



Group Workout Programme

Winter/Spring 2012

Elmbridge Xcel Leisure Complex
Waterside Drive
Walton on Thames
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Group Workout Programme

| | Time | Class Name | Location | Level | Key |
|-------------------|-------------------|-----------------------|---------------|-------|------|
| Monday | 6.30am – 7.15am | Group Cycle | Gym | 1234 | B |
| | 9.30am – 10.25am | Step Aerobics | Studio 1 | 234 | CSB |
| | 9.30am – 10.25am | Stretch & Define | Studio 2 | 123 | CSB |
| | 9.30am – 10.25am | Aqua Dance | Teaching Pool | 1234 | CSB |
| | 10.30am – 11.25am | Thighs Bums & Tums | Studio 1 | 1234 | CSB |
| | 10.30am – 11.15am | Core Fit | Studio 2 | 1234 | CSB |
| | 2.00pm – 2.55pm | Pilates Course** | Studio 1 | 1234 | SEB |
| | 5.45pm – 6.25pm | Box to Fitness | Studio 1 | 1234 | SB |
| | 6.00pm – 6.25pm | Beginners Group Cycle | Gym | 123 | SB |
| | 6.30pm – 7.15pm | Group Cycle | Gym | 234 | B |
| | 6.30pm – 7.25pm | Body Balance | Studio 1 | 1234 | B |
| | 7.00pm – 7.55pm | Aqua Fit | Teaching Pool | 1234 | B |
| | 7.30pm – 8.25pm | Body Pump | Studio 1 | 1234 | B |
| | 8.00pm – 8.55pm | Aqua Fit | Teaching Pool | 1234 | B |
| | 8.30pm – 9.25pm | Yoga | Studio 2 | 1234 | B |
| | 8.30pm – 9.25pm | Pilates Course** NEW! | Studio 1 | 1234 | £B |
| | Tuesday | 9.30am – 10.15am | Group Cycle | Gym | 1234 |
| 9.30am – 10.25am | | Body Pump | Studio 1 | 1234 | CSB |
| 9.30am – 10.25am | | Zumba | Studio 2 | 1234 | CSB |
| 10.30am – 11.25am | | Body Attack | Studio 1 | 234 | CSB |
| 10.30am – 11.25am | | Body Balance | Studio 2 | 1234 | CSB |
| 11.30am – 12.25pm | | Urban Rebound | Studio 1 | 234 | CSB |
| 6.30pm – 7.25pm | | Body Combat | Studio 1 | 234 | B |
| 7.00pm – 7.25pm | | Beginners Group Cycle | Gym | 234 | B |
| 7.30pm – 8.15pm | | Group Cycle | Gym | 234 | B |
| 7.30pm – 8.25pm | | Thighs Bums & Tums | Studio 1 | 1234 | B |
| 7.45pm – 8.30pm | | Urban Rebound | Studio 2 | 234 | B |
| 8.30pm – 9.25pm | | Body Attack | Studio 1 | 234 | B |
| 8.30pm – 9.25pm | | Pilates Class NEW! | Studio 2 | 1234 | B |
| Wednesday | | 6.30am – 7.15am | Group Cycle | Gym | 1234 |
| | 9.30am – 10.25am | Thighs Bums & Tums | Studio 1 | 1234 | CSB |
| | 9.30am – 10.25am | Aqua Fit | Teaching Pool | 1234 | CSB |
| | 10.30am – 11.25am | Urban Rebound | Studio 1 | 234 | CSB |
| | 6.00pm – 6.25pm | Beginners Group Cycle | Gym | 123 | SB |
| | 6.30pm – 7.15pm | Group Cycle | Gym | 234 | B |
| | 6.30pm – 7.25pm | Express Step | Studio 1 | 234 | B |
| | 7.30pm – 8.25pm | Body Pump | Studio 1 | 1234 | B |
| | 8.30pm – 9.25pm | Yoga | Studio 1 | 1234 | B |
| | Thursday | 9.30am – 10.15am | Group Cycle | Gym | 1234 |
| 9.30am – 10.25am | | Body Combat | Studio 1 | 234 | CSB |
| 9.30am – 10.25am | | Yoga NEW! | Studio 2 | 1234 | CSB |
| 10.30am – 11.25am | | Bokwa NEW! | Studio 1 | 1234 | CSB |
| 10.30am – 11.15am | | Core Fit | Studio 2 | 1234 | CSB |
| 5.30pm – 6.25pm | | Box to Fitness NEW! | Studio 1 | 1234 | SB |
| 6.30pm – 7.15pm | | Body Attack | Studio 1 | 234 | B |
| 7.00pm – 7.25pm | | Beginners Group Cycle | Gym | 123 | B |
| 7.00pm – 7.55pm | | Aqua Circuits | Teaching Pool | 1234 | B |
| 7.30pm – 8.15pm | | Group Cycle | Gym | 234 | B |
| 7.30pm – 8.25pm | | Body Pump | Studio 1 | 1234 | B |
| 7.30pm – 8.25pm | | Body Combat | Studio 2 | 234 | B |
| 8.30pm – 9.25pm | | Zumba | Studio 1 | 1234 | B |

| Day | Time | Class | Room | Room No. | Level |
|-------------------|-------------------|-------------------------------------|-----------------------|----------|-------|
| Friday | 9.30am – 10.25am | Body Combat | Studio 1 | 234 | CSB |
| | 9.30am – 10.25am | Body Balance | Studio 2 | 1234 | CSB |
| | 9.30am – 10.25am | Aqua Fit | Teaching Pool | 1234 | CSB |
| | 10.30am – 11.25am | Body Pump | Studio 1 | 1234 | CSB |
| | 10.30am – 11.25am | Pilates | Studio 2 | 123 | CSB |
| | 6.00pm – 6.25pm | Beginners Group Cycle | Gym | 123 | SB |
| | 6.00pm – 6.55pm | Bounce Beyond and Glide Group Cycle | Studio 1 | 234 | B |
| | 6.30pm – 7.15pm | | Gym | 234 | B |
| | Saturday | 9.00am – 9.25am | Beginners Group Cycle | Gym | 123 |
| 9.30am – 10.15am | | Group Cycle | Gym | 234 | CSB |
| 9.30am – 10.25am | | Hi/Lo Aerobics | Studio 1 | 234 | CSB |
| 9.30am – 10.25am | | Core yoga | Studio 2 | 1234 | CSB |
| 10.30am – 11.25am | | Box to Fitness NEW! | Studio 2 | 1234 | CSB |
| 10.30am – 11.25am | | Thighs Bums & Tums | Studio 1 | 1234 | CSB |
| 11.30am – 12.25pm | | Body Pump | Studio 1 | 1234 | CSB |
| 12.30pm – 12.45pm | | Body Pump Clinic* | Studio 1 | 1 | SB |
| Sunday | | 9.30am – 10.25am | Urban Rebound | Studio 1 | 234 |
| | 10.30am – 11.25am | Body Pump | Studio 1 | 1234 | SB |
| | 4.00pm – 4.45pm | Bounce Beyond | Studio 1 | 234 | SB |
| | 5.00pm – 5.55pm | Zumba | Studio 1 | 1234 | SB |
| | | | | | |

KEY

- C** Crèche available
- S** Café available
- B** Booking required
- £** Course fee
- * First Saturday of every month only
- ** 6 week course

Class Levels

- 1** = Not exercised before or for a long time
- 2** = Some experience of exercise
- 3** = Regular exercise, looking to step it up a gear
- 4** = Looking to push your body to achieve maximum results



All class times include set up/down time.

Classes are open to everyone and a ticket must be collected from reception before entering the class.

If you are attending a class for the first time, we advise you arrive 10 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. Failure to attend a class or cancel 3 hours prior to class starting will incur a £3.00 fine.

Aerobic fines must be paid before booking another class.

Some classes are seasonal and may not run during specific periods of the year. Please check centre notices for updates.

Prices:

| | kinetika member | more card | non member |
|---|-----------------|-----------|------------|
| Les Mills Classes 55 mins | FREE | £7.25 | £8.70 |
| Les Mills Classes 45 mins | FREE | £6.50 | £7.80 |
| Urban Rebound, Bounce Beyond, Bounce Beyond & Glide | | | |
| 55mins classes | FREE | £7.80 | £9.35 |
| 45mins classes | FREE | £7.50 | £9.05 |
| Other 55mins classes | FREE | £6.60 | £7.90 |
| Other 40/45mins classes | FREE | £5.90 | £7.10 |
| Other 25/30mins classes | FREE | £5.45 | £6.55 |



Understanding your class timetable

LES MILLS BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

LES MILLS BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

LES MILLS BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

AQUA FIT is a 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!

AQUA CIRCUITS is based on a range of activities and movements, participants use equipment such as weights and specialised floats and move between stations to tone specific muscle groups.

AQUA DANCE is a dance class taken in the water, learning routines from around the world whilst using the resistance of the water helps to tone all over body muscles.

BOKWA is an amazing new fitness class straight from LA! It brings a new level of excitement to a dance class with African tribal moves!

BOX TO FITNESS is a cardio boxing fitness class with non contact boxing combinations. High intensity and fun!

BOUNCE BEYOND is rebounding to the next level! Dynamic combinations to challenge fitness levels in all areas (must have attended urban rebound class before).

BOUNCE BEYOND & GLIDE is a combination workout on urban rebounders then toning and conditioning with the glide plate.

CORE FIT is a class that uses stability balls and floor work to help tone and tighten your muscles, it also improves your overall body shape and posture.

CORE YOGA is a core based workout teaching yoga moves that build strength and grace to the body. Strengthens and tones the hips, thighs, lower back, abs, arms and shoulders.

EXPRESS STEP is a fun and easy to follow step class that works the whole body!

GROUP CYCLING is an exciting indoor cycling class led by an instructor, these classes are suitable for beginners or serious cyclists. A fantastic calorie burner!

HI/LO AEROBICS is a combination of high and low impact aerobic moves to condition and tone.

PILATES is a class that teaches you how to use your muscles in a controlled way so they work 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.

STEP AEROBICS is an energetic class that improves muscle strength and endurance with specific conditioning.

STEP & SCULPT is a cardiovascular class using a step bench for the workout to sculpt and define your body.

STRETCH AND DEFINE is a class with more of a gentle approach to stretch and lift the body.

THIGHS, BUMS & TUMS is a total workout to overload those major muscle groups as well as tone & define.

URBAN REBOUND is an intensive and exciting workout on individual mini trampolines. A fantastic calorie burner!

YOGA is a holistic class to strengthen body and mind. It re-energizes you while increasing flexibility and strength.

ZUMBA is an exciting class teaching a combination of Salsa, Cumbia, Cha Cha, Hip Hop and Dance. It sculpts your body and burns fat!

Correct at time of going to print and is subject to change.