



# Group Workout Programme

## Spring/Summer 2010

Elmbridge Xcel Leisure Complex  
Waterside Drive, Walton-on-Thames  
01932 260300

[enquiries@elmbridgexcelleisurecomplex.co.uk](mailto:enquiries@elmbridgexcelleisurecomplex.co.uk)  
[www.elmbridgexcelleisurecomplex.co.uk](http://www.elmbridgexcelleisurecomplex.co.uk)



## Prices:

		kinetika Member	more card	Non Member
Body Pump/Attack/Combat/Balance	55 mins	Free	£6.95	£8.30
Body Pump/Attack/Combat/Balance	45 mins	Free	£6.20	£7.45
Urban Rebound		Free	£7.45	£8.95
All other classes	50 mins	Free	£6.30	£7.60
All other classes	45 mins	Free	£5.65	£6.80
All other classes	30 mins	Free	£5.20	£6.20

Contact reception for more details on the **more card**

## Class Timetable

### MONDAY

Morning	09.30-10.20	Step & Sculpt	St 1
	09.30-10.20	Stretch & Define	St 2
	09.30-10.20	Water Workout	TP
Afternoon	10.30-11.20	Thighs, Bums & Tums	St 1
	14.00-14.55	Pilates Course	St 1
	17.45-18.25	<b>NEW!</b> Box to Fitness	St 1
Evening	18.00-18.25	Beginners Group Cycle	Gym
	18.30-19.15	Group Cycle	Gym
	18.30-19.25	Body Balance	St 1
	19.00-19.50	Water Workout	TP
	19.30-20.25	Body Pump	St 1
	20.00-20.50	Aqua Circuits	TP
	20.30-21.25	Yoga	St 2

### TUESDAY

Morning	09.30-10.15	Group Cycle	Gym
	09.30-10.25	Body Pump	St 1
	10.30-11.25	<b>NEW!</b> Body Attack	St 1
Afternoon	17.45-18.25	<b>NEW!</b> Core Yoga	St 1
Evening	18.30-19.25	Body Combat	St 1
	19.30-20.15	Group Cycle	Gym
	19.30-20.20	Thighs, Bums & Tums	St 1
	19.45-20.30	Urban Rebound	St 2
	20.30-21.25	Pilates Course	St 2
	20.30-21.30	Body Attack	St 1

### WEDNESDAY

Morning	06.30-07.15	Group Cycling	Gym
	09.30-10.25	Thighs, Bums & Tums	St 1
	09.30-10.20	Water Workout	TP
	10.30-11.20	Body Attack	St 1
Afternoon	17.45-18.25	Urban Rebound & Conditioning	St 1
Evening	18.00-18.25	Beginner Group Cycle	Gym
	18.30-19.15	Group Cycle	Gym
	18.30-19.20	Express Step	St 1
	19.30-20.25	Body Pump	St 1
	20.30-21.25	Yoga	St 1

## THURSDAY

Morning	09.30-10.15	<b>NEW!</b> Group Cycle	Gym
	09.30-10.25	Body Combat	St 1
	09.30-10.25	Pilates	St 2
	10.30-11.25	Step & Sculpt	St 1
Afternoon	17.45-18.25	Thighs, Bums & Tums	St 1
Evening	18.30-19.15	Xpress Body Attack	St 1
	19.00-19.25	<b>NEW!</b> Beginner Group Cycle	Gym
	19.00-19.50	Water Workout	TP
	19.30-20.15	Group Cycle	Gym
	19.30-20.25	Body Pump	St 1
	20.30-21.25	<b>NEW!</b> Pilates	St 2

## FRIDAY

Morning	09.30-10.25	Body Balance	St 2
	09.30-10.25	Body Combat	St 1
	09.30-10.20	Water Workout	TP
	10.30-11.25	Body Pump	St 1
	10.30-11.25	Pilates	St 2
Evening	18.00-18.25	Beginner Group Cycle	Gym
	18.00-18.55	Body Balance	St 1
	18.30-19.15	Group Cycle	Gym

## SATURDAY

Morning	09.00-09.25	Beginner Group Cycle	Gym
	09.00-09.55	Yoga	St 2
	09.30-10.15	Group Cycle	Gym
	09.30-10.20	Hi/Lo Aerobics	St 1
	10.30-11.20	Thighs, Bums & Tums	St 1
	11.30-12.25	Body Pump	St 1
	12.30-12.45pm	<b>NEW!</b> Body Pump Clinic (First Saturday of every month only)	St 1

## SUNDAY

Morning	09.30-10.20	Urban Rebound	St 1
	10.30-11.25	Body Pump	St 1
	11.30-12.25	Belly Dancing	St 1
Evening	17.00-17.55	<b>NEW!</b> Zumba	St 1
	18.00-18.55	Yoga	St 1



kinetika™  
fitness

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## kinetika membership

Our kinetika membership aims to help you enjoy life, feel great and help you achieve a healthier lifestyle.

We offer a friendly fitness environment for real people. Membership includes unlimited use of:

- The gym
- Group workout classes
- Sauna, Steam Room & Spa
- 5 free training sessions with an instructor
- 2 swimming pools

For further information on how to join contact a Customer Advisor on 01932 260310 or contact reception.



# Understanding your class timetable

## Body Attack



Cardiovascular interval training that combines low & high intensity aerobics, strength and stabilisation exercises. A rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength. The class to attack the body. Pre-choreographed with awesome music.

## Body Pump



Uses barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Pre-choreographed with awesome music.

## Body Combat



Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo. A fiercely energetic experience. Pre-choreographed with awesome music.

## Body Balance



A combination of Tai Chi, yoga, dance and ballet. A pure workout to balance the entire body. Pre-choreographed with awesome music.

## Box to Fitness

A cardio boxing fitness class with non contact boxing combinations. High intensity and fun. Suits all levels.

## Group Cycling

An energetic class on studio bikes to work the whole body.

## Thighs, Burns & Tums

A total workout to overload those major muscle groups as well as to tone & define.

## Yoga

A holistic class to strengthen body & mind. Re-energises and increases flexibility, strength and endurance.

## Pilates

Pilates teaches you how to use your muscles in a controlled way so they work for you in harmony with your breathing. It strengthens the body through movement and is ideal for all levels of fitness. It is required that you attend a 6 weeks beginner course before joining the class. Ask reception for details.

## Stretch & Define

A gentle class to promote body strength and condition of the heart and body.

## Group Water Workout

Water based workout class for all levels utilising the water as resistance. Non-impact and excellent for toning and shaping, gentle on the joints and great fun.

## Express Step

Easy to follow fun step class that works the whole body. Suitable for beginners/intermediates.

## Step & Sculpt

A cardiovascular class using a step bench for the workout and to sculpt and define your body.

## Hi/Lo Combination

A combination of high and low impact aerobic moves as well as to condition heart, body & mind.

## Belly Dancing

Belly Dancing is both a celebration of the female spirit and a physical display of the strength and beauty of women. Enjoy this class, get fit and toned while you master the movement of this ancient dance form.

## Core Yoga

Fluid core based workout, which builds strength and grace to the body teaching yoga moves and more. Strengthens and tones the hips, thighs, lower back, abs, arms, shoulders. You will sweat... as you lighten your inner fire within.

## Urban Rebound

An intensive and exciting workout on individual mini trampolines. A fantastic calorie burner.

## Zumba

A class with a combination of Salsa, Cumbia, Cha Cha, Hip Hop, and dance. It will sculpt your body and burn fat.

## Please note:

All class times include set up/down time.

Classes are open to everyone.

If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.

No admittance to any class after it has commenced.

Lower age limit for all classes is 16 years old.

Classes subject to availability, please check in advance to avoid disappointment.

kinetika members get selected classes free and others at a discounted rate. Contact a Customer Advisor on 01932 260310 for further details.

The Elbridge Xcel creche is open to members and casual users of the centre.

To book your place, please call direct on 01932 260306.

## Opening Time

Monday-Saturday 9.25am-1.25pm.  
Early drop off 9.10am.

Timetable available in large format. Contact reception.