

fitness classes

£4.70

(£3.70 concession)



except Spinning which is £5.20 for 1 hour, £4.70 for 45 mins and £4.20 for 30 mins.

MON	7.00 - 7.30	Spinning	Studio 2	Paul
	9.15 - 10.15	Fitness Pilates	Studio 1	Sara
	10.20 - 11.20	Stretch and Tone	Studio 1	Sara
	11.30 - 12.30	Water Fitness	Pool	Sara
	17.00 - 17.45	Spinning	Studio 2	Paul
TUE	18.00 - 19.00	Step	Studio 1	Norma
	19.00 - 20.00	Pump	Studio 1	Jo
	9.15 - 10.00	Spinning	Studio 2	Alex
	18.05 - 19.05	Step Circuits	Studio 1	Norma
	19.30 - 20.30	Water Fitness	Pool	Norma
WED	20.30 - 21.30	Swim Fit	Pool	Various
	7.00 - 7.30	Spinning	Studio 2	Jo
	18.00 - 19.00	Spin 'n' Abs	Studio 2	Jo
	19.00 - 20.00	Circuit Training	Sports Hall	Nathan
	20.15 - 21.15	Spinning	Studio 2	Nathan
THUR	9.15 - 10.15	Fitness Pilates	Studio 1	Sara
	9.30 - 10.30	Spin 'n' Abs	Studio 2	Various
	10.30 - 11.30	Water Fitness	Pool	Sara
	11.00 - 12.00	Body Sculpt	Studio 2	Helen
	12.00 - 13.30	50 +	Studio 1	Sara
	18.00 - 19.00	Body Conditioning	Studio 1	Norma
FRI	19.00 - 20.00	Step Aerobics	Studio 1	Norma
	7.00 - 7.30	Spinning	Studio 2	Jo
	9.15 - 10.15	Pump	Studio 1	Zoisa
	17.00 - 17.45	Spinning	Studio 2	Paul
	18.00 - 19.00	Bums, Legs & Tums	Studio 1	Norma
SAT	19.30 - 20.30	Water Fitness	Pool	Norma
	9.00 - 10.00	Step Circuits	Studio 1	Norma

For bookings call 01934 744939

Spinning

The original indoor cycling program. From the U.S.A, this low impact, invigorating, fat burning session uses a static bike to take you on a journey through hills, flats, sprints and much more. Suitable for all fitness levels, as you control the intensity.

Fitness Pilates

A group exercise programme to enhance the posture, strength, balance & stability of a healthy adult.

Stretch 'n' Tone

Low intensity, low impact session that concentrates on mobility, flexibility and relaxation while gently increasing the heart rate.

Body Sculpt

A group exercise class to music combining Tai Chi, Pilates and Yoga which will leave you feeling long, centred, calm & strong. It allows you your own physical and mental well being.

Water Fitness

A unique exercise to music class in the pool. Suitable for all users and great for those with joint or mobility problems as the water supports the body. (This class is appropriate for non-swimmers).

Pump

We all know that resistance based exercise is a vital component of any workout, but not everyone enjoys using the gym. Using light weights and high repetitions, this choreographed class is easy to learn and is great for fat burning, toning, and feeling great!

or visit www.kingsfitness.co.uk

ALL CLASSES
ARE FREE
with Gold Card
Membership



Step

A great aerobic workout that uses a low level step to maximise toning to the body combined with a cardio workout.

Step Circuits

A combination of weight training and cardio. Intervals on the step followed by short intervals with the weights ensuring that the heart rate is kept pumping!

Circuit Training

A challenging, station based session without the pressure of keeping up with others as you can work to your own fitness capabilities.

Bums, Legs & Tums

Does exactly what it says on the tin! A low impact class focusing on the lower body.

50+

Low impact, low intensity session to increase flexibility, strength and mobility.

Body Conditioning

A general shaping up session that uses light hand weights to help tone the whole body.

Swim Fit

Swim fit is a new class aimed at fitness swimmers. An instructor will set you a programme according to your ability and give you help and advice when you need it.