

OPEN



CENTRE GUIDE
SPRING 2024

**KINGS
FITNESS
& LEISURE**

www.kingsfitness.co.uk

SCAN HERE FOR
A VIRTUAL TOUR



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OPENING TIMES

Mon - Fri:	06:00 - 22:00
Sat & Sun:	08:00 - 18:00
Bank Holidays:	08:00 - 19:00

Please see website for updates.
Last entry is one hour before closing time.

SWIM ACADEMY

Membership Joining Fee £15.00
(Includes admin, swim hat & continuous assessment)

	DIRECT DEBIT	ANNUAL*
Aqua Babes / Tots	£19.25	£192.50
Pre School	£21.60	£216.00
ASA (Stages 1-10)	£26.50	£265.00
Rookie Lifeguard	£34.20	£342.00
Kingfishers Social	£24.50	£245.00
Kingfishers Development	£24.50	£245.00
Kingfishers Potential	£30.25	£302.50
Kingfishers Performance	£45.85	£458.50
Kingfishers Elite	£45.85	£458.50

*12 months for the price of 10

MEMBERSHIP PRICES

Membership Joining Fee £25.00
(Includes admin, induction and 1 hour tailored programme)

	DIRECT DEBIT	ANNUAL*
Gold	£43.00	£430.00
Gold Concession	£35.00	£350.00
Gold Couples	£76.00	£760.00
Gold Family	£102.00	£1020.00
Silver	£37.00	£370.00
Silver Concession	£30.00	£300.00
Silver Couples	£64.00	£640.00
Silver Family	£90.00	£900.00
Student	£28.00	£280.00
Sports Academy (4-18 years)	£21.50	£215.00
Gymnastics	£19.00	£190.00

*12 months for the price of 10

	4 WEEKS	6 WEEKS
Student+ Plus (ONLY AVAILABLE DURING HOLIDAYS)	£37.00	£47.00

BACK 2 HEALTH

12 week UNLIMITED PASS (Must be referred by a GP) £66.00

1-1 SWIMMING LESSONS

SWIM ACADEMY	MEMBER	NON MEMBER
1-1 Lesson	£9.50	£15.50
2-1 Lesson	£7.70	£12.50

PAY AS YOU GO

SWIMMING POOL PRICES

Adult Swim	£5.50
Concession Swim / Junior	£4.50
Child Swim (Under 3yrs)	FREE
Family of 3 (2+1) *	£13.50
Family of 4 (2+2) *	£16.00
Family of 5 (2+3) *	£18.50
Inflatable	£5.50

*FAMILY DISCOUNT IS NOT APPLICABLE FOR FAMILY FUN / INFLATABLE SESSIONS

GYM PRICES

*AN INDUCTION IS REQUIRED BEFORE USING THE GYM

Induction *	£15 / £25
Adult	£7.50
Concession	£6.00
Youth Training Zone (13-15 Years)	£4.50

RACQUET PRICES

55 MINUTE BOOKINGS ON THE HOUR / TENNIS, TABLE TENNIS, BADMINTON

Adult	£5.00
Concession / Junior	£4.50
1 Court Hire	£17.00
Racquet Hire (per racquet)	£1.50

CLASS PRICES

ALL CLASSES ARE 45 MINUTES (PLEASE BRING YOUR OWN MAT)

Adult	£6.00
Concession	£5.50

VIRTUAL CLASS PRICES

	PAY AS YOU GO
45 Minutes	Adult £5.50 Concession £5.00
30 Minutes	Adult £4.00 Concession £3.50
15 Minutes	Adult £2.50 Concession £2.00

FAMILY VIRTUAL CLASSES - CHILDREN GO FREE

JUNIOR ACTIVITIES

KICKBOXING, DANCE, STREET CHEER

5 Sessions	£27.50
10 Sessions	£55.00
Single drop in session	£5.50

BASKETBALL, RACQUETS, CRICKET, YOGA, NETBALL, HOCKEY, FOOTBALL

KIDS HOLIDAY CLUB

PER CHILD PER DAY (5-13 YEARS)

08.00 - 09.00 (Early drop off)	£4.00
09.00 - 16.00	£26.00
16.00 - 17.00 (Late pick up)	£4.00



MEMBERSHIP OPTIONS

SERVICES	GOLD	SILVER	SPORTS ACADEMY
Gym	✓	✓	✓ (13+ yrs)
Swimming	✓	✓	✓
Fitness Classes	✓	✗	✗
Fitness Induction	✓	✓	✓
Personalised Fitness Programme	✓	✓	✓
Racquet Sports	✓	✓	✓
14-day Advanced Booking Online	✓	✗	✓
Sports Academy Activities	✗	✗	✓
	From £43 per month or £430 per year	From £37 per month or £370 per year	From £21.50 per month or £215 per year

Please Note: Family memberships include 2 adults and 2 children (under 18 years).

If you have any questions or would like to talk about membership options in more detail please call 01934 744939 or ask at reception.

Corporate Memberships are available.

Please enquire at Reception for more information.

SCAN TO VIEW
OUR SPORTS
ACADEMY
TIMETABLE



MEMBERSHIP BENEFITS



On your birthday you will receive an email from us wishing you a Happy Birthday and as a gift from us to you, you can collect two complimentary passes for your friends & family to use.



Swim Academy - Stages 1-10 - Each stage has a different colour hat. When children complete a stage and move up, they will be able to collect their next coloured swimming hat from reception. This added incentive will increase their motivation progressing onto the next stage.



Collect 9 hot drink stamps at lattitude Coffee and get your 10th hot drink free – don't forget to ask for your loyalty card on your next visit.



Keep your fitness programme current and fresh, by booking a Personalised fitness programme with one of our qualified fitness instructors inclusive with every membership. Book yours today at leisure reception. (We recommend you book a programme review every 6-8 weeks).



Receive 10% off your first appointment with Beauty by Kimberly, don't forget to show your membership card when you pay.



Bring your Kings Fitness Water Bottle and collect stamps to win prizes. There is a monthly draw to win a month's free membership!! Nothing to lose lots to gain! (Reusable water bottles available to purchase at reception).












Cycle and Reward - Collect 10 stamps and be rewarded for cycling to Kings Fitness and you will also be entered into a monthly prize draw

POOL TIMETABLE

Pool Ratios are as follows:

0 - 2 yrs = 1 Adult to 1 Child
 3 - 4 yrs = 1 Adult to 2 Children
 5 - 7 yrs = 1 Adult to 3 Children
 8yrs+ and competent = Swim Alone
 Adult = 16+ yrs

GENERAL SWIM/LANE SWIM
SWIM ACADEMY/KINGFISHERS
SCHOOL LESSONS/PRIVATE HIRE
AQUA FIT CLASS
FAMILY FUN (Floor Depth 0.81)
PARENT & BABY (Floor Depth 0.81)
INFLATABLE FUN
WATER CONDITIONING (Back To Health Class)

-  25m Pool
-  Disabled/Pool Hoist
-  Limited Free Parking
-  Free Wifi
-  Steam Room (unavailable during School Swimming sessions)
-  Sauna
-  Showers & Changing Room
-  Restrooms
-  No Footwear in Changing Room

FROM MONDAY 15TH APRIL 2024 - SUNDAY 19TH MAY 2024

The information on this timetable is correct at the time of publication, but may be subject to change at any time. Changes will be displayed at Reception and on our Website.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 22.00	06.00 - 22.00	06.00 - 22.00	06.00 - 22.00	06.00 - 22.00	08.00 - 18.00	08.00 - 18.00
Kingfishers Swim Club 06.00 - 07.15 Lane Swim 06.00 - 08.50	Lane Swim 06.00 - 09.50	Kingfishers Swim Club 06.00 - 07.15 Lane Swim 06.00 - 09.50	Lane Swim (until 08.50)	Lane Swim (until 09.50)		
General Swim 09.00 - 10.00 Pre-School/Aqua Baby/Tots 09.00-10.10 (Variable Depth)	Pre-School 09.00-11.25 (Variable Depth)	General Swim 10.00 - 12.45 Pre-School 09.30 - 12.40 (Variable Depth)	Aqua Fit* 09.00 - 09.45	Parent & Baby 10.00 - 10.55	Swim Academy 08.00 - 12.10	Lane Swim (until 09.50)
Brent Knoll School 10.15 - 11.00 Cheddar School 11.00 - 11.30 Cheddar School 11.30 - 12.00	General Swim 10.00 - 12.45 Adult Swim Lessons 11.25 - 12.45	General Swim 10.00 - 12.45 Pre-School 09.30 - 12.40 (Variable Depth)	General Swim 10.00 - 13.00 Pre-School 10.00 - 12.00 (Variable Depth)	General Swim 11.00 - 12.45 Pre-School 11.00 - 12.45 (Variable Depth)		Family Fun* 10.00 - 10.55 Family Fun* 11.00 - 11.55
General Swim/Lane Swim 12.15 - 13.50 Fairlands 12.15 - 13.00	Priddy School 13.00 - 13.30 Axbridge School 13.30 - 14.00 Axbridge School 14.00 - 14.30	Cheddar School 13.00 - 13.30 Burrington School 13.30 - 14.00 Cheddar School 14.00 - 14.30	East Brent School 13.15 - 13.45 Mark School 13.45 - 14.15	Blagdon School 13.00 - 13.30 Draycott School 13.30 - 14.00 Shipham School 14.00 - 14.30	General Swim/Lane Swim 12.15 - 13.45	General Swim/Lane Swim 12.00 - 13.45
Water Conditioning 14.00 - 15.00 Disabled & Remedial 14.00 - 15.00	General Swim/Lane Swim 14.45 - 15.50 Depth 0.81	General Swim/Lane Swim 14.45 - 15.50	General Swim/Lane Swim 14.45 - 15.50	General Swim/Lane Swim 14.45 - 15.50	Inflatable Fun* 14.00 - 15.00 Inflatable Set Down	Inflatable Fun* 14.00 - 15.00 Inflatable Set Down
Adults Only Swim 15.00 - 15.50	Swim Academy 15.30 - 19.00	Swim Academy 16.00 - 19.00	Swim Academy 16.00 - 19.00	Swim Academy 16.00 - 20.05	General Swim/Lane Swim 15.30 - 18.00	Lane Swim 15.30 - 17.00 Kingfishers Swim Club 16.00 - 18.00
Lane Swim 18.15 - 19.00	General Swim/Lane Swim 18.15 - 19.00	Lane Swim 18.15 - 19.00	Lane Swim 18.15 - 19.00	Adult Swim Lessons 19.00 - 20.20		
Kingfishers Swim Club 19.00 - 21.00	Aqua Fit* 19.05 - 19.50 West Country Tri Club 20.00 - 21.00	Kingfishers Swim Club 19.00 - 21.00	Kingfishers Swim Club 18.30 - 21.00			
Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 19.10 - 22.00	Lane Swim 18.15 - 22.00		

PLEASE NOTE:
As of Monday 20th May 2024, the pool timetable will be published on our website



INFLATABLE FUN INFORMATION

This slot is bookable for birthday parties. Only the last Sunday of every month will be reserved for Inflatable fun.

Inflatable Fun requires advance booking for each individual attending the session (members can book online/non members must call Reception 01934 744939 (option 2)).

15 minutes at the start of the sessions are for Competency Tests and Rules (sessions are 45 minutes). Participants MUST be competent swimmers (can swim 25m unaided).

Children who do not meet the requirements may play in the Shallow End of the pool. Responsible Adults are allowed on the inflatable.

Under 8's must be a Competent swimmer and have an adult with them.

* Requires advance booking for each individual attending the session (Including under 3 year olds) .

Please see Kings Fitness Website for Swim England guidance relating to Frequently Asked Questions regarding Skin Conditions and Swimming participation, which we follow at Kings Fitness & Leisure.

SWIM ACADEMY JOURNEY

Unlimited Swimming with Swim Academy Membership

Parent & Baby Swim session, visit the glossary at the back of the brochure for more information.

Term Time Only



AQUA BABIES / TOTS (30 minutes)
 Stage 1 of the Swimmer journey at Kings. Developing early years water confidence for 0-3 year olds, this adult accompanied course is an introduction to swimming.
 Classes offer children valuable water based experiences.



PRESCHOOL (20 minutes)
 Stage 2 of the swimmer journey at Kings! Lessons for children aged 3-4, focusing on improving water confidence. Your child will work through the Swim England Duckling framework.

All year round - Excluding Christmas



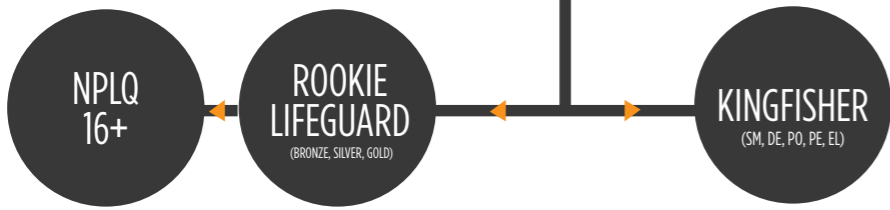
LEARN TO SWIM (30 minutes)
SWIM ENGLAND STAGES 1-3
 The first three stages will take your child through from a complete beginner to swimming 10 metres.



SWIM ENGLAND STAGES 4-6
 These stages focus on refining the 4 swimming strokes as well as introducing new water skills and water safety whilst working towards building stamina and distance.



SWIM ENGLAND STAGES 7-10
 Children will be swimming lengths and developing quality stroke technique and distance. An introduction to competitive swimming where children will be taught turns, timed swims, swimming drills and swimming exercises. All the skills they have learned throughout the programme will be consolidated and develop the core range of skills required to be a confident, competent swimmer.



KINGFISHERS SWIM CLUB

Social/Masters
 Aimed at those who still want to swim and have constructive swim coaching but don't wish to compete.

Development
 Develop technique in all four strokes and all turns along with an understanding of club training and terminology.

Potential
 Practice good technique through more distance and pace directed sets aiming to develop stamina and fitness.

Performance
 Build on distance developed in Potential. Refine starts, turns & techniques for galas.

Elite
 Understanding the pace and preparation for competition. Goal setting and competition on a regular basis.

NATIONAL POOL LIFEGUARD QUALIFICATION

Contact smfear@kingsfitness.co.uk for more information.

ROOKIE LIFEGUARD

Course provides a solid foundation on the basics of rescue and lifesaving skills. The programme is divided into 3 stages - Bronze, Silver & Gold with the opportunity to work towards badges. Not a full Lifeguard Qualification.

RISE GYMNASTICS AWARD SCHEME PATHWAY

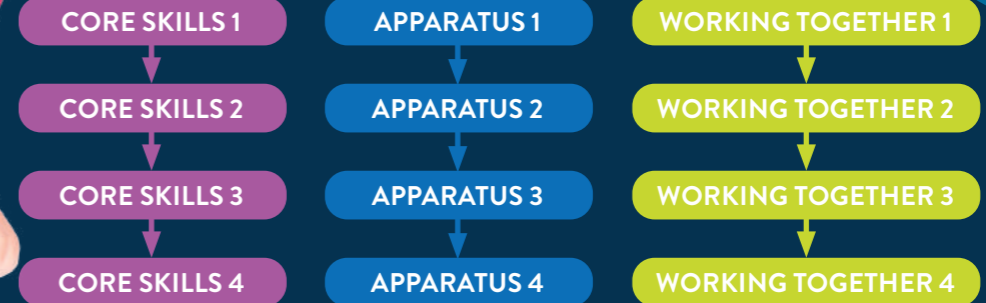
RISE GYMNASTICS

Rise Gymnastics is a fun packed programme and award scheme from British Gymnastics for children that provides a progressive journey through recreational gymnastics.



+++

PROGRAMME & AWARD SCHEME RISE GYMNASTICS explore



PROGRAMME & AWARD SCHEME RISE GYMNASTICS excel



Giving every gymnast the opportunity to shine

You can join the programme by setting up a gymnastics membership for £19 per month or £190 for the year, which includes medals and certificates.

Recognised by British Gymnastics



BE A PART OF THE SPORTS ACADEMY FAMILY

A SPORTS & ACTIVITIES MEMBERSHIP FOR 4-18 YEAR OLDS.

FOR ONLY £21.50 PER MONTH OR £215.00 PER YEAR.



	TIME	ACTIVITY	INSTRUCTOR	SUITABLE FOR AGES	INCLUDED IN SPORTS ACADEMY MEMBERSHIP?
MON	15:25 - 16:10	Youth Training	Gym Team	13-15	✓
	15:30 - 16:00	Youth Training Induction	Gym Team	13-15	✓
	16:00 - 16:45	Junior Yoga	Andrew	8-15	✓
	16:15 - 17:00	Youth Training	Gym Team	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	4-15 (School Age)	
	17:00 - 17:55	Intermediate Gymnastics	Fran	4-15 (School Age)	
	18:00 - 18:55	Advanced Gymnastics	Fran	4-15 (School Age)	
TUES	15:25 - 16:10	Youth Training	Gym Team	13-15	✓
	13:30 - 16:00	Youth Learn to Lift	Terri	13-15	✓
	16:00 - 17:00	Basketball	Paul	8-15	✓
	16:15 - 17:00	Youth Training	Gym Team	13-15	✓
	17:00 - 17:45	Basketball	Paul	8-15	✓
	17:30 - 18:00	Youth Training Induction	Gym Team	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	4-15 (School Age)	
	16:00 - 17:00	Football	Diogo	8-15	✓
	17:00 - 17:55	Intermediate Gymnastics	Fran	4-15 (School Age)	
	18:00 - 18:55	Advanced Gymnastics	Fran	4-15 (School Age)	
19:00 - 19:55	Elite Gymnastics	Fran	4-15 (School Age)		

	TIME	ACTIVITY	INSTRUCTOR	SUITABLE FOR AGES	INCLUDED IN SPORTS ACADEMY MEMBERSHIP?
WEDS	15:25 - 16:10	Youth Training	Gym Team	13-15	✓
	15:30 - 16:00	Youth Training Induction	Gym Team	13-15	✓
	16:00 - 17:00	Netball	Chantelle	8-15	✓
	16:15 - 17:00	Youth Training	Gym Team	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	4-15 (School Age)	
	16:00 - 17:00	Hockey	Hollyt	8-15	✓
	17:00 - 17:55	Intermediate Gymnastics	Fran	4-15 (School Age)	
THURS	18:00 - 20:00	Tae Kwon-Do	Jane	6+	
	18:30 - 19:30	Kickboxing	Mel	6-8	✓
	19:30 - 20:30	Kickboxing	Mel	9+	✓
	15:25 - 16:10	Youth Training	Gym Team	13-15	✓
	13:30 - 16:00	Youth Learn to Lift	Terri	13-15	✓
	16:00 - 17:00	Cricket	Lewis	8-15	✓
	16:15 - 17:00	Youth Training	Gym Team	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	4-15 (School Age)	
	17:00 - 17:55	Intermediate Gymnastics	Fran	4-15 (School Age)	
	17:30 - 18:00	Youth Training Induction	Gym Team	13-15	✓
18:00 - 18:55	Advanced Gymnastics	Fran	4-15 (School Age)		
FRI	15:25 - 16:10	Youth Training	Gym Team	13-15	✓
	16:00 - 17:00	Racquets	Diogo	8-15	✓
	16:05 - 17:00	Street Cheer	Georgia	4-7 (School Age)	
	16:15 - 17:00	Youth Training	Gym Team	13-15	✓
	17:00 - 18:00	Racquets	Diogo	8-15	✓
	17:05 - 18:00	Contemporary Dance	Georgia	9-15	
	18:00 - 20:00	Tae Kwon-Do	Jane	6+	
	18:05 - 19:00	Street Cheer	Georgia	8-15	
	10:30 - 11:00	Youth Training Induction	Gym Team	13-15	✓
	11:00 - 12:00	Youth Training	Gym Team	13-15	✓

GET KIDS OUT... GET KIDS ACTIVE!

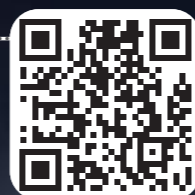
Sports Academy Membership

Entitles you to;

- Unlimited access to the Swimming Pool
- Kings Island Inflatable and Family Fun*
- Unlimited Racquet Court Hire

Available for any child/young adult aged 4-18 years. 16 - 18 year olds will have the equivalent of an adult Gold Membership. No joining fee, minimum 3-month contract.

*We recommend these activities are booked in advance to avoid disappointment - 14 days advance booking available with this membership.



JOIN US, SCAN HERE FOR MORE INFORMATION



- FOR AGES 5 - 13 YEARS -

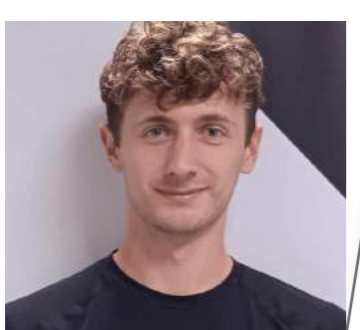
KIDS CLUB AT KINGS

A Variety of Sports & Crafts Including Swimming

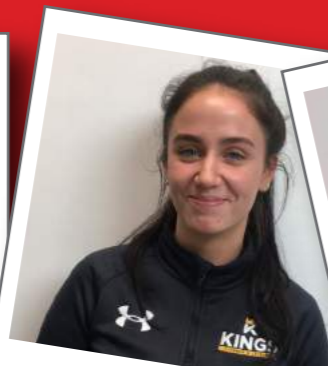
Available during...

Summer Holidays
Christmas Holidays
Easter Holidays
...and Half Terms!

Meet some of the team!



James



Jenna



Jess



Robin

Early Drop Off and Late Pick Up now available, **£4 per session**

9.00am – 4.00pm
Each day is structured and themed with various activities

£26 per day

What does the child need to bring?

Packed lunch, snacks, refillable drinks bottle, swimming kit (weather dependant items i.e., sun cream, waterproofs etc)

Useful Information

On site café
Registration/medical forms will be sent on booking

WELCOME TO YOUR GYM

The Gym at Kings Fitness and Leisure boasts 4 individual zones that will challenge your fitness boundaries, and push you to the next level.

FITNESS INDUCTION

Start your fitness journey by choosing between a 1 hour full induction with a personal programme for £25; or a 20 minute induction for £15. Both of which are lead by a qualified gym instructor. (Free induction with any new membership). All gym inductions are available to book online

GYM FLOOR

As a market leader, we ensure the large 400m² gym provides the optimum workout.

Cardiovascular machines featuring touch screens, USB/Bluetooth connections with app, Spotify, Free View TV with Netflix and an extensive range of training programmes and virtual trainers, including: Power Mills, Cross Trainers, Rowing machine, Exercise Bikes, Treadmills, Hand Bike and Recumbent Bike.

FREE WEIGHT AND RESISTANCE ZONE

The Kings Fitness Gym has a range of free weights and Resistance machines to keep you challenged. We have 2 sets of 2.5kg–42.5kg dumbbells and 1 set of 42.5kg–60kg dumbbells. In addition there are 4 Weight Benches, 2 Squat Racks, 2 Bench Presses, 1 Smith Machine, Plate loaded leg press and Glute drive.

FUNCTIONAL ZONE

Our brand new functional area has been purpose built for your gym. Whether people participate in a class or use the kit for their own personal workout, the possibilities are endless. Our new functional rig can facilitate TRX training harnesses, a punch bag, resistance bands, battle ropes, viper, medicine balls, kettlebells. With brand new HITT equipment including x3 Ski Ergs and x3 assault bikes.

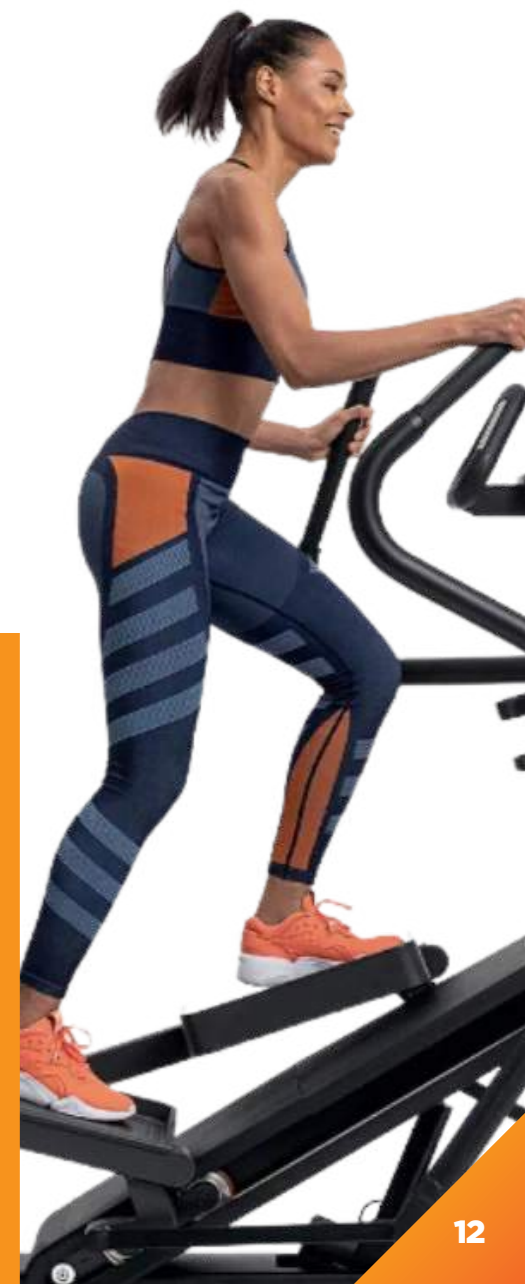
YOUTH TRAINING ZONE

13-15 YEAR OLDS (INCLUDED WITH SPORTS ACADEMY MEMBERSHIP)

The Youth Training Zone is aimed at encouraging teenagers between 13–15 years to become more active. The session is supervised by one of our gym level 2 fitness instructors. Participants are restricted to using equipment and weights that are suitable for their age. Places are limited so please pre book to each weekly session.

A full induction must be completed before being allowed to book in for the youth training sessions. Once the participant reaches 16 they can use the gym independently.

Please see Sports Academy Timetable for session times.



MEET OUR GYM TEAM



TERRI DURSTON
GYM INSTRUCTOR

TDURSTON@KINGSFITNESS.CO.UK



ELLIE DANDO
GYM INSTRUCTOR

EDANDO@KINGSFITNESS.CO.UK



NICOLE BANKS
REFERRAL COORDINATOR

NBANKS@KINGSFITNESS.CO.UK

To book call reception on 01934 744 939

GYM TIMETABLE

	TIME	ACTIVITY	INSTRUCTOR
MON	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team
TUES	9:30 - 10:15	Women that lift	Terri
	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	15:30 - 16:00	Learn to lift (Youth)	Terri
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team
WEDS	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team
	19:00 - 19:45	Team Training	Shane
THURS	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	15:30 - 16:00	Learn to lift (Youth)	Terri
	16:15 - 17:00	Youth Training 13-15yrs	Terri
	19:00 - 19:45	Women that lift	Gym Team
FRI	06:15 - 06:50	Team Training	Shane
	10:30 - 11:15	Women that lift	Terri
	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team

PERSONAL TRAINING

ALEX MOULTON



PERSONAL TRAINER AND MOVEMENT SPECIALIST

- + FULL BODY ANALYSIS & GOAL SETTING
- + HOLISTIC MOVEMENT ASSESSMENT
- + TAILORED TRAINING PROGRAMS
- + DIET COACHING & MACRO NUTRITION GUIDE
- + MONTHLY PROGRESS REVIEWS



VISIT WWW.ALEXMOULTONPT.COM TO BOOK IN YOUR CONSULTATION

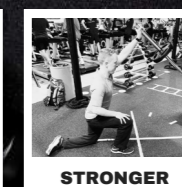
PERSONAL TRAINING

INTRODUCTORY OFFER

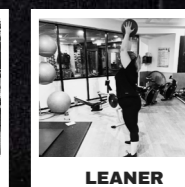
£99 FOR YOUR FIRST MONTH



FITTER



STRONGER



LEANER

GET IN TOUCH TODAY

BEN@PEAKPERFORMANCEFITNESS.CO.UK
DANI@PEAKPERFORMANCEFITNESS.CO.UK



PEAK PERFORMANCE



Take control of your life and achieve the results you desire.

Fitness Training Sessions: One to One or in Pairs

Contact Nicole for your free consultation:

Mobile / WhatsApp: **07795 832943**
nicole@live-life-active.co.uk
live-life-active.co.uk

Our personal trainers can ensure you get the very best out of your workouts, guiding you on correct technique, advising on volumes, sets and training routines, lifestyle and nutritional information. Using a personal trainer enhances your fitness faster, safer and with better results. Contact one of our Personal Trainers to see how they can help you. All boast a vast array of experience and we are extremely proud to have them on our team!

WELCOME TO YOUR CLASSES

BEGIN YOUR FITNESS CLASS JOURNEY

Gold Member you have the privilege of getting two weeks' advance booking to book your favourite class.

Silver and non-members can still attend our classes by booking in one week in advance and paying as they go.

HOW TO BOOK:

- Once you have become a member you will be given online logging details to access our members booking lounge.
- Our booking lounge can be found on our website
- Once logged in you will be able to book in for any of our 174 fitness classes per week. (subject to change)
- Classes operate on a first come served basis. We advise you book classes to guarantee a space. Where possible, this enables us to communicate any changes.

WAITING LIST:

- Any classes that are fully booked, make sure you go onto the waiting list. Once a space becomes available our booking system will begin to send out available space emails 48 hours before the class every hour until the space is filled, which works on a first come first served basis. This will happen every time a space becomes available until 1 hour before class is due to begin. We believe this is the fairest and easiest way to run our waiting list.
- Please don't forget to cancel a class if you can't attend. By doing this it allows everyone on the waiting a chance to book in and attend the class.

HOW TO BE CLASS READY:

- Please switch off your phones during all classes
- Wear clothes/trainers that are appropriate for the class
- Water bottle (water refill stations are available throughout the centre)
- Please inform the instructor of any medical conditions if you are new to the class or returning to exercise
- No latecomers are allowed. This is for your own health & safety from inadequate warm up and to minimise disruption to others
- Our classes are scheduled for 45 minutes. We leave the last 15 minutes for questions, equipment to be wiped down after the class and for members to leave class in time before next class arrives

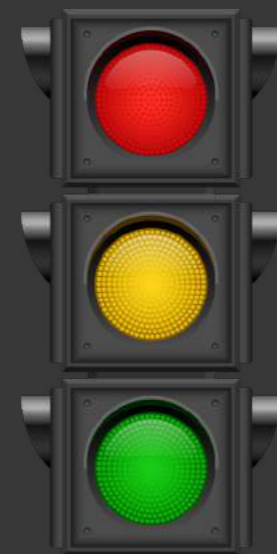
TRAFFIC LIGHT SYSTEM

HOW IT WORKS:

In order to maintain high quality standards across the fitness class timetable, we are continuously monitoring and evaluating attendance levels and participant feedback when making any changes to the current timetable. On the studio notice board there is a copy of the fitness class timetable displaying the previous month's attendance levels. This highlights the changes that will be made to the current fitness class timetable if the attendance levels do not increase.

Class attendance percentage is worked out in the following way:

We take the average number of both the participants that have booked and the class register that our instructor takes before the class compared with the class capacity.



Red <33% of class capacity

Attendance levels are not achieving required levels. The class is at risk of being removed from the timetable

Orange <33-66% of class capacity

Attendance levels are maintaining an acceptable level.

Green >66% of class capacity

Attendance levels are exceeding required levels

MEET OUR GROUP EXERCISE COORDINATOR

CERI ROWE
CROWE@KINGSFITNESS.CO.UK



STUDIO 1 TIMETABLE

	TIME	ACTIVITY	INSTRUCTOR
MON	07:00 - 07:45	Indoor Cycling	Robyn
	18:00 - 18:45	Indoor Cycling	Julia
TUES	09:30 - 10:15	Indoor Cycling	Ceri
	19:00 - 19:45	Indoor Cycling	Alex
WEDS	07:00 - 07:45	Indoor Cycling	Shane
	18:00 - 18:45	Indoor Cycling (CC)	Shane
THUR	09.30 - 10.15	Indoor Cycling	Sarah
	18:00 - 18:45	Indoor Cycling	Julia
FRI	07:00-07:45	Indoor Cycling (CC)	Shane
	18:00 - 18:45	Indoor Cycling	Ceri
SAT	09:00 - 9:45	Indoor Cycling	Julia
SUN	09:00 - 9:45	Indoor Cycling	Ceri

(CC) = Coach by Colour

STUDIO 2 TIMETABLE

*Not included in Gold Memberships

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15 - 10:00	Pilates	Robyn
	10:15 - 11:00	Body Balance	Jayne
	11:15 - 12:00	Pilates	Jayne
	16:00 - 16:45	Junior Yoga	Andrew
	18:00 - 18:45	Yoga	Holly
	19:00 - 19:45	Yoga	Holly
	20:00 - 21:30	Iyengar Yoga Course*	Meg
TUES	09:30 - 10:15	Yoga	Andrew
	10:30 - 11:15	Pilates (All)	Ceri
	11:30 - 12:15	Yoga	Georgie
	12:30 - 13:15	Pure Stretch	Georgie
	16:45 - 17:00	Box Fit Introduction	Alex
	18:00 - 18:45	Fitness Pilates	Robyn
	17:00 - 17:45	Boxing Fit	Alex
19:00 - 19:45	Yoga	Andrew	
WEDS	09:30 - 10:15	Abdominal Revolution	Natalie
	10:30 - 11:15	Yoga	Georgie
	11:30 - 12:15	Pilates	Ceri
	19:00 - 19:45	Body Balance	Jayne
THUR	09:30 - 10:15	Yoga	Anna
	10:30 - 11:15	Pilates (All)	Anna
	18:00 - 18:45	Pilates	Ceri
	19:30 - 20:30	Pregnancy Yoga*	Samantha
FRI	08:00 - 08:45	Fitness Pilates	Robyn
	09:30 - 10:15	Fitness Pilates	Robyn
	10:30 - 11:15	Body Balance	Clive
	11:30 - 12:15	Pilates	Belinda
	19:00 - 19:45	Fitness Pilates	Ceri
SAT	10:00 - 10:45	Pilates	Natalie
SUN	09:00 - 9:45	Yoga	Georgie
	10:00 - 10:45	Yoga	Georgie

STUDIO 3 TIMETABLE

*Not included in Gold Memberships

	TIME	ACTIVITY	INSTRUCTOR
MON	09:15 - 10:00	Body Pump	Natalie
	10:15 - 11:00	Body Conditioning	Robyn
	11:15 - 12:00	Les Mills Dance	Robyn
	18:00 - 18:45	Group Active	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
TUES	07:00 - 07:45	Weighted Circuit	Alex
	09:30 - 10:15	Body Conditioning	Leanne
	10:30 - 11:15	Zumba	Paula
	11:30 - 12:15	Fit Step	Paula
	14:15 - 15:45	U3A Table Tennis*	U3A
	18:00 - 18:45	Body Pump	Jayne
	19:00 - 19:45	Body Conditioning	Robyn
20:00 - 20:45	Les Mills Dance	Robyn	
WEDS	09:30 - 10:15	Step	Ceri
	10:30 - 11:15	Legs, Bums and Tums	Ceri
	11:30 - 12:15	Zumba	Georgie
	18:00 - 18:45	Body Pump	Jayne
THURS	07:00 - 07:45	Body Pump	Natalie
	09:30 - 10:15	Legs, Bums & Tums	Natalie
	10:30 - 11:15	Body Conditioning	Sarah F
	18:00 - 18:45	Body Attack	Clive
	19:00 - 19:45	Body Conditioning	Clive
	20:00 - 20:45	Body Balance	Clive
FRI	09:30 - 10:15	Legs Bums and Tums	Clive
	10:30 - 11:15	Les Mills Dance	Robyn
	11:30 - 12:15	Body Conditioning	Robyn
	16:05 - 17:00	Street Cheer * (4-7)	Georgia
	17:05 - 18:00	Contemporary Dance* (9+)	Georgia
18:05 - 19:00	Street Cheer * (8+)	Georgia	
SAT	09:00 - 09:45	Body Attack	Jayne
	10:00 - 10:45	Body Pump	Jamie
SUN	10:00 - 10:45	Step	Ceri

STUDIOS
2

STUDIO
3



STUDIO 4 TIMETABLE

*Not included in Gold Membership

	TIME	ACTIVITY	INSTRUCTOR
TUES	10:30 - 11:15	Fit Ball	Leanne
	09:35 - 10:45	Postnatal and Baby Yoga*	Samantha
THURS	11:00 - 11:45	Mum and Active Baby*	Samantha
	19:30 - 20:30	Pregnancy Yoga*	Samantha

HIRE OUR SPACES

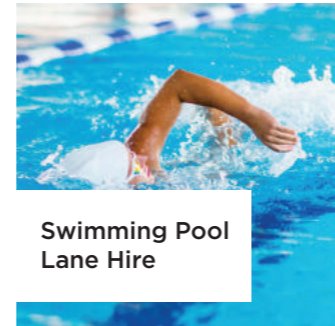
Would you like a new home for your club or group?



Studio Hire



Sports Hall Hire



Swimming Pool Lane Hire

Regular block bookings receive:

- Announcement to members via our website & social media
- Ongoing in-house advertising which will be seen by our 2000+ members
- Social media support including likes and shares of any posts you tag us in relating to your booking
- A mention in our printed Centre Guide 'Community Hub' page

*The option of further advertisement at a cost

To enquire, please contact Robyn:
rbekker@kingsfitness.co.uk

Refer a friend, receive a free month

Exercising with a friend can motivate and inspire, existing members can encourage a friend to become a member of the Kings Fitness Family for at least 3 months, and you receive a free months membership.



Pick up your refer a friend voucher from reception today*

*Terms and Conditions apply

STUDIO 4

VIRTUAL CLASS TIMETABLE

	TIME	ACTIVITY	STUDIO
MON	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	09:20 - 10:05	Core	Studio 4
	10:20 - 11:05	Core	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Body Balance	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Body Atttack	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
	18:00 - 18:45	Body Pump	Studio 4
	19:00 - 19:30	Core	Studio 4
	20:00 - 20:45	Body Balance	Studio 4
20:15 - 21:05	RPM	Studio 1	
21:15 - 22:00	The Trip	Studio 1	

TUES	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	08:15 - 08:45	Sprint	Studio 1
	10:35 - 11:20	Core	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Body Balance	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Grit (Cardio)	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
	18:05 - 18:50	Body Balance	Studio 4
	19:05 - 19:50	Combat	Studio 4
	20:05 - 20:50	LesMills Dance	Studio 4
20:15 - 21:05	RPM	Studio 1	
21:15 - 22:00	The Trip	Studio 1	

	TIME	ACTIVITY	STUDIO
WEDS	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	08:00 - 08:30	Sprint	Studio 1
	10:35 - 11:20	Core	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Body Balance	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Combat	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
	18:05 - 18:50	LesMills Dance	Studio 4
	19:05 - 19:50	Core	Studio 4
	20:05 - 20:50	Body Balance	Studio 4
20:15 - 21:05	RPM	Studio 1	
21:15 - 22:00	The Trip	Studio 1	

THUR	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	08:00 - 08:30	Sprint	Studio 1
	09:00 - 09:45	Body Pump	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Body Balance	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Body Balance	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
	18:00 - 18:45	LesMills Dance	Studio 4
	19:00 - 19:45	Combat	Studio 4
	20:00 - 20:45	Body Balance	Studio 4
20:15 - 21:05	RPM	Studio 1	
21:15 - 22:00	The Trip	Studio 1	

Did you know?

If you can't attend your favourite instructor led class, our virtual classes are all 'on demand' so you don't miss out. Simply speak to one of the Kings team, and if the studio is free, we will put your session on for you. For our Family Classes, the adults pay and the children go free.

	TIME	ACTIVITY	STUDIO
FRI	06:15 - 06:45	Sprint	Studio 1
	07:00 - 07:30	Core	Studio 4
	0800 - 08:30	Core	Studio 4
	10:35 - 11:20	Body Balance	Studio 4
	11:35 - 12:05	Body Balance	Studio 4
	12:00 - 12:30	Sprint	Studio 1
	12:30 - 13:00	Combat	Studio 4
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	LesMills Dance	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	17:15 - 17:45	Core	Studio 4
	18:05 - 18:50	Body Pump	Studio 4
	19:05 - 19:50	Body Balance	Studio 4
	20:15 - 21:05	RPM	Studio 1
21:15 - 22:00	The Trip	Studio 1	

SAT	08:05 - 08:35	Sprint	Studio 1
	08:50 - 09:20	Body Balance	Studio 4
	09:25 - 09:55	Family Fitness	Studio 4
	10:00 - 10:30	Sprint	Studio 1
	10:00 - 10:30	Family Fitness	Studio 4
	10:35 - 11:05	Sprint	Studio 1
	10:35 - 11:05	Family Fitness	Studio 4
	11:10 - 11:40	Sprint	Studio 1
	11:10 - 11:40	Les Mills Dance	Studio 4
	16:00 - 16:45	RPM	Studio 1
	17:00 - 17:45	Core	Studio 4

	TIME	ACTIVITY	STUDIO
SUN	08:05 - 08:35	Sprint	Studio 1
	09:05 - 09:35	Body Balance	Studio 4
	10:05 - 10:35	Sprint	Studio 1
	10:05 - 10:35	Core	Studio 4
	11:05 - 11:50	Family Fitness	Studio 4
	12:00 - 12:50	The Trip	Studio 1
	16:00 - 16:50	The Trip	Studio 4
	16:00 - 16:50	Core	Studio 4
17:00 - 17:45	Body Balance	Studio 4	

What is a virtual class?

Our Virtual classes are cinematic quality versions of Les Mills live world leading fitness programmes. From Barre & Balance to Combat & Sh'Bam, you'll be highly motivated, inspired by great music and taught by some of the best instructors on the planet!

How do we book a virtual class?

- Once you have become a member you will be given online login details to access our members booking lounge.
- Our booking lounge can be found on our website
- Once logged in you will be able to book in for any of our 174 fitness classes per week. (subject to change)
- Classes operate on a first come served basis. We advise you book classes to guarantee a space. Where possible, this enables us to communicate any changes.

BACK2HEALTH

Welcome to Kings Fitness and Leisure, We are a thriving centre with an excellent range of affordable facilities including our Back 2 Health Referral Scheme.



How our Back 2 Health Referral Scheme works:

Our Back to Health referral scheme is run by our co-ordinator Nicole Banks.

Whether it's recovering from an injury, illness or have been advised to increase activity levels, we want to create an environment where everyone feel's happy, safe, and part of a group.

Whatever age, condition, or story we want to be there every step of the way of the fitness journey.

Our Back2Health Members have the same privileges as our current Gold Members.

We encourage all Back2Health Members to consider joining an 'active' class such as Pilates/Aqua Fit, playing badminton, going for a swim or Gym.

Sometimes joining a health scheme can seem a little daunting, we have written below an example breakdown of how the scheme works, and what we would like to aim towards in progressing through the scheme.

We offer a 12-week UNLIMITED PASS for £66. This includes:

- Access to all Group exercise classes
- Racquet courts
- Swimming Pool
- Fitness Gym
- Exclusive Fitness Classes - Water Therapy, Chair exercising and Fall Prevention

We ask our Back2Health members to attend the centre at least once a week for the first four weeks, this will either be at a specified time by appointment with Nicole, or at their own leisure.

After four weeks where appropriate, we would like to see our Back2Health members to increase their visits to the centre.

Although Nicole will be in constant contact, she will have a sit-down chat at 6 weeks with them to see how they are getting along. Adjustments to their fitness programme will be implement any advice and extra support that they may require will be discussed and put in place.

After 12 weeks, they will meet with Nicole once more and she will complete their final fitness assessment and talk them through their options for moving forward with continued exercise.

Our scheme works in partnership with Pro Active Somerset. It is open to anyone who might have some medical complaint that would benefit from physical activity. Visit your local GP and ask for information about the scheme. If your GP considers you to be a suitable candidate, they will be refer and contact our Back2Health Coordinator Nicole.

Nicole will then be in contact with you to book an appointment.

“On the Back to Health Programme I have been positively encouraged to work to my own ability, adapt exercises when necessary for me and progress at my own pace within a supportive, warm, fun environment.” Pam D

BACK2HEALTH TIMETABLE

THESE CLASSES ARE INTENDED FOR BACK2HEALTH MEMBERS

	TIME	ACTIVITY	INSTRUCTOR
MON	10:15 - 11:00	Soft Circuits	Natalie
	14:00 - 15:00	Water Conditioning	Natalie
TUES	11:30 - 12:15	Seated Pilates	Leanne
	11:30 - 12:15	Fit Steps	Paula
	12:30 - 14:00	Cardiac Rehab	Leanne
WEDS	10:30 - 11:15	Seated Yoga	Andrew
	13:00 - 13:45	Health Tai Chi	John
THUR	11:30 - 12:15	Seated Yoga	Anna
	11:30 - 12:15	Soft Circuits	Sarah
	13:00 - 13:45	Standing Strong	Nicole
	14:00 - 14:45	Gentle Pilates	Natalie
FRI	12:30 - 13:15	Neurological Class	Belinda

MEET OUR BACK2HEALTH COORDINATOR



NICOLE BANKS
BACK2HEALTH
COORDINATOR

NBANKS@KINGSFITNESS.CO.UK

SPORTS HALL TIMETABLE

*Not included in Gold Memberships

	TIME	ACTIVITY	HALL SIDE	INSTRUCTOR
MON	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	19:00 - 19:45	Circuits	Whole Hall	Fitness Team
TUES	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	19:00 - 19:55	Elite Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Basketball (8 Years+)	Right Half	Paul
	17:00 - 17:45	Junior Basketball (8 Years+)	Right Half	Paul
	18:00 - 18:45	Circuits	Right Half	Alex
	WEDS	16:00 - 16:55	Beginners Gymnastics*	Left Half
16:00 - 17:00		Junior Netball (8 Years+)	Right Half	Chantelle
17:00 - 17:55		Intermediate Gymnastics*	Left Half	Fran
18:00 - 20:00		Tae Kwon-Do*	Right Half	Jane
18:30 - 19:30		Kickboxing (6-8 Years)	Left Half	Mel
19:30 - 20:30		Kickboxing (9+ Years)	Left Half	Mel
THURS	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Cricket (8 Years+)	Right Half	Lewis
	17:00 - 19:30	Pickleball*	Right Half	Olly
	20:00 - 22:00	Wessex Badminton Club*	Whole Hall	Simon/Alice
FRI	16:00 - 17:00	Junior Racquets (8 Years+)	Right Half	Diogo
	17:00 - 18:00	Junior Racquets (8 Years+)	Right Half	Diogo
	18:00 - 20:00	Tae Kwon-Do*	Right Half	Jane
SAT	08:00 - 08:45	Circuits	Whole Hall	Natalie
	09:00 - 09:45	Abs Revolution	Whole Hall	Natalie

ASTRO TURF TIMETABLE

*Not included in Memberships

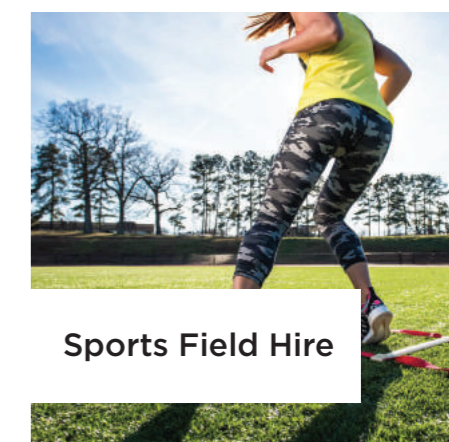
	TIME	ACTIVITY	ASTRO PITCH
TUES	16:00 - 17:00	Kings Junior Football	Pitch 1
	19:00 - 20:00	Cheddar Walking Football*	Pitch 1
WEDS	16:00 - 17:00	Kings Junior Hockey	Whole Pitch
	19:00 - 20:00	Cheddar Walking Football*	Pitch 1
	19:00 - 20:00	Draycott Football Club*	Pitch 2
	21:00 - 22:00	DAFT Football Team*	Pitch 1
THURS	20:00 - 21:00	Churchill Football Team*	Pitch 1
	20:00 - 21:00	Football*	Pitch 2

HIRE OUR SPACES

Would you like a new home for your club or group?



Astro Hire



Sports Field Hire

Regular block bookings receive:

- Announcement to members via our website & social media
- Social media support including likes and shares of any posts you tag us in relating to your booking
- Ongoing in-house advertising which will be seen by our 2000+ members
- A mention in our printed Centre Guide 'Community Hub' page

*The option of further advertisement at a cost

To enquire, please contact Robyn:
rbekker@kingsfitness.co.uk

DID YOU KNOW KINGS ALSO OFFER...



Parent + baby lessons

Lessons run on Mondays 9am-10.05am and Wednesdays 9.30am-11am, from newborn up to 36 months. Start your babies swimming journey working towards the Discovery Duckling Awards 1-4. Parents accompany their children in these 30 minute lessons.



Pre school lessons

Lessons run on Mondays 9am-10.10am, Tuesdays 9am-11am, Wednesdays 11am-12.40pm, Thursday 10am-12pm and Friday 11am-12.35pm, for children from age 3-4. Develop your child's confidence and water skills working towards the Duckling Awards 1-4. Children swim independently in these lessons which are 20 minutes long.

Kickboxing

Classes are on Wednesdays 6.30pm - 7.30pm for 6 - 8 year olds & 7.30pm - 8.30pm for 9+ years. Run by Mel Edmonds from the World Combat Arts organisation www.worldcombatarts.org.



Mel holds a 4th Dan black belt and has been an instructor for over 20 years throughout the South West. The club holds regular gradings in Bristol together with other WCA Junior clubs and the children also have the opportunity to enter competitions. Discipline, confidence building, fitness and fun are at the heart of Mel's classes, which also includes self-defence. Why not come along and try out this class? All equipment supplied.

For more information or to book a space, please call our Reception Team on 01934 744939

Lattetude



Relax after your workout or catch up with friends in our Coffee Shop.

Opening Times: Mon-Fri 9am-7pm, Sat 8am-3pm, Sun 9:30am - 2:30pm

- ☕ Freshly prepared coffee
- ☕ Speciality teas
- ☕ Little Nipper Meal Deals
- ☕ Cakes Made to Order
- ☕ Home-made Cakes & Savouries
- ☕ Lattetude Larder
- ☕ We sell Free Range Eggs
- ☕ Eat in or Takeaway
- ☕ Birthday Parties

Allergies & Intolerances

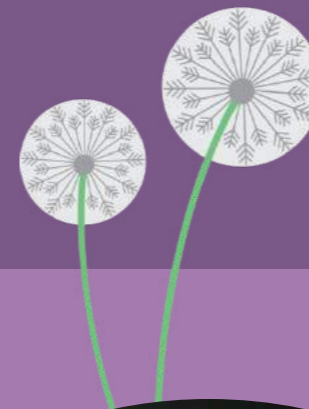
Please speak to a staff member about the ingredients in your meal

Lattetudecoffeeshop@gmail.com



Beauty By Kimberly

at Kings Fitness & Leisure



Beauty By Kimberly is dedicated to providing you with the ultimate pamper experience. Our highly trained therapists use only the best products and techniques to ensure that you receive the highest quality services.

Our services include:

- Facials
- Massage
- Waxing and tinting
- Manicures and Pedicures
- Gel Manicures and Pedicures



☎ 07748 668 091 ✉ Kim@beauty-by-kimberly.co.uk

BIRTHDAY PARTIES

at Kings Fitness & Leisure

All our parties are for up to 25 children!

Book your party food with Lattetude. Hot or cold, we have it all for you!

To order please call 07765013434 or email lattetudecoffeeshop@gmail.com

Lattetude

Hot food
£6.90
per person

Cold food
£4.80
per person

SPORTS HALL PARTIES

BOUNCY CASTLE PARTY

Our Kings Bouncy Castle inflatable features various obstacles and a slide. It is set up in the Sports Hall with lots of space for the children to run around and burn off some steam.

BOOKING INCLUDES:

- 60 minutes of exclusive facility use with 30 minutes available for food afterwards (food not included).
- Tables and chairs set up for up to 25 people.
- Birthday invitations for your child to hand out to their guests.

AVAILABLE: Saturday or Sunday between 11am - 4pm
PARTICIPANTS: Maximum 25 children
AGES: Suitable for children aged between 1-6yrs



£150
For up to 25 children

SPORTS/GAMES PARTY

Our spacious Sports Hall and viewing balcony provide the perfect space and well equipped venue for sports themed parties.

SELECT YOUR SPORTS PARTY FROM:

- Football • Basketball
- Netball • Racquets

All equipment can be provided for any of the above sports.

BOOKING INCLUDES:

- 60 minutes of exclusive facility use with 30 minutes for food afterwards (food not included).
- Tables and chairs set up for up to 25 people.
- Birthday invitations for your child to hand out to their guests.

AVAILABLE: Saturday or Sunday between 11am - 4pm
PARTICIPANTS: Maximum 25 children
AGES: Suitable for children aged 4-14yrs



£100
For up to 25 children

SWIMMING POOL PARTIES

AQUA SPLASH PARTY

Fancy making a splash on your child's first birthday? Exclusive use of the whole pool, the floor in the shallow end will be raised to .81m and the pool will be filled with fun floats, noodles, pool toys for the children to enjoy.

BOOKING INCLUDES:

- 45 minutes of exclusive pool use with 45 minutes of the viewing area for food afterwards (food not included).
- Tables and chairs set up for up to 25 people.
- Birthday invitations for your child to hand out to their guests.

AVAILABLE: Saturday and Sunday 2pm - 2.45pm in the pool and 3 - 3.45pm in the viewing area (Party time 2-4pm)

PARTICIPANTS: Maximum 25 children
AGES: Suitable for children aged 1yr +

OTHER INFORMATION: Parents must accompany children in the pool, please see adult to child ratios on the terms and conditions.



£165
For up to 25 children

KINGS ISLAND INFLATABLE

Welcome our Inflatable 'KINGS ISLAND'. Can you race your friend to the end? Climbing, Crawling and Jumping over the obstacles? Can you conquer Kings Island?

BOOKING INCLUDES:

- 45 minutes of exclusive pool use with 45 minutes of the viewing area for food afterwards (food not included).
- Tables and chairs set up for up to 25 people.
- Birthday invitations for your child to hand out to their guests.

AVAILABLE: Saturday and Sunday 2pm - 2.45pm in the pool and 3 - 3.45pm in the viewing area (Party time 2-4pm)

PARTICIPANTS: Maximum 25 children
AGES: Suitable for children aged 6yrs + (**Competent swimmers only**)

OTHER INFORMATION: Parents must accompany children in the pool, please see adult to child ratios on the terms and conditions.


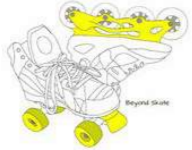


















* 15 mins of start of session is for competency tests and rules (sessions are 45 mins)



£170
For up to 25 children

COMMUNITY

Kings are proud to be working in partnership with so many clubs and organisations.

 <p>Axbridge Saxons Juniors: enquiries@axbridgesaxons.co.uk Veterans: simonpowell@gmail.com</p>	 <p>Beyond Skate www.beyondskate.co.uk</p>	 <p>Cheddar Junior Park Run cheddarjuniors@parkrun.com</p>	 <p>Cheddar Hockey Club fivehelps@btinternet.com</p>
 <p>Cheddar Walking Football tim.richens@icloud.com</p>	 <p>Cheddar Running Club CheddarRunningClub@gmail.com</p>	 <p>Cheddar Valley Hockey cvhvc@outlook.com</p>	 <p>Cheddar Snooker Club www.cheddarsnookerclub.org.uk</p>
 <p>Cheddar Valley Junior Football cheddarvalleyjuniorsfc@gmail.com</p>	 <p>Churchill Football Club 07923 016 400</p>	 <p>Draycott F.C. Please ask Centre for more details</p>	 <p>Holistic Tae Kwon Do jane@holistictkcoach.co.uk</p>
 <p>Iyengar Yoga meg.amanda@btinternet.com</p>	 <p>Kingfishers Swim Club coachescheddarkingfishers@outlook.com</p>	 <p>Pickleball England exukkid1708@gmail.com 07897481466</p>	 <p>Somerset Activity & Sports Partnership www.sasp.co.uk</p>
 <p>Cheddar u3a Clubs membership@cheddarvalleyu3a.org.uk</p>	 <p>Wessex Badminton Club 07709 417 270</p>	 <p>West Country Triathletes 07966 489 916</p>	 <p>Zenuma Yoga sam@zennuma.co.uk</p>

THE THINK TANK

Now available to hire, our new bijoux meeting space

- 10 person meeting space
- TV with HDMI connection
- Flip chart and marker pens
- Comfy & conference style seating
- Blinds for privacy
- Lattitude cafe open 9am serving food & refreshments
- Located next to the gym
- Available from Mon- Sun

Good health and wellbeing can be a core enabler of employee engagement and organisational performance. Why not stay on after a meeting and use the facilities, we can offer a wide range of activities.

Rates available upon request at activities@kingsfitness.co.uk



West Country Tri is a friendly all-inclusive club, open to all abilities from beginners to seasoned athletes and everything in-between. We have athletes that just compete in one discipline and athletes that compete in all three disciplines.

Our weekly sessions

- Tuesday** - Coached swimming at kings of Wessex pool 8pm till 9pm
- Wednesday** - Online cycling community on Zwift
- Thursday** - Club Running at 8pm in Burnham on Sea
- Friday** - 6pm till 8pm Open water swimming at the river Huntspill
- Saturday** - Park Run party
- Sunday** - Organised club social rides and runs

First Swim Session is FREE COME TRI WITH US!

E: westcountrytri@gmail.com



Cheddar Hockey Club



Join in & enjoy hockey at our growing club

We have plenty of new members and now have 3 teams!

Our development team gives Juniors a great route into Ladies hockey

Training Mondays @Kings Astro

- 6pm Juniors (run in 8 week blocks)
- 7pm Ladies

Get in touch and come along

facebook.com/Cheddarhockeyclub
www.cheddarhockeyclub.clubbuzz.co.uk

Become a Lifeguard at Kings Fitness in 2024



Kings Fitness and Leisure delivers the RLSS National Pool Lifeguard Qualification (NPLQ) on 3 occasions a year. The course lasts for a week, and covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR.

The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the swimming pool. Training and assessment for the NPLQ are in three sections, and candidates must successfully pass all to attain the qualification.

The qualification lasts for 2 years, and after that period a reassessment must take place. The course is available for people aged 16 years of age and older, where the qualified candidate can obtain employment at UK swimming pools.

2024 Course Dates:

Monday 29th July - Saturday 2nd August 2024
Monday 28th October - Saturday 2nd November 2024

Monday - Friday course delivery times are 08:30 - 17:30 each day.

The assessment will take place on the Saturday: 09:30-13:00. The cost of the course is £250 per candidate.

Please contact
smfear@kingsfitness.co.uk
for more information

GET IN TOUCH

Do you have a question or would like to get in touch with a member of our friendly team?

FOR GENERAL ENQUIRIES CONTACT RECEPTION

CALL US: 01934 744 939 | EMAIL US: enquiries@kingsfitness.co.uk

Diogo Andrade

Sales Manager
sales@kingsfitness.co.uk

If you're interested in becoming a member of Kings Fitness and Leisure, Diogo and his front of house team will take you through this journey.

Holly Tyson

Operations Manager
operations@kingsfitness.co.uk

Holly manages the pool and ensures the building is ready for your activity.

Robyn Bekker

Activities Liaison
Co-ordinator
rbekker@kingsfitness.co.uk

If you are interested in using any of our facilities at Kings Fitness, for any activity, Robyn will get you started.

Shane Fear

Assistant Manager
smfear@kingsfitness.co.uk

Dale Reeves

Membership Administration Manager
membership@kingsfitness.co.uk

Dale will manage all of your membership queries once you are set up and established at Kings Fitness & Leisure..

Nicky Moore

Activities Coordinator
NMoore@kingsfitness.co.uk

Nicky will manage all of your bookings once you are set up and established at Kings Fitness.

Ceri Rowe

Group Exercise Coordinator
CRowe@kingsfitness.co.uk

Maria May

Finance Manager
finance@kingsfitness.co.uk

Linzi Tanner

Centre Manager
ltanner@kingsfitness.co.uk

Lewis De Gelas

Junior Manager
junior@kingsfitness.co.uk

Lewis manages all Activities for 0-15 year olds including Swim Lessons, Gymnastics, Kids Camp and all preschool Junior sessions.

Zack Warbuton-Clothier

Fitness Manager
fitnessmanager@kingsfitness.co.uk

Zack manages the Fitness Gym and both our Fitness Class timetable and Exercise Referral.

Nicole Banks

Gym Instructor
nbanks@kingsfitness.co.uk

Terri Durston

Gym Instructor
tdurston@kingsfitness.co.uk

Ellie Dando

Gym Instructor
edando@kingsfitness.co.uk

Roll up, Roll up!
Tickets are on sale now!

HAPPY'S CIRCUS

**COMING TO THE FIELD AT
KINGS FITNESS & LEISURE**

Saturday 1st June and Sunday 2nd June 2024

**The shows feature Acrobats, Aerialists, Illusions, Speciality Acts,
Clowns, Audience Participation, loads of Fun
and much, much more!**



**Tickets
Only £10**

**Family of 4 Tickets
Only £36**

**FOR TICKETS VISIT
thelittleboxoffice.com/cheddararts**

