



# FITNESS CLASSES

We've over 60 exercise classes a week, with more to come in the future!

We have a full range from Body Pump to Barre, catering for every fitness level & ability. 2 beautiful air conditioned studios with sprung floor host our fully qualified team daily. Not only do they deliver awesome exercise classes, you will leave the facility smiling. Give a class a go today. You never regret a great workout!

## AQUA FIT

Exercise to music in the comfort of the swimming pool - why not enjoy a sauna or steam afterwards. Great for people with joint/mobility problems. Suitable for non swimmers.

## BARRE

Is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.

## BODY ATTACK

A high energy interval class combining athletic aerobic movements with strength and stabilisation exercises. Burn through calories at a rate of knots, tone, raise the heart rate and improve bone density!

## BODY BALANCE

Lengthen & strengthen with this beautiful combination of Tai-Chi, Yoga and Pilates. It builds flexibility, strength & leaves you centred & calm.

## BODY STEP

Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

## BODY CONDITIONING

A general shaping up session that sometimes uses light hand weights to help tone your whole body. Excellent class & easy to follow.

## BODY PUMP

The original weights class. A class still fresh from New Zealand will build your strength, tone your body and leaving you feeling the burn for days after!

## CIRCUITS

A challenging yet achievable station based class. Work out to your own capabilities - but expect to sweat!

## INDOOR CYCLING

Let the music be your tour guide in this invigorating class. Using brand new Indoor Cycles displaying wattage & RPM, explore different terrains and push yourself to new limits.

## INDOOR CYCLING (COACH BY COLOUR - CC)

A brand new way to train - Indoor Cycling taken to the next level! Use your fitness level as a starting point, and let the bike calculate your power zones! Sounds complicated, it's really not. Come and try it out!

## LEGS BUM TUMS

A class designed to tone & shape the areas we all want to improve. The class will include some cardio, floor work & sweating!

## PILATES

Interconnected movements with a breathing pattern, integrating mind & body. We have an advanced Pilates class for those who have been to the general class and want a little extra push!

## SYNRGY

A fantastic way to increase functional strength & fitness. A gym based circuit class with new & improved equipment to squeeze the most out of your muscles.

## YOGA

A drop in class that develops flexibility, strength & stamina through practice asanas (poses).

## ZUMBA

Dance based fun fitness class! Enjoy Latin based music where you will most definitely build a sweat without realising! Suitable for all levels.

## Fitness Courses

**These classes are term time only. Please ask at reception for dates and prices.**

### YOGA IYENGAR (EXP) COURSE

(PAID AS FULL COURSE ASK IN CLUB FOR TERM DATES AND PRICES)

A course that progresses week on week. Great to start at the beginning of the course and feel the challenges each week! Suitable for those who feel they are experienced in Iyengar Yoga.

### YOGA IYENGAR (ALL) COURSE

(PAID AS FULL COURSE ASK IN CLUB FOR TERM DATES AND PRICES)

A course that progresses week on week. Great to start at the beginning of the course and feel the challenges each week! Suitable for new comers of the IYENGA Yoga practices.

### DANCE FITNESS COURSE (PAID AS FULL COURSE ASK IN CLUB FOR TERM DATES AND PRICES)

A dance course that touches on different styles from around the globe. The movements are progressed in each session. Important to start at the beginning of the course!

## Fitness Class Timetable

MONDAY			
TIME	CLASS	LOCATION	INSTRUCTOR
07:00 - 07:45	Indoor Cycling	Studio 2	Scott
09:15 - 10:00	Body Step	Studio 2	Kay
09:15 - 10:15	Pilates (All)	Studio 1	Sara
10:00 - 10:45	Body Conditioning	Studio 2	Kay
10:45 - 11:45	Body Balance	Studio 1	Kay
11:00 - 12:15	Yoga	Studio 2	Lisa
18:00 - 19:00	Body Attack	Studio 1	Clive
18:00 - 19:00	Synrgy	Gym Floor	Shane
19:00 - 20:00	Indoor Cycling (CC)	Studio 2	Julia
19:00 - 19:45	Freestyle Pump	Studio 1	Clive
20:15 - 21:45	Iyengar Yoga Course (Exp)	Studio 1	Meg*

TUESDAY			
TIME	CLASS	LOCATION	INSTRUCTOR
09:15 - 10:15	Indoor Cycling (CC)	Studio 2	Shane
09:30 - 10:30	Dance Aerobics	Studio 1	Georgie
10:30 - 11:30	Body Pump	Studio 2	Georgie
10:30 - 11:30	Pilates (All)	Studio 1	Sam
11:30 - 12:30	Yoga	Studio 1	Sam
17:00-18:00	Everyday Yoga	Studio 1	James
18:00 - 19:00	Zumba	Studio 1	Denia
18:00 - 18:45	Body Step	Studio 2	James M
18:45 - 19:30	Body Conditioning	Studio 2	James M
19:00 - 20:00	Synrgy	Gym Floor	Lewis
19:00 - 20:00	Aqua Fit	Swimming Pool	Sara**
19:30 - 20:30	Body Balance	Studio 2	James M
19:15 - 20:45	Iyengar Yoga Course (All)	Studio 1	Meg*

WEDNESDAY			
TIME	CLASS	LOCATION	INSTRUCTOR
07:00 - 07:45	Indoor Cycling (CC)	Studio 2	Julia
09:15 - 10:15	Dance Fitness Course	Studio 1	Sue*
09:30 - 10:15	Legs Bums Tums	Studio 2	Georgie
10:30 - 11:30	Body Pump	Studio 2	Georgie
10:30 - 11:30	Body Balance	Studio 1	Sam
11:30 - 12:00	Barre	Studio 1	Sam
18:00 - 19:00	Indoor Cycling (CC)	Studio 1	Shane
18:00 - 19:00	Body Pump	Studio 2	Lucy
19:00 - 20:00	Circuits	Studio 1	Shane
19:00 - 20:00	Body Balance	Studio 2	Lucy

Please like our Facebook page [Kings Fitness & Leisure](#) for daily class updates.

\* Paid as a full course. Not included in Pay-As-You-Go or Gold memberships.  
 \*\* 2 Public Lanes will be available during Aqua Fit.

THURSDAY			
TIME	CLASS	LOCATION	INSTRUCTOR
09:00 - 10:00	Aqua Fit	Swimming Pool	Sara**
09:30 - 10:30	Indoor Cycling	Studio 2	Sarah
09:30 - 10:30	Yoga	Studio 1	Anna
10:30 - 11:30	Body Conditioning	Studio 2	Sarah
10:30 - 11:30	Pilates (All)	Studio 1	Anna
18:00 - 19:00	Body Attack	Studio 1	Clive
18:00 - 19:00	Synrgy	Gym Floor	Adam
19:00 - 20:00	Body Conditioning	Studio 1	Clive
20:00 - 21:00	Body Balance	Studio 1	Clive

FRIDAY			
TIME	CLASS	LOCATION	INSTRUCTOR
06:25 - 06:55	Express Synrgy	Gym Floor	Shane
07:00 - 07:30	Indoor Cycling (CC)	Studio 2	Shane
09:00 - 10:00	Aqua Fit	Swimming Pool	Denia**
09:30 - 10:30	Legs Bums Tums	Studio 1	Clive
09:30 - 10:20	Body Step	Studio 2	Rita
10:30 - 11:20	Body Pump	Studio 2	Rita
10:30 - 11:30	Body Balance	Studio 1	Clive
11:30 - 12:30	Everyday Yoga	Studio 2	Rita
11:30 - 12:30	Zumba	Studio 1	Denia
18:00 - 19:00	Indoor Cycling	Studio 2	Scott

SATURDAY			
TIME	CLASS	LOCATION	INSTRUCTOR
09:00 - 10:00	Synrgy	Gym	Shane
09:00 - 10:00	Indoor Cycling (CC)	Studio 2	Julia
10:00 - 10:30	Barre	Studio 1	Sam
10:30 - 11:15	Body Balance	Studio 1	Sam

SUNDAY			
TIME	CLASS	LOCATION	INSTRUCTOR
09:00 - 10:00	Indoor Cycling	Studio 2	Ceri
10:00 - 11:15	Yoga	Studio 1	Lisa B

### FITNESS CLASS ETIQUETTE (FULL ETIQUETTE LIST FOUND OUTSIDE OF STUDIOS)

- Wear clothes/trainers that are suitable for the class. Please have water with you.
  - Please inform the instructor of any medical conditions you may have.
  - Classes operate on a first come first serve basis. Please ensure you register at reception otherwise your space could be given to those on a waiting list.
  - Classes can be booked up to 2 weeks in advance (Gold members); if you know you are not coming to a class please cancel in advance, otherwise your advanced booking privileges could be removed.
- It is our aim to provide safe, effective & enjoyable classes with professional instruction. All Kings instructors are appropriately qualified & experienced. Classes are continually assessed. Due to unforeseen circumstances, classes could be changed at short notice. Please ensure you book in so you can be contacted if classes are changed.