



KINGS



CENTRE GUIDE
AUTUMN 2025

**KINGS
FITNESS
& LEISURE**

www.kingsfitness.co.uk

SCAN HERE FOR
A VIRTUAL TOUR



CONTENTS

Page 2	What's New
Page 3	Membership Options
Page 4	Membership Benefits
Page 5	Swimming Pool Timetable
Page 7	Swim Academy Options
Page 8	Swim Academy Journey
Page 9	Sports Academy Family
Page 11	Welcome to Your Gym
Page 12	Gym Timetable
Page 13	Personal Training
Page 14	Welcome to Your Classes
Page 15	Studio 1 Timetable
Page 16	Studio 2 Timetable
Page 17	Studio 3 Timetable
Page 18	Studio 4 Timetable
Page 19	Virtual Class Timetable
Page 21	Back2Health
Page 22	Back2Health Timetable
Page 23	Sports Hall Timetable
Page 24	Astro Turf Timetable
Page 25	Lattitude Coffee Shop/Beauty By Kimberly
Page 26	Upcoming Junior Passport Event
Page 27	Birthday Parties
Page 29	Get In Touch
Page 30	Price List
Page 31	Save The Date

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.



Get your Junior Activities Passport Stickers!

Lots of prizes to be won!



Scan me for more Shiny information



Collect our latest shiny sticker!

Find out how you can get your 'Mystery Shiny' on page 26



MEMBERSHIP OPTIONS

GOLD		SILVER		STUDENT	
SERVICES					
Gym	✓	✓	✓	✓	✓
Swimming	✓	✓	✓	✓	✓
Fitness Classes	✓	✗	✓	✓	✓
Fitness Induction	✓	✓	✓	✓	✓
Personalised Fitness Programme	✓	✓	✓	✓	✓
Racquet Sports	✓	✓	✓	✓	✓
14-day Advanced Booking Online	✓	✗	✓	✓	✓
From £47 per month or £470 per year		From £41 per month or £410 per year		From £32 per month or £320 per year	

SPORTS ACADEMY		GYMNASTICS	
SERVICES		SERVICES	
Gym	✓ (13+ yrs)	Weekly Lessons	✓
Swimming	✓	Term time only	✓
Fitness Classes	✗	50 weeks of the year	✗
Fitness Induction	✓	Continued assessment	✓
Personalised Fitness Programme	✓	Access to home portal	✓
Racquet Sports	✓	Certificates and medals included	✓
14-day Advanced Booking Online	✓	10% off birthday parties	✓
Sports Academy Activities	✓	From £23 per month or £230 per year	
10% off birthday parties	✓		
From £25.50 per month or £255 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.

Become a member today:

SCAN TO SIGN UP TO MEMBERSHIP



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.



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

FROM MONDAY 1ST SEPTEMBER - SUNDAY 21ST DECEMBER 2025 (Excluding Half Term Mon 27th Oct - 2nd Nov 2025)

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 on our Website.

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

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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General Swim 09.00 - 10.00		Pre-Schl/Aqua Baby/Tots 09.00-10.10 (Variable Depth)		Pre-Schl/Aqua Baby/Tots 09.00-11.25 (Variable Depth)		Pre-Schl/Aqua Baby/Tots 09.30 - 12.40 (Variable Depth)		Pre-Schl/Aqua Baby/Tots 10.00 - 12.00 (Variable Depth)		Pre-School 10.00 - 12.00 (Variable Depth)		Adult Swim Lessons 12.00 - 13.00		Aqua Fit* 09.00 - 09.45		Aqua Fit* 09.00 - 09.45		Swim Academy 08.00 - 12.10				Lane Swim 08.00 - 09.50		Family Fun* 10.00 - 10.55		Family Fun* 10.00 - 10.55																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
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13.15				General/Lane Swim 12.00 - 13.15				General/Lane Swim 12.00 - 13.15				General/Lane Swim 12.00 - 13.15				General			

* 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.

The Swimming Pool, Wetside Changing Rooms, Sauna and Steam Room will be unavailable during the Private School Hire sessions



25m Pool



Disabled/Pool Hoist



Limited Free Parking



Free Wifi



Sauna & Steam Room
(unavailable during School Swimming sessions)



Showers & Changing Room



Restrooms



No Footwear in Changing Room



Buggy Park



INFLATABLE & FAMILY FUN INFORMATION

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

Inflatable Fun & Family 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 Inflatable 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 for Inflatable Fun 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.

SWIM ACADEMY OPTIONS

	AQUA BABIES/ TOTS 0-36 Months	PRE SCHOOL Ages 3-4	LEARN TO SWIM Stage 1-10 Ages 4+ (In School)
INCLUDED			
Weekly lessons	✓	✓	✓
Term time only	✓	✓	✗
50 weeks of the year	✗	✗	✓
Continued assessment	✓	✓	✓
Access to home portal	✓	✓	✓
Certificates and badges Included	✗	✗	✗
Unlimited public swim sessions	✓	✓	✓
Kings branded swim hats	✗	✗	✓
10% off birthday parties	✓	✓	✓
	From £23.25 per month or £232.50 per year	From £25.60 per month or £256 per year	From £30.50 per month or £305 per year

	ROOKIE LIFEGUARD Stage 7+	KINGFISHERS Stage 8+	1:1 SESSIONS
INCLUDED			
Weekly lessons	✓	✓	✓
Term time only	✗	✗	✗
50 weeks of the year	✓	✓	✓
Continued assessment	✓	✓	✓
Access to home portal	✓	✗	✓
Certificates and badges included	✗	✗	✗
Unlimited public swim sessions	✓	✓	✓
Kings branded swim hats	✓	✗	✓
10% off birthday parties	✓	✓	✓
	From £38.20 per month or £382 per year	From £28.50 per month or £285 per year	From £50 per month

Become a member today:

SCAN TO
VIEW OUR
MEMBERSHIP
OPTIONS

SWIM ACADEMY JOURNEY



SCAN HERE TO
ACCESS THE HOME PORTAL

Unlimited Swimming with Swim Academy Membership

Term Time Only

All year round - Excluding Christmas



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.

LEARN TO SWIM (30 minutes)
For ages 4 and at school

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.

BE A PART OF THE SPORTS ACADEMY FAMILY

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

FOR ONLY £25.50 PER MONTH OR £255 PER YEAR.

	TIME	ACTIVITY	INSTRUCTOR	SUITABLE FOR AGES	INCLUDED IN SPORTS ACADEMY MEMBERSHIP?
MON	08:00 - 08:30	Youth Training	Nicole	13-15	✓
	15:25 - 16:10	Youth Training	Ellie	13-15	✓
	16:00 - 17:00	Team Games	Chantelle	8+	✓
	16:15 - 17:00	Youth Training	Ellie	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	Nicole	13-15	✓
	16:00 - 17:00	Basketball	Paul	8-15	✓
	16:15 - 17:00	Youth Training	Nicole	13-15	✓
	17:00 - 17:45	Basketball	Paul	8-15	✓
	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	08:00 - 08:30	Youth Training	Nicole	13-15	✓
	15:25 - 16:10	Youth Training	Ellie	13-15	✓
	16:00 - 17:00	Netball	Chantelle	8-15	✓
	16:15 - 17:00	Youth Training	Ellie	13-15	✓
	18:00 - 20:00	Tae Kwon-Do	Jane	6+	
	18:00 - 19:00	Junior Kickboxing	Mel	4-15 (School Age)	✓
	19:00 - 20:00	Ladies Kickboxing	Mel	16+	✓
THURS	15:25 - 16:10	Youth Training	Oscar	13-15	✓
	16:15 - 17:00	Youth Training	Oscar	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	4-15 (School Age)	
	17:00 - 17:55	Intermediate Gymnastics	Fran	4-15 (School Age)	
FRI	18:00 - 18:55	Advanced Gymnastics	Fran	4-15 (School Age)	
	15:25 - 16:10	Youth Training	Oscar	13-15	✓
	16:15 - 17:00	Youth Training	Oscar	13-15	✓
	16:00 - 17:00	Racquets	Diogo	8-15	✓
	17:00 - 18:00	Racquets	Diogo	8-15	✓
SAT OR SUN	18:00 - 20:00	Tae Kwon-Do	Jane	6+	
	10:00 - 11:00	Youth Training	Oscar	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

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 HIT 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.

GYM ETIQUETTE

If you use it, return it. Return all equipment after use.

Keep it clean. Wipe down all equipment after use.

Wear appropriate gym attire. No denim, No work wear, No bare feet, No bare chest, No wearing excessively revealing clothing or vests that could make others uncomfortable.

Don't slam it! No slamming or dropping of weights.

Take it outside. No mobile phone conversations and keep mobile phone use to a minimum.

Don't be selfish. No sitting on machines if you aren't using them.

Keep it tidy. All personal belongings must be stored in our lockers.

Hungry? Wait. No food and only bottled water.

Don't block it. No blocking of the fire exit or windows.

GYM TIMETABLE

	TIME	ACTIVITY	INSTRUCTOR
MON	08:00 - 08:30	Youth Training 13-15yrs	Nicole
	15:25 - 16:10	Youth Training 13-15yrs	Ellie
	16:15 - 17:00	Youth Training 13-15yrs	Ellie
TUES	15:25 - 16:10	Youth Training 13-15yrs	Nicole
	16:15 - 17:00	Youth Training 13-15yrs	Nicole
WEDS	08:00 - 08:30	Youth Training 13-15yrs	Nicole
	15:25 - 16:10	Youth Training 13-15yrs	Ellie
	16:15 - 17:00	Youth Training 13-15yrs	Ellie
	19:00 - 19:45	Team Training	Shane
THURS	15:25 - 16:10	Youth Training 13-15yrs	Oscar
	16:15 - 17:00	Youth Training 13-15yrs	Oscar
FRI	06:15 - 06:50	Team Training	Shane
	15:25 - 16:10	Youth Training 13-15yrs	Oscar
	16:15 - 17:00	Youth Training 13-15yrs	Oscar
SAT OR SUN	10:00 - 11:00	Youth Training 13-15yrs	Oscar

MEET OUR GYM TEAM



ZACK



OSCAR



ELLIE

TO HIRE CONTACT

activities@kingsfitness.co.uk

SCAN TO VIEW
MORE INFO
ABOUT HIRE



PERSONAL TRAINING

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!



Dani Bearsby - Peak Performance
Personal Trainer

Contact: 07413047661

Instagram: @ptwithdani



Terri Durston - TD Personal Training
Personal Trainer

Email: tdpersonaltraining1111@gmail.com

Instagram: @td_personal.training

Facebook: TD Personal Training



Alex Moulton - AM
Personal Trainer and Movement Specialist

To book a consultation visit:
www.alexmoultonpt.com



Jamie Moss - JM Personal Training
Personal Trainer

Contact: 07715802492

Email: jmpersonaltraining@gmail.com

Instagram: @jamiemossfitness

Facebook: JM Personal Training



Nicole Banks - Live Life Active
Personal Trainer

Contact: 07795832943

Email: nicole@live-life-active.co.uk

www.live-life-active.co.uk

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



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
	18:00 - 18:45	Indoor Cycling	Ceri
WEDS	07:00 - 07:45	Indoor Cycling	Shane
	18:00 - 18:45	Indoor Cycling (CC)	Shane
THUR	09:30 - 10:15	Indoor Cycling	Sarah
FRI	07:00 - 07:45	Indoor Cycling (CC)	Shane
	18:00 - 18:45	Indoor Cycling	Ceri
SAT	09:00 - 9:45	Indoor Cycling	Shane/Robyn
SUN	09:00 - 9:45	Indoor Cycling	Ceri

For more Indoor Cycle Classes, please see our Virtual Timetable

LES MILLS
RPM

LES MILLS
sprint

LES MILLS
THE TRIP

(CC) = Coach by Colour

SCAN TO BOOK
A CLASS



STUDIO 2 TIMETABLE

***Not included in Gold Memberships**

	TIME	ACTIVITY	INSTRUCTOR
MON	08:00 - 08:45	Stretch	Robyn
	09:15 - 10:00	Pilates	Robyn
	10:15 - 11:00	Body Balance	Jayne
	11:15 - 12:00	Pilates	Jayne
	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
	17:00 - 17:45	Boxing Fit	Alex
	18:00 - 18:45	Fitness Pilates	Robyn
	19:00 - 19:45	Yoga	Andrew
WEDS	08:30 - 09:15	Pilates	Ceri
	09:30 - 10:15	Core & More	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	Lyndsey
	10:30 - 11:15	Pilates (All)	Jayne
	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
	19:00 - 19:45	Fitness Pilates	Ceri
SAT	09:00 - 09:45	Body Combat	Jamie
	10:00 - 10:45	Pilates	Jayne
SUN	09:00 - 9:45	Yoga	Lyndsey
	10:00 - 10:45	Yoga	Lyndsey

STUDIO 3 TIMETABLE

*Not included in Gold Memberships

	TIME	ACTIVITY	INSTRUCTOR
MON	07:00 - 07:45	Legs Bums and Tums	Ceri
	08:15 - 09:00	Body Combat	Natalie
	09:15 - 10:00	Body Pump	Natalie
	10:15 - 11:00	Body Conditioning	Robyn
	18:00 - 18:45	Step Conditioning - Group Active	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
TUES	07:00 - 07:45	Circuits	Natalie
	08:30 - 09:15	Les Mills Tone	Jayne
	09:30 - 10:15	Body Conditioning	Natalie
	10:30 - 11:15	Fit Ball	Natalie
	11:30 - 12:15	Standing Strong-Go!	Natalie
	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	Dance	Robyn
WEDS	08:30 - 09:15	Body Pump	Natalie
	09:30 - 10:15	Step	Ceri
	10:30 - 11:15	Body Conditioning	Ceri
	18:00 - 18:45	Body Pump	Jayne
THURS	07:00 - 07:45	Body Pump	Natalie
	09:30 - 10:15	Body Combat	Natalie
	10:30 - 11:15	Body Conditioning	Sarah F
	18:00 - 18:45	Body Attack	Clive
	19:00 - 19:45	Step Conditioning - Group Active	Clive
	20:00 - 20:45	Body Balance	Clive
FRI	08:30 - 09:15	Strength & Fitness	Clive
	09:30 - 10:15	Legs Bums and Tums	Clive
	10:30 - 11:15	Dance	Robyn
	11:30 - 12:15	Body Conditioning	Robyn
SAT	09:00 - 09:45	Body Attack	Jayne
	10:00 - 10:45	Body Pump	Jaime
SUN	10:00 - 10:45	Step	Ceri

STUDIO 4 TIMETABLE

*Not included in Gold Membership

	TIME	ACTIVITY	INSTRUCTOR
THURS	09:00 - 10:30	Postnatal and Baby Yoga*	Samantha
	09:30 - 10:15	Zumba	Georgie
	11:00 - 12:00	Postnatal and Baby Yoga*	Samantha
	12:00 - 13:00	Postnatal and Baby Yoga*	Samantha

HIRE OUR SPACES

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



Studio Hire



Sports Hall Hire



Astro 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 HIRE CONTACT

activities@kingsfitness.co.uk



SCAN TO VIEW MORE INFO ABOUT HIRE

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
	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 Attack	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
TUES	20:15 - 21:05	RPM	Studio 1
	21:15 - 22:00	The Trip	Studio 1
	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
	12:00 - 12:30	Sprint	Studio 1
	16:05 - 16:35	Sprint	Studio 1
	16:05 - 16:35	Grit (Cardio)	Studio 4
	17:15 - 17:45	Sprint	Studio 1
	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
	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
THUR	20:05 - 20:50	Body Balance	Studio 4
	20:15 - 21:05	RPM	Studio 1
	21:15 - 22:00	The Trip	Studio 1
	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
FRI	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
	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
SAT	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
	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
SUN	16:00 - 16:50	The Trip	Studio 4
	16:00 - 16:50	Core	Studio 4
	17:00 - 17:45	Body Balance	Studio 4

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
SAT	19:05 - 19:50	Body Balance	Studio 4
	20:15 - 21:05	RPM	Studio 1
	21:15 - 22:00	The Trip	Studio 1
	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
SUN	16:00 - 16:45	RPM	Studio 1
	17:00 - 17:45	Core	Studio 4
	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 Back2Health Referral Scheme.



How our Back2Health Referral Scheme works:

Our Back2Health 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 feels 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 £74. 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 a 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 referred and contact our Back2Health Coordinator Nicole.

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

"On the Back2Health 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	STUDIO
MON	10:15 - 11:00	Soft Circuits	Natalie	Studio 4
	11:30 - 12:15	Standing Strong	Nicole	Studio 4
	14:00 - 15:00	Water Conditioning	Natalie	Swimming Pool
TUES	11:30 - 12:15	Standing Pilates	Robyn	Studio 4
	11:30 - 12:15	Standing Strong-Go!	Natalie	Studio 3
	12:30 - 14:00	Simply Rehab	Nicole	Studio 3
	16:00 - 16:45	Neurological Class	Alex	Studio 2
WEDS	10:30 - 11:15	Seated Yoga	Andrew	Studio 4
	11:30 - 12:15	Soft Circuits	Ellie	Studio 4
	12:30 - 13:30	Health Tai Chi	John	Studio 2
THUR	11:30 - 12:15	Seated Yoga	Anna	Studio 2
	11:30 - 12:15	Soft Circuits	Sarah	Studio 3
	13:00 - 13:45	Standing Strong	Robyn	Studio 2
	14:00 - 14:45	Gentle Pilates	Natalie	Studio 2
FRI	11:30 - 12:15	Gentle Yoga	Andrew	Studio 2

MEET OUR
BACK2HEALTH
COORDINATORS

NICOLE

ROBYN



SPORTS HALL TIMETABLE

*Not included in Gold Memberships

	TIME	ACTIVITY	HALL SIDE	INSTRUCTOR
MON	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	16:00 - 17:00	Team Games	Right Half	Chantelle
	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	Ellie
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	Jamie M
WEDS	16:00 - 17:00	Junior Netball (8 Years+)	Whole Hall	Chantelle
	18:00 - 20:00	Tae Kwon-Do*	Right Half	Jane
	18:00 - 19:00	Kickboxing (4-15 Years)	Left Half	Mel
	19:00 - 20:00	Ladies Kickboxing	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
	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 SCAN TO	Circuits	Whole Hall	Jamie / Shane
SUN	09:00 - 10:30	Supa Strikers*	Left Half	Dan

ASTRO TURF TIMETABLE

*Not included in Memberships

	TIME	ACTIVITY	ASTRO PITCH
MON	18:00 - 19:00	Cheddar Ladies Hockey*	Pitch 1
	19:00 - 20:30	Cheddar Ladies Hockey*	Whole
TUES	16:00 - 17:00	Sports Academy Football	Pitch 1
	17:00 - 18:00	Cheddar Valley Junior Football Club*	Pitch 1
	18:00 - 19:00	Cheddar Valley Junior Football Club*	Pitch 1
	17:30 - 20:00	Axbridge Saxons Football Club*	Pitch 2
	20:00 - 21:00	Axbridge Saxons Football Club*	Whole
WEDS	17:00 - 18:00	Cheddar Valley Junior Football Club*	Pitch 1
	18:00 - 19:00	Cheddar Valley Junior Football Club*	Whole
	19:00 - 20:00	Cheddar Valley Junior Football Club*	Pitch 1
	19:00 - 20:00	Ladies Walking Football	Pitch 2
	20:00 - 21:00	Cheddar Valley Junior Football Club*	Pitch 2
	20:00 - 21:00	Cheddar Ladies Football Club*	Pitch 1
	21:00 - 22:00	DAFT Football Team*	Whole
THURS	17:00 - 18:00	Axbridge Saxons Football Club*	Pitch 1
	18:00 - 20:00	Cheddar Valley Junior Football Club*	Whole
	20:00 - 21:00	Churchill Football Team*	Pitch 1
	20:00 - 21:00	Football*	Pitch 2
FRI	17:00 - 20:00	Cheddar Valley Hockey Club*	Whole
	20:00 - 21:00	Cheddar Ladies Hockey*	Pitch 1

TO HIRE CONTACT
activities@kingsfitness.co.uk

SCAN TO BOOK
OUR FACILITIES





Lattetude Coffee Shop

Mon-Fri 8am-7pm
Saturday 8am-4:30pm
Sunday 9am-4:30pm
Bank Holiday's 8am-7pm

- Freshly brewed coffee
- Speciality teas
- Homemade cakes & Savouries
- Childrens meal deals
- Cakes made to order
- Eat in or Takeaway
- Birthday Parties



lattetudecoffeeeshop@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
- Callus Peels
- Special occasion make-up

Opening Times

Monday	Closed
Tuesday	09.00 - 16.00
Wednesday	10.00 - 18.00
Thursday	09.00 - 20.00
Friday	09.00 - 18.00
Saturday	09.00 - 14.00
Sunday	Closed

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



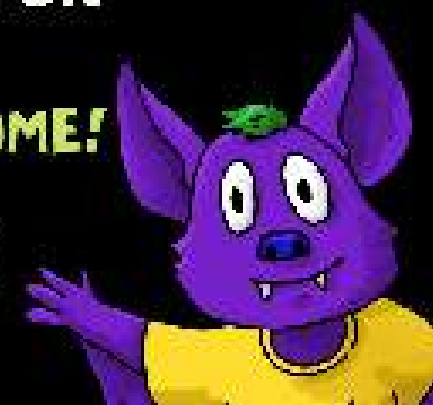
MYSTERY SHINY STICKER CHALLENGE



4.30-5:30PM **KINGS FITNESS**
31 OCTOBER GAMES, MUSIC, FUN

WEAR YOUR BEST HALLOWEEN COSTUME!

WIN YOUR NEXT SHINY STICKER
MORE INFORMATION TO FOLLOW



BIRTHDAY PARTIES

at Kings Fitness & Leisure



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 11.00am - 12.30pm
PARTICIPANTS: Maximum 25 children
AGES: Suitable for children aged between 1-6yrs



£170
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**

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 11.00am - 12.30pm
PARTICIPANTS: Maximum 25 children
AGES: Suitable for children aged 4-14yrs
All equipment can be provided for any of the above sports.



£140
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

Hot food
£8.20
per person

Cold food
£6.00
per person



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: Saturdays 2pm-2.45pm in the pool and 3pm-3.45pm in the viewing area (party time 2pm - 4pm)
/ Sundays 1.30pm - 2.15pm in the pool and 2.30pm - 3.15pm in the viewing area (party time 1.30pm - 3.30pm)

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

OTHER INFORMATION: Please see the Swimming pool timetable for the adult to child ratios



£185
For up to
25 children

KINGS VORTEX INFLATABLE

Welcome our Inflatable 'VORTEX'. Can you defeat the resistance of the vortex?

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: Saturdays 2pm-2.45pm in the pool and 3pm-3.45pm in the viewing area (party time 2pm - 4pm)
/ Sundays 1.30pm - 2.15pm in the pool and 2.30pm - 3.15pm in the viewing area (party time 1.30pm - 3.30pm)

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

OTHER INFORMATION: Please see the Swimming pool timetable for the adult to child ratios

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



£200
For up to
25 children

GET IN TOUCH

For all general enquiries, please contact Reception

Call: 01934 744 939 | Email: enquiries@kingsfitness.co.uk

Kings Fitness & Leisure, Station Road, Cheddar, Somerset, BS27 3AH

Linzi Tanner Centre Manager ltanner@kingsfitness.co.uk	Shane Fear Assistant Manager smfear@kingsfitness.co.uk	Maria May Finance Manager finance@kingsfitness.co.uk
Lewis De Gelas Junior Manager junior@kingsfitness.co.uk	Zack Warbutton-Clothier Fitness Manager fitnessmanager@kingsfitness.co.uk	Diogo Andrade Sales & Marketing Manager sales@kingsfitness.co.uk
Holly Tyson Operations Manager operations@kingsfitness.co.uk	Dale Reeves Facilities Manager facilitiesmanager@kingsfitness.co.uk	Sophie Carthy Membership Administrator membership@kingsfitness.co.uk
Nicky Moore Activities Coordinator nmoore@kingsfitness.co.uk	Robin Bridgman Junior Sports Coordinator rbridgman@kingsfitness.co.uk	Robyn Bekker / Nicole Banks Back to Health Coordinator rbekker@kingsfitness.co.uk nbanks@kingsfitness.co.uk
Ceri Lancaster Group Exercercise Coordinator clancaster@kingsfitness.co.uk		

CLUB CONTACTS

Axbridge Saxons Juniors: enquiries@axbridgesaxons.co.uk Veterans: simonpowell@gmail.com	Beyond Skate www.beyondskate.co.uk	Cheddar Junior Park Run cheddarjuniors@parkrun.com	Cheddar Hockey Club fivehelps@btinternet.com
Cheddar Walking Football tim.richens@icloud.com	Cheddar Running Club CheddarRunningClub@gmail.com	Cheddar Valley Hockey cvyh@outlook.com	Cheddar Snooker Club www.cheddarsnookerclub.org.uk
Cheddar Valley Junior Football cheddarvalleyjuniorafc@gmail.com	Churchill Football Club 07923 016 400	SupaStrikers supastrikersdac@gmail.com	Holistic Tae Kwon Do jane@holistictkd.coach.co.uk
Iyengar Yoga meg.amanda@btinternet.com	Kingfishers Swim Club coachescheddarkingfishers@outlook.com	Cheddar u3a Clubs membership@cheddarvalleyu3a.org.uk	Wessex Badminton Club info@wessexbadminton.co.uk
		West Country Triathletes westcountrytri@gmail.com	Zenwoman Sam@zenwoman.co.uk

SWIM ACADEMY

Membership Joining Fee £15.00 (Includes admin, swim hat & continuous assessment)		
	DIRECT DEBIT	ANNUAL*
Aqua Babes / Tots	£23.25	£232.50
Pre School	£25.60	£256.00
ASA (Stages 1-10)	£30.50	£305.00
Rookie Lifeguard	£38.20	£382.00
Kingfishers Social	£28.50	£285.00
Kingfishers Development	£28.50	£285.00
Kingfishers Potential	£34.25	£342.50
Kingfishers Performance	£49.85	£498.50
Kingfishers Elite	£49.85	£498.50
*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	£47.00	£470.00
Gold Concession	£39.00	£390.00
Gold Couples	£84.00	£840.00
Gold Family	£118.00	£1180.00
Silver	£41.00	£410.00
Silver Concession	£34.00	£340.00
Silver Couples	£72.00	£720.00
Silver Family	£106.00	£1060.00
Student	£32.00	£330.00
Sports Academy (4-18 years)	£25.50	£255.00
Gymnastics	£23.00	£230.00
*12 months for the price of 10		
Student+ Plus (ONLY AVAILABLE DURING HOLIDAYS)	4 WEEKS £41.00	6 WEEKS £51.00

BACK 2 HEALTH

12 week UNLIMITED PASS (Must be referred by a GP)	£74.00
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1-1 SWIMMING LESSONS

SWIM ACADEMY	MEMBER	NON MEMBER
1-1 Lesson	£10.50	£16.50
1-2 Lesson	£8.50	£13.50

PAY AS YOU GO

SWIMMING POOL PRICES

Adult Swim	£7.00
Concession Swim / Junior	£6.00
Child Swim (Under 3yrs)	FREE
Family of 3 (2+1) *	£18.00
Family of 4 (2+2) *	£22.00
Family of 5 (2+3) *	£26.50
Inflatable	£7.50

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

ADULT GROUP SWIMMING LESSONS

30 / 40 / 60 Minutes	£5.50 / £6.50 / £8.50
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GYM PRICES

*AN INDUCTION IS REQUIRED BEFORE USING THE GYM

Induction *	£15 / £25
Adult	£9.00
Concession	£7.50
Youth Training Zone (13-15 Years)	£6.00

RACQUET PRICES

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

Adult	£6.50
Concession / Junior	£6.00
1 Court Hire	£19.50
Racquet Hire (per racquet)	£1.50

CLASS PRICES

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

Adult	£7.50
Concession	£7.00

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	
5 Sessions	£32.50
10 Sessions	£65.00
Single drop in session	£6.50
BASKETBALL, RACQUETS, CRICKET, YOGA, NETBALL, HOCKEY, FOOTBALL	

KIDS HOLIDAY CLUB

PER CHILD PER DAY (5-13 YEARS)	
08.00 – 09.00 (Early drop off)	£4.50
09.00 – 16.00	£28.00
16.00– 17.00 (Late pick up)	£4.50



Christmas Market

**30th November 2025
9am - 1pm**

**Keep your eyes peeled
for further updates**

activities@kingsfitness.co.uk