10.30am | Studio 1 | ** | C |
| Bike-a-fit | 9.30am to 10.30am | Cycle Studio | ** | C |
| AquaFit | 11.15am to 12.00pm | Main Pool | */** | C |
| Power Surge | 6.00pm to 7.00pm | Studio 1 | ** | |

SATURDAY

| | | | | |
|------------|-------------------|--------------|-----|---|
| Total Pump | 9.30am to 10.30am | Studio 1 | ** | C |
| Bike-a-fit | 9.30am to 10.30am | Cycle Studio | *** | C |

SUNDAY

| | | | | |
|------------|--------------------|--------------|-----|--|
| Bike-a-fit | 11.00am to 12.00pm | Cycle Studio | *** | |
| Body Pump | 4.30pm to 5.30pm | Studio 1 | ** | |

KEY

| | |
|-----|------------------|
| C | Crèche Available |
| * | Gentle |
| ** | Moderate |
| *** | Advanced |



Welcome to Ken Marriott 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.

ABSOLUTE ABS work your way to that 6 pack and feel the burn.

AQUABURN an upbeat, lively class aimed at those who want to take their water-workout to a new level.

AQUAFIT is a fun workout in the water. Great for toning and suitable for all levels.

AEROBICS is an effective way to lose fat and improve overall fitness.

AEROBATONE a combination of aerobics and toning. Includes deep toning exercises for those unwanted areas.

BIKE-A-FIT ride the calorie killer during this excellent fat burning class. 60 minutes across various terrain will leave you on a high and wanting more.

BODYPUMP is a 60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning.

BODYBALANCE a dynamic fitness to music programme that leaves you feeling relaxed and renewed, it combines the best of eastern disciplines, like yoga and Tai Chi.

BOXERCISE is a combination of aerobic shadow

boxing, low impact CV and pad work all put together with music.

FIFTY PLUS KEEPFIT is a gentle way to improve overall fitness and flexibility for the over 50's.

LEGS BUMS & TUMS the title says it all, a class for all levels. Workout with deep toning exercises for those problem areas.

LINE DANCING is the ideal way to meet new friends – no partner or special clothes required.

PILATES is a floor based workout focusing on core stability, posture, toning and relaxation.

POWERSURGE is a high intensity class for circuit fans – surge will push you to the limit from start to finish with a variety of stations for all aspects of fitness.

TOTAL PUMP a free style weights class designed to strengthen and tone.

STEP is a classic workout and fantastic calorie burner, with two invigorating programmes to choose from.

WEEKEND WAKE UP A top to toe workout which creates muscular strength, endurance, aerobic stamina and core strength. Ultimately the abs to be proud of!

CLASS INFORMATION

- All fitness classes are pay as you go. However, memberships are available ask at Reception for details.
- All class participants including kinetika members must collect a ticket at the main reception prior to the start of the class
- Class participants must be aged over 16 years
- Children are not permitted to sit in on any fitness class
- Bags must be stored in the lockers provided.
- A five minute changeover time is built into every hour long class.
- Before the class, please inform the instructor of any injuries or medical problems which may affect you during the class.
- After the warm up period admission to an aerobics session may not be permitted. This is to safeguard you against injury.

The management reserve the right to change the contents of this programme at short notice.

Kinetika Membership

Fitness classes FREE to kinetika members

If you attend three or more classes per week you will save money by becoming a member. Ask at reception for details.

Introduce a friend to one of our Fitness Classes and receive a voucher for 10% off PureLime workout clothing.

PURELIME now supply mens fitness wear.

See reception for more details.



Ken Marriott Leisure Centre

Bruce Williams Way
Rugby
CV22 5LJ

Telephone: 01788 535851

Fax: 01788 550204

Membership Enquiries: 01788 821959

Email: enquiries@kenmarriottleisurecentre.co.uk

Web: www.kenmarriottleisurecentre.co.uk

