



Kings
Fitness & Leisure
Believe and Succeed

KINGS FITNESS & LEISURE

**AUTUMN
EDITION 26**

**LEISURE
CENTRE
GUIDE**

WWW.KINGSFITNESS.CO.UK



Contents

Page 1	Contents
Page 2	Welcome
Page 3	Pay as you go and Membership Prices
Page 4	Membership Options
Page 5	Refer a Friend
Page 6	Member Benefits
Page 7	Pool Timetable
Page 8	Pool Timetable
Page 9	Swim Academy Journey
Page 10	Swim Academy Membership
Page 11	Classes
Page 12	Class Timetable
Page 13	Back2Health Timetable/Information
Page 14	Gym and Personal Training
Page 15	Sports Academy Timetable
Page 16	Junior Activity Passport
Page 17	Gymnastics Timetable
Page 18	Holiday Clubs
Page 19	Birthday Parties
Page 20	NPLQ Courses
Page 21	Get In Touch
Page 22	Local Businesses On Site

Opening Times

Monday - Friday	6:00 - 22:00
Saturday and Sunday	8:00 - 18:00
Bank Holidays	8:00 - 19:00
Last entry is 1 hour before closing time	



Kings
Fitness & Leisure
Believe and Succeed

Welcome *hello*

Welcome to Kings Fitness and Leisure
We hope you enjoy our fantastic facilities!

Kings Fitness and Leisure is a thriving centre with an excellent range of affordable facilities including a state-of-the-art gym, swimming pool, sports hall, Astro and four fitness studios that host a range of group exercise classes, including Les Mills favourites.

If you are exercising more than once a week, you could be saving money by joining one of our great value for money memberships.

If you have any questions then please speak to any member of the team, we're more than happy to help you.

Linzi and the Team



Pay as you go Prices

Swim

Family discount are not applicable for family fun / inflatable fun

Adult	£7.50
Concession/Junior	£6.50
Child (Under 3yrs)	FREE
Family of 3* (2+1)	£19.50
Family of 4* (2+2)	£24.00
Family of 5* (2+3)	£29.00
Inflatable Fun	£8

Gym

An induction is required before using the gym

Fitness Induction	£15 / £25
Adult	£9.50
Concession	£8
Youth Training Zone (13-15yrs)	£6.50

Class

All classes are 45 minutes (bring your own mat)

Adult	£8
Concession	£7.50

Virtual Class Adult	£5.50
Virtual Class Concession	£5

Racquet

Court hire is 55 minutes on the hour

Adult	£7
Concession / Junior	£6.50
1 Court Hire	£21
Racquet Hire (per racquet)	£1.50

Junior/Sports Academy

See Sports Academy Timetable page 12 for list of activities

1 Session	£7
5 Sessions	£35
10 Sessions	£70

Holiday Club

Per Child Per Day (for ages 5-13 years)

8:00 - 9:00 (early drop off)	£4.50
9:00 - 16:00	£29
16:00 - 17:00 (late pick up)	£4.50

Holiday Club Day Trips	
9:00 - 16:00	£35

Membership Prices

Joining Fee £25.00
(Includes admin, induction & 1hour fitness programme)

	Direct Debit	Annual*
Gold	£49.00	£490.00
Gold Concession	£41.00	£410.00
Gold Couples	£88.00	£880.00
Gold Family	£126.00	£1260.00
Silver	£43.00	£430.00
Silver Concession	£36.00	£360.00
Silver Couples	£76.00	£760.00
Silver Family	£114.00	£1140.00
Student	£34.00	£340.00
Sports Academy (4-18 years)	£27.50	£275.00
Gymnastics	£25.00	£250.00

		One off
Student Plus	4 weeks	£43.00
(Only available during holidays)	6 weeks	£53.00

Back 2 Health	12 weeks	£76.00
12 week referral programme (Must be referred by a GP through Proactive)		

Swim Academy Prices

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

	Direct Debit	Annual*
Aqua Babes/Tots	£25.25	£252.50
Pre School	£27.60	£276.00
Learn to Swim (Stages 1-10)	£32.50	£325.00
Rookie Lifeguard (40mins)	£32.50	£325.00
Rookie Lifeguard (60mins)	£40.20	£402.00
Learn to Train	£30.50	£305.00
Masters (1p/w)	£30.50	£305.00
Junior	£36.25	£362.50
Advance Junior	£41.75	£417.50
Masters (2p/w)	£36.25	£362.50
Pre-County	£50.50	£505.00
County	£58.35	£583.50
Private Lessons	£52.00	£520.00

Swimming Lessons

	Member	Non-Member
1-1 Lesson	£11	£17
1- 2 Lesson	£9	£14
Adult Group Lessons		
30 / 40 / 60 minutes	£6 / £7 / £9	

*Annual Memberships are 12 months for the price of 10 months
Please note: Family memberships include 2 adults and 2 children
(under 16 years)

Membership Options



Silver Membership

from **£36**
Per Month

Plus £25 Joining Fee

- ✓ Gym
- ✓ Swimming
- ✓ Sauna and Steam Room
- ✓ Racquet Courts
- ✓ Fitness Induction
- ✓ Personalised Programme
- ✓ 7 days Advance Booking

Minimum Three Month Contract



Gold Membership

from **£41**
Per Month

Plus £25 Joining Fee

- ✓ Fitness Classes (100+ pw)
- ✓ Gym
- ✓ Swimming
- ✓ Sauna and Steam Room
- ✓ Racquet Courts
- ✓ Fitness Induction
- ✓ Personalised Programme
- ✓ 14 days Advance Booking

Minimum Three Month Contract



Student Membership

from **£34**
Per Month

Plus £25 Joining Fee

- ✓ All of the Gold Membership benefits at a discounted rate
- ✓ Available to anyone in full time education

Minimum Three Month Contract

Student +

- ✓ Only Available During Holidays
- ✓ 4 weeks £43
- ✓ 6 weeks £53



Sports Academy Membership

£27.50
Per Month

No Joining Fee

4-12 years

- ✓ General Swimming
- ✓ Racquet Sports
- ✓ 14 Day Advance Booking
- ✓ Range of age dependent activities

13-15 years

- ✓ General Swimming
- ✓ Racquet Sports
- ✓ 14 Day Advance Booking
- ✓ Range of age dependant activities
- ✓ Youth Training

16-18 years

- ✓ All of the Gold Membership at a discounted rate



Gymnastics

£25
Per Month

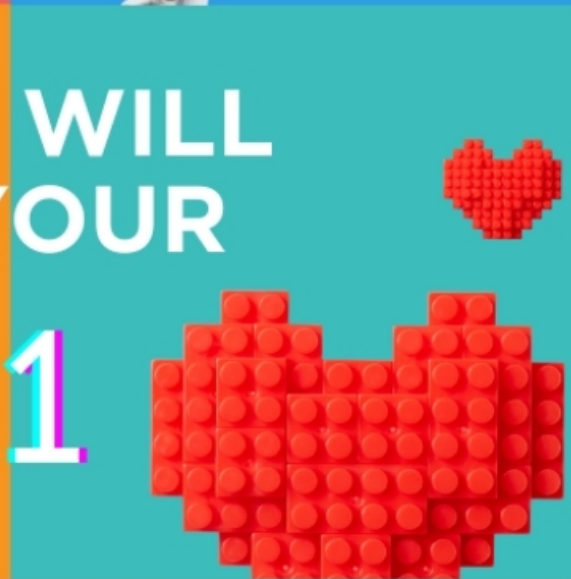
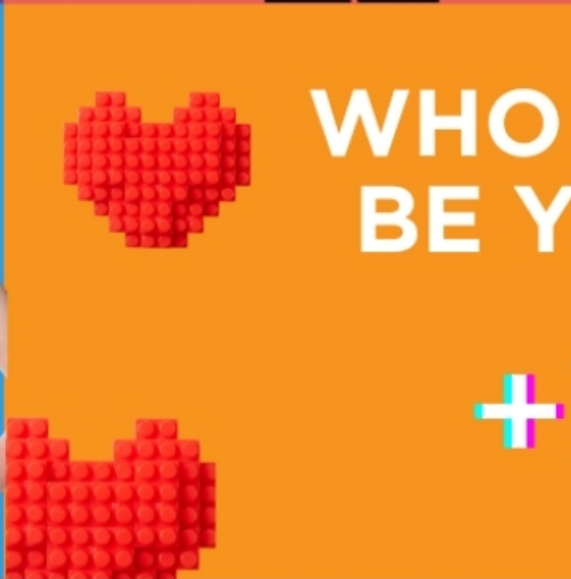
No Joining Fee

- ✓ Weekly Lesson
- ✓ Term Time Only
- ✓ Competition Entry
- ✓ Medals & Certificates
- ✓ Access to Progress Portal



LEVEL UP

REFER YOUR BUDDY

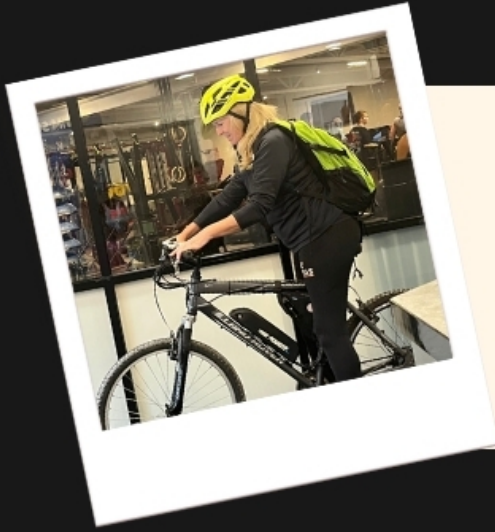


SPEAK TO OUR RECEPTION
TEAM FOR MORE DETAILS
OR VISIT OUR WEBSITE

SCAN ME FOR INFO



Membership Benefits

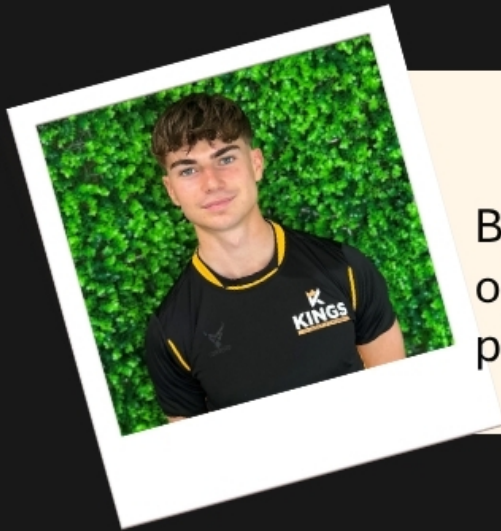


Cycle & Reward

Leave your car at home and be rewarded for cycling to the Leisure Centre. Collect 10 stamps and receive a discount on your membership.

A gift to you

On your birthday, as a gift from us to you, you can collect two complimentary guest passes for your friends & family.



Fitness Programme

Book a complimentary fitness programme review with one of our qualified fitness instructors. To keep your fitness programme current we recommend a review every 6 weeks.

Refer a Friend

Member Referral Scheme, you can refer a friend, colleague, or family member and receive one month FREE off your membership when they successfully join.



Welcome!

Pool Timetable

From Monday 7th September - Sunday 20th December 2026

(Excludes half term Mon 26th - Fri 30th Oct 2026)

M	T	W	T
 6:00 - 7:30 Lane Swim 6:00 - 8:55 General Swim 9:00 - 10:00  9:00 - 10:10 School Lessons 10:00 - 12:30 General & 1 Lane Swim 12:30 - 13:50 Class* 14:00 - 15:00 Disabled Swim 14:00 - 15:00 Adults Only 15:00 - 15:50  16:00 - 19:00 1 Lane 18:20 - 19:00  19:00 - 21:00 5 Lane Swim 21:00 - 22:00	Lane Swim 6:00 - 10:00 General Swim 10:00 - 13:15  9:00 - 11:25 Adult Lessons* 11:25 - 12:45 School Lessons 13:15 - 14:30 General & 1 Lane Swim 14:30 - 15:50  16:00 - 19:00 General & 1 Lane 18:20 - 19:00 Aqua Fit Class* 19:05 - 19:50 Private Hire 20:00 - 21:00 3 Lane Swim 21:00 - 22:00 Adult Lessons* 21:00 - 22:00	 6:00 - 7:30 Lane Swim 6:00 - 10:00 General Swim 10:00 - 12:45  9:30 - 12:40 School Lessons 12:45 - 14:30 General & 1 Lane Swim 14:30 - 15:50  16:00 - 19:00 1 Lane 18:20 - 19:00  19:00 - 21:00 5 Lane Swim 21:00 - 22:00	5 Lane Swim 6:00 - 8:50 Aqua Fit Class* 9:00 - 9:45 General Swim 10:00 - 12:45  10:00 - 12:00 Adult Lessons* 12:00 - 13:00 School Lessons 12:45 - 15:00 General & 1 Lane Swim 15:00 - 15:50  16:00 - 19:00  18:30 - 21:00 2 Lane Swim 19:00 - 21:00 5 Lane Swim 21:00 - 22:00

To keep up to date with any timetable changes, please visit our website www.kingsfitness.co.uk

Sessions marked with a * require advance booking.

The swimming pool, wet side changings rooms including the sauna and steam room are closed during school lessons

Key

Lane & General Swim

School Lessons

Swim Academy

Kingfishers Swim Club

Adult Lessons

Parent & Baby

Class

Private Hire

Family Fun

Inflatable Fun

Can be booked in advance for parties

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6:00 - 7:30

Lane Swim
6:00 - 8:50

Aqua Fit Class*
9:00 - 9:45

Parent and Baby
10:00 - 10:55



11:00 - 12:45

General Swim
11:00 - 12:45

School Lessons
12:45 - 14:30

General & 1 Lane Swim
14:30 - 15:50



16:00 - 20:05

1 Lane
18:00 - 20:05

Adult Lessons*
19:00 - 20:20

3 Lane Swim
20:05 - 22 :00



20:20 - 22:00



8:00 - 12:10

General & 1 Lane Swim
12:15 - 13:45



Family Fun*
14:00 - 15:00

General & 1 Lane Swim
15:30 - 18:00

Swim & Run
8:00 - 8:30

Lane Swim
8:00 - 9:55

Family Fun*
10:00 - 10:55

Family Fun*
11:00 - 11:55

General & 1 Lane Swim
12:00 - 13:15



Inflatable Fun*
13:30 - 14:30

5 Lane Swim
15:00 - 16:00



16:00 - 18:00



Pool Hoist Available

Pool Ratios
0-2 years - 1 Adult to 1 Child
3-4 years - 1 Adult to 2 Children
5-7 years - 1 Adult to 3 Children
8+ years and competent children can swim alone
Adult is 16+ years



It's Time To
PARTY

Book a pool party
Saturdays 2:00pm - 4:00pm
Sundays 1:30 pm - 3.30pm
Two weeks notice required
See page 20 for more information


Aqua Splash


Pool Inflatable

Swim Academy Journey



Babies & Toddlers (0-3 years)

- Stage 1 of the swimming journey
- Developing early years water confidence
- 30 minute lessons
- Adults must accompany the child
- Lessons are term time only



Pre School (3-4 years)

- Stage 2 of the swimming journey
- Focusing on improving water confidence
- Working through Swim England framework
- 20 minute lessons
- Lessons are term time only



Learn to swim (4 years & at school)

- 30 minute lessons
- All year around - excluding Christmas (two weeks)

Stages 1-3

The first three stages will take your child through from a complete beginner to swimming 10 metres

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

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.



NPLQ (16+ years)

National Pool Lifeguard Qualification for further information see page 20

Rookie Lifeguard

Course provides a solid foundation on the basics of rescue and lifesaving skills. The programme is divided into 3 stages - Bronze, Silver and Gold with the opportunity to work towards badges. *Rookie lifeguard is not a full lifeguard qualification.*

Kingfishers Swim Club

Social/Masters - for adult swimmers who want to swim with constructive coaching and sets to follow, with the option to compete.

Learn to Train - aimed at those undertaking stages 8/9/10 of the learn to swim programme, providing the opportunity to join a competitive swim team. Swimmers will start to gain an understanding of drills, using the clock and develop stamina, swimming 2 hours per week.

Junior - work on skill technique across all four strokes and fitness development, swimming 3.25 hours per week.

Advanced Junior - a transition squad between junior and pre county, with swimmers working on pre county sets, swimming 4.5 hours per week.

Pre-County - work towards swimming training at county level swimming 5.5 hours per week plus 1 land training session.

County - work towards training at regional level, swimming 8 hours per week plus 1 land training session.



Welcome to the Swim Academy

At Kings we have a fantastic swim academy with qualified teachers and swim helpers that follows the swim England framework. To join the Kingfishers Swim Club email coachescheddarkingfishers@outlook.com and a member of the club will get back to you to arrange a trial session.

Membership Options

Free Swimming
Included with all swimming lessons



Swimming Lessons

from **£25.25** Per Month
Plus £15 Joining Fee

	Babies & Toddlers	Pre School	Learn to Swim	Rookie Lifeguard	Kingfishers Swim Club
Weekly Lesson	✓	✓	✓	✓	✓
Continued Assessment	✓	✓	✓	✓	✓
General Swimming	✓	✓	✓	✓	✓
Branded Swim Hat	✗	✗	✓	✓	✓
Access to Progress Portal	✓	✓	✓	✓	✗

✓ Babies, Toddlers and Pre School Swimming Lessons are Term Time Only
✓ Learn To Swim and Rookie Lifeguard Swim 50 weeks of the year

Certificates & Badges

Available to purchase from reception for £4.50 each



Birthday Parties

At Kings, our Swim Academy members receive 10% discount when booking a birthday party with us. Our parties include up to 25 children and cater for all ages. Ensure to let reception know your child is in the Swim Academy when making a birthday party booking! See page 19 for details.



Welcome to your classes

At Kings, our exercise classes are at the heart of our community. We provide over 100 sessions per week, offering a wide range of motivating, fun exercise classes, designed for all ages and abilities, from softer sessions to Circuits & Indoor Cycling.

We are proud to keep our Cheddar family strong, confident and active. Our timetable is monitored using our traffic light reporting system to track class numbers and help us review demand, ensuring we continue to deliver sessions our members value. Please always arrive class-ready to ensure sessions start on time.

See you in the studio!

Change it up with Les Mills Virtual

Les Mills Virtual offers studio-quality, pre-recorded group fitness classes projected onto a big screen, allowing customers to access popular workouts like BODYPUMP, BODYCOMBAT, and BODYBALANCE outside of the current timetable. **Pick your own virtual instructor and class at a time that suits you!**



Virtual Class

Ask a member of the team for more info

Traffic Light System

In order to maintain high quality standards across the fitness class timetable, we continuously monitor and evaluate attendance levels and participant feedback when making any changes to the current timetable.

We will promote classes that poorly attended in order to increase numbers before it is removed from the timetable.



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 level are maintaining at an acceptable level



Green >66% of class capacity

Attendance levels are exceeding required levels

Class Timetable

 Accessible Classes

*A 6-week block of cycling sessions, where you attend every week and are tested at week 1 and 6.

M	T	W	T	F	S	S
Team Training 6:15 - 6:50	Circuits 7:00 - 7:45	Team Training 6:15 - 6:50	Body Pump 7:00 - 7:45	Team Training 6:15 - 6:50	Circuits 8:00 - 8:45	Indoor Cycling 9:00 - 9:45
Indoor Cycling 7:00 - 7:45	Tone 8:30 - 9:15	Indoor Cycling 7:00 - 7:45	Aqua Fit 9:05 - 9:50	Indoor Cycling 7:00 - 7:45	Body Attack 9:00 - 9:45	Yoga 9:00 - 9:45
Strength & Fitness 7:00 - 7:45	Indoor Cycling 9:30 - 10:15	Pilates 8:30 - 9:15	Stretch 8:30 - 9:15	Fitness Pilates 7:55 - 8:40	Indoor Cycling 9:00 - 9:45	Yoga 10:00 - 10:45
Stretch 8:00 - 8:45	Body Conditioning 9:30 - 10:15	Strength 8:30 - 9:15	Indoor Cycling 9:30 - 10:15	Strength & Fitness 8:30 - 9:15	Body Combat 9:00 - 9:45	Step 10:00 - 10:45
Body Combat 8:15 - 9:00	Yoga 9:30 - 10:15	Step 9:30 - 10:15	Yoga 9:30 - 10:15	Aqua Fit 9:00 - 9:45	Body Pump 10:00 - 10:45	
Body Pump 9:15 - 10:00	Fitness Pilates 10:30 - 11:15	Restorative Yoga 9:30 - 10:15	Body Combat 9:30 - 10:15	Legs Bums Turns 9:30 - 10:15	Fitness Pilates 10:00 - 10:45	
Pilates 9:15 - 10:00	Fit Ball 10:30 - 11:15	Zumba 9:30 - 10:15	Body Conditioning 10:30 - 11:15	Fitness Pilates 9:30 - 10:15		
Body Conditioning 10:15 - 11:00	Standing Strong 11:30 - 12:15 	Body Conditioning 10:30 - 11:15	Fitness Pilates 10:30 - 11:15	Dance 10:30 - 11:15		
Body Balance 10:15 - 11:00	Gentle Pilates 11:30 - 12:15 	Yoga 10:30 - 11:15	Soft Circuits 11:30 - 12:15 	Body Balance 10:30 - 11:15		
Soft Circuits 11:15 - 12:00 	Yoga 11:30 - 12:15	Seated Yoga 10:30 - 11:15 	Chair Based Yoga 11:30 - 12:15 	Body Conditioning 11:30 - 12:15		
Fitness Pilates 11:15 - 12:00 	Simply Rehab 12:30 - 13:30 	Soft Circuits 11:30 - 12:15 	Standing Strong 13:00 - 13:45 	Gentle Yoga 11:30 - 12:15 		
Standing Strong 11:30 - 12:15 	Simply Stretch 12:30 - 13:15	Pilates 11:30 - 12:15	Gentle Pilates 14:00 - 14:45 	Dance Fitness 17:00 - 17:45		
Water Conditioning 14:00 - 15:00 	Fitness Pilates 18:00 - 18:45	Health Tai Chi 12:30 - 13:15 	Neurological Class 15:00 - 15:45 	Indoor Cycling 18:00 - 18:45		
Yoga 18:00 - 18:45	Body Pump 18:00 - 18:45	Pilates 18:00 - 18:45	Team Training 18:00 - 18:45	Fitness Pilates 19:00 - 19:45		
Group Active 18:00 - 18:45	Circuits 18:00 - 18:45	Indoor Cycling 18:00 - 18:45	Dynamic Strength (Yoga) 18:00 - 18:45			
Indoor Cycling 18:00 - 18:45	Yoga 19:00 - 19:45	Body Pump 18:00 - 18:45	Slow Flow (Yoga) 19:00 - 19:45			
Circuits 19:00 - 19:45	Body Conditioning 19:00 - 19:50	Step 19:00 - 19:45	Group Active 18:00 - 18:45			
Yoga 19:00 - 19:45	Aqua Fit 19:05 - 19:50	Team Training 19:00 - 19:45	FTP Build Block* 18:00 - 19:30			
Strength & Fitness 19:00 - 19:45	Dance 20:00 - 20:45	Body Balance 19:00 - 19:45	Strength & Fitness 19:00 - 19:45			
			Body Balance 20:00 - 20:45			

Class Timetable

Accessible Classes

*A 6-week block of cycling sessions, where you attend every week and are tested at week 1 and 6.

M	T	W	T	F	S	S
Team Training 6:15 - 6:50	Circuits 7:00 - 7:45	Team Training 6:15 - 6:50	Body Pump 7:00 - 7:45	Team Training 6:15 - 6:50	Circuits 8:00 - 8:45	Indoor Cycling 9:00 - 9:45
Indoor Cycling 7:00 - 7:45	Tone 8:30 - 9:15	Indoor Cycling 7:00 - 7:45	Aqua Fit 9:05 - 9:50	Indoor Cycling 7:00 - 7:45	Body Attack 9:00 - 9:45	Yoga 9:00 - 9:45
Strength & Fitness 7:00 - 7:45	Indoor Cycling 9:30 - 10:15	Pilates 8:30 - 9:15	Stretch 8:30 - 9:15	Fitness Pilates 7:55 - 8:40	Indoor Cycling 9:00 - 9:45	Yoga 10:00 - 10:45
Stretch 8:00 - 8:45	Body Conditioning 9:30 - 10:15	Strength 8:30 - 9:15	Indoor Cycling 9:30 - 10:15	Strength & Fitness 8:30 - 9:15	Body Combat 9:00 - 9:45	Step 10:00 - 10:45
Body Combat 8:15 - 9:00	Yoga 9:30 - 10:15	Step 9:30 - 10:15	Yoga 9:30 - 10:15	Aqua Fit 9:00 - 9:45	Body Pump 10:00 - 10:45	
Body Pump 9:15 - 10:00	Fitness Pilates 10:30 - 11:15	Restorative Yoga 9:30 - 10:15	Body Combat 9:30 - 10:15	Legs Bums Turns 9:30 - 10:15	Fitness Pilates 10:00 - 10:45	
Pilates 9:15 - 10:00	Fit Ball 10:30 - 11:15	Zumba 9:30 - 10:15	Body Conditioning 10:30 - 11:15	Fitness Pilates 9:30 - 10:15		
Body Conditioning 10:15 - 11:00	Standing Strong 11:30 - 12:15	Body Conditioning 10:30 - 11:15	Fitness Pilates 10:30 - 11:15	Dance 10:30 - 11:15		
Body Balance 10:15 - 11:00	Gentle Pilates 11:30 - 12:15	Yoga 10:30 - 11:15	Soft Circuits 11:30 - 12:15	Body Balance 10:30 - 11:15		
Soft Circuits 11:15 - 12:00	Yoga 11:30 - 12:15	Seated Yoga 10:30 - 11:15	Chair Based Yoga 11:30 - 12:15	Body Conditioning 11:30 - 12:15		
Fitness Pilates 11:15 - 12:00	Simply Rehab 12:30 - 13:30	Soft Circuits 11:30 - 12:15	Standing Strong 13:00 - 13:45	Gentle Yoga 11:30 - 12:15		
Standing Strong 11:30 - 12:15	Simply Stretch 12:30 - 13:15	Pilates 11:30 - 12:15	Gentle Pilates 14:00 - 14:45	Dance Fitness 17:00 - 17:45		
Water Conditioning 14:00 - 15:00	Fitness Pilates 18:00 - 18:45	Health Tai Chi 12:30 - 13:15	Neurological Class 15:00 - 15:45	Indoor Cycling 18:00 - 18:45		
Yoga 18:00 - 18:45	Body Pump 18:00 - 18:45	Pilates 18:00 - 18:45	Team Training 18:00 - 18:45	Fitness Pilates 19:00 - 19:45		
Group Active 18:00 - 18:45	Circuits 18:00 - 18:45	Indoor Cycling 18:00 - 18:45	Dynamic Strength (Yoga) 18:00 - 18:45			
Indoor Cycling 18:00 - 18:45	Yoga 19:00 - 19:45	Body Pump 18:00 - 18:45	Slow Flow (Yoga) 19:00 - 19:45			
Circuits 19:00 - 19:45	Body Conditioning 19:00 - 19:50	Step 19:00 - 19:45	Group Active 18:00 - 18:45			
Yoga 19:00 - 19:45	Aqua Fit 19:05 - 19:50	Team Training 19:00 - 19:45	FTP Build Block* 18:00 - 19:30			
Strength & Fitness 19:00 - 19:45	Dance 20:00 - 20:45	Body Balance 19:00 - 19:45	Strength & Fitness 19:00 - 19:45			
			Body Balance 20:00 - 20:45			

Back2Health Timetable

These classes are only for Back2Health members

Suitable additional classes are available on our main timetable identified by 

M	T	W	T	F
Seated Pilates 10:15 - 11:00	Soft Circuits 9:30 - 10:15	Standing Strong 11:30 - 12:15	Supported Gym 13:00 - 14:00	Supported Gym 9:00 - 10:00
Supported Gym 13:00 - 14:00	Gentle Yoga 10:30 - 11:15	Supported Gym 13:00 - 14:00		Cardiac Rehab 12:30 - 13:30
Water Conditioning 14:00 - 15:00				

Back2Health Referral Scheme

Our scheme works in partnership with PRO ACTIVE SOMERSET. It is open to anyone who might have a medical condition who would benefit from physical activity. Visit your local GP for more information about how the scheme can help you. If your GP considers you to be a suitable candidate they will refer you to us and one of our Back2Health coordinators Nicole or Robyn will be in touch to book an appointment.

The Journey

Your journey begins with a one to one consultation with Nicole or Robyn, who will design you a personalised 12 week fitness programme with unlimited access to the facilities. A 6 week check is important to assess your progress, address concerns or to make any adjustments. After 12 weeks, you will meet again for a final review to discuss your progress and how we can continue to support your journey.



Our Back2Health Coordinators

The scheme helps people with health conditions to become more **active** in a safe and structured environment. **One time referral is £76 for 12 weeks**



01934 744 939



back2health@kingsfitness.co.uk



Welcome to your Gym

Our Leisure Centre is home to a large market leading gym, designed to support all fitness levels and training goals. It features a comprehensive range of equipment, resistance machines, an extensive selection of free weights, and all thoughtfully designated into specific zones. Our members and guests can also take advantage of our dynamic functional training area.

Induction

To ensure all users feel confident and safe, a gym induction is mandatory before accessing the facilities. There are two options. You can choose from a 1 hour session costing £25, or a 20 minute one costing £15 - covering the essentials.

For more support & to help guide you further, our Personal Trainers are always on hand to provide expert guidance, motivation, fun & support.

Youth Training Zone

We are proud to support younger members with our Youth Training Zone, held every afternoon for 13-15 year olds. These sessions provide a safe and structured introduction to gym training under professional supervision. In addition, a Saturday morning session is also available. Please note, that all young users must also complete an induction before using the gym where a parent/guardian must be present to read and sign the disclaimer.

See you on the gym floor!

Whether you are just starting out or looking to take your training to the next level, our gym offers a welcoming, friendly and well-equipped environment to help you achieve your goals.

Personal Trainers

Start your fitness journey by choosing between 5 personal trainers that operate out of the centre.



Alex Moulton

alexmoultonpersonaltraining@gmail.com
www.alexmoultonpt.com



Ellie Dando

ellie@align-studios.com
www.align-studios.com



Dani Bearsby

07413 041 667
ptdanibearsby@gmail.com



Nicole Banks

07795 832 943
nicole@live-life-active.co.uk



Terri Durston

Personal Trainer
tdpersonaltraining1111@gmail.com



Sports Academy Timetable

Children must be aged 4 and at school to attend these activities

M	T	W	T	F	S	S
Youth Training 15:25 - 16:10 Age 13+	Youth Training 8:00 - 8:30 Age 13+	Youth Training 8:00 - 8:30 Age 13+	Youth Training 15:25 - 16:10 Age 13+	Youth Training 15:25 - 16:10 Age 13+	Youth Training 10:00 - 11:00 Age 13+	
Youth Training 16:15 - 17:00 Age 13+	Youth Training 15:25 - 16:10 Age 13+	Youth Training 15:25 - 16:10 Age 13+	Youth Training 16:15 - 17:00 Age 13+	Racquets 16:00 - 17:00 Age 8+		
Family Circuits 17:00 - 18:00 Age 4+	Basketball 16:00 - 17:00 Age 8+	Netball 16:00 - 17:00 Age 8+	Dodgeball 17:15 - 18:00 Age 8+	Youth Training 16:15 - 17:00 Age 13+		
	Youth Training 16:15 - 17:00 Age 13+	Youth Training 16:15 - 17:00 Age 13+		Racquets 17:00 - 17:55 Age 8+		
	Basketball 17:00 - 17:45 Age 8+	Kickboxing 18:00 - 19:00 Age 6+				



Fresh look Junior Activity Passport

Welcome to your brand-new Kings Junior Activities Passport – your personal record of activities, achievements and prizes at Kings Fitness & Leisure!

Your mission is simple: get active, collect Star Stickers and Shiny Stickers, earn points and get prizes!

Every time you take part in Sport Academy Activities, Gymnastic Sessions and Swim Academy lessons, you'll have the chance to add another sticker to your passport and build up your points.

Here's how it works:

- Attend an instructor-led sport or activity and earn a star sticker worth 1 point.
- Take part in one of our special events or challenges and earn a shiny sticker worth 5 points. Look out for these on the Kings Fitness & Leisure website as well as below.
- Keep collecting your stickers and watch your points add up.
- Visit the Kings Prize Wall and choose how you'd like to spend your points.
- You can trade in your points for a prize or keep saving for something bigger – the choice is yours!

The more you take part, the more points you can collect and the more prizes you can choose from. Do not forget to celebrate your achievements along the way!

Look out for these images below in the brochure as this identifies the activities you can collect a sticker for your passport

Pick up your FREE junior activity passport from reception today



Star Sticker = 1 Points



Shiny Sticker = 5 Points

Upcoming shiny sticker events

1st December - 22nd December 2026

The Kings Elf Hunt starting on December 1st - 22nd within the Cheddar community. Find all Elves and get the Shiny sticker!

26th - March - 9th April 2027

The Easter Egg Hunt! Find all 5 Easter Eggs hidden around Cheddar between 26th March - 9th April to collect Shiny Sticker!

Sat 9th May 2027

The Junior Aquathlon! Participate in our annual Junior Aquathlon and put your swimming & running abilities to the test to collect Shiny Sticker!

Sun 18th July 2027

The Gladiators Event! Take on our Kings GLADIATORS at a range of different challenges to collect the Shiny Sticker!





Gymnastics Timetable

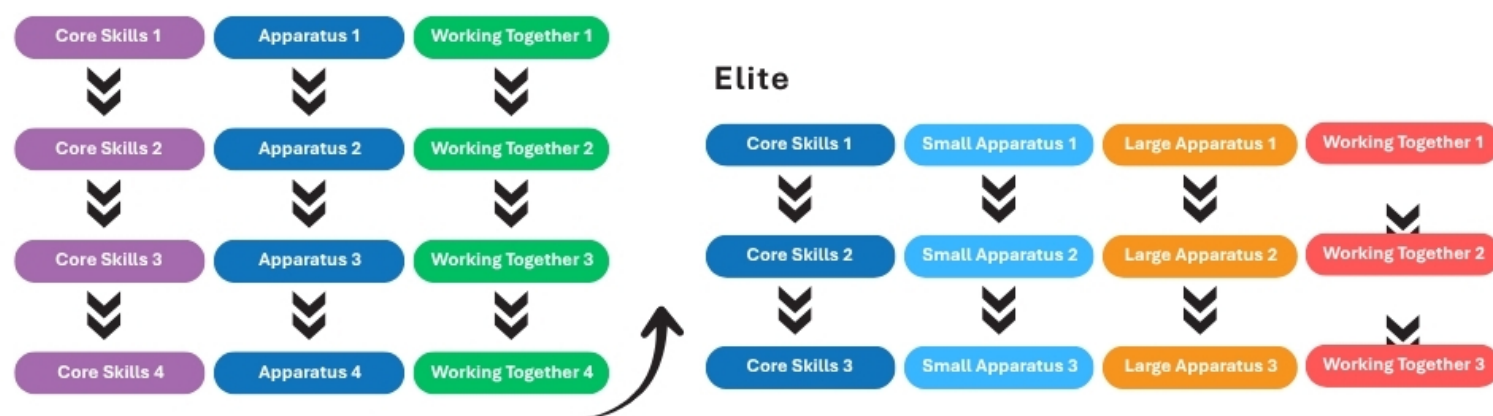
Term time only - Children must be aged 4 and at school to attend these activities. Gymnastics is a fun packed programme and award scheme from British Gymnastics for children that provides a progressive journey through recreational gymnastics. Join the programme by setting up a gymnastics membership.

M	T	W	T	F
Beginners Gymnastics 16:00 - 16:55 ★	Beginners Gymnastics 16:00 - 16:55 ★		Beginners Gymnastics 16:00 - 16:55 ★	
Intermediate Gymnastics 17:00 - 17:55 ★	Intermediate Gymnastics 17:00 - 17:55 ★		Intermediate Gymnastics 17:00 - 17:55 ★	
Advanced Gymnastics 18:00 - 18:55 ★	Advanced Gymnastics 18:00 - 18:55 ★		Advanced Gymnastics 18:00 - 18:55 ★	
	Elite Gymnastics 19:00 - 19:55 ★			

Rise Gymnastics Journey

Rise Gymnastics is a fun packed programme that provides a progressive journey through recreational gymnastics

Beginners, Intermediate and Advance



Certificates & Medals

The award scheme is inclusive of certificates and medals which can be collected once your child has passed a skill. You will be notified by email.



Holiday Clubs

Children must be aged 5 - 13 years to attend our holiday clubs.

We host two holiday clubs one based at Kings Fitness and Leisure and one based at Wedmore First School. We have teamed up with Mendip Outdoor Centre and FarmLink offering day trips.

KINGS
FITNESS & LEISURE



- ✓ Swimming
- ✓ Fun and Games
- ✓ Arts and Crafts
- ✓ Outdoor Sports on the Astro

9am - 4pm (early drop off and late collection available) Bring packed lunch, snacks & refillable drinks bottle, swimwear, towel and goggles and Weather dependant items such as suncream, etc

£29 PER DAY



WEDMORE



- ✓ Outdoor Swimming (Seasonal)
- ✓ Fun and Games
- ✓ Arts and Crafts
- ✓ Outdoor adventure activities in the forest school grounds

9am - 4pm
Bring packed lunch, snacks & refillable drinks bottle, swimwear, towel and goggles
Weather dependant items such as suncream, etc

£29 PER DAY



FarmLink
A Classroom in the Countryside



- ✓ Pond Dipping
- ✓ Meet the animals
- ✓ Den Building
- ✓ Forest Art
- ✓ Fire Lighting
- ✓ Smore Making
- ✓ Delivered by a farm link specialist!

9am - 4pm (early drop off and late collection available) Bring packed lunch, snacks & refillable drinks bottle and weather dependant items such as waterproofs, etc
Includes transport from Kings and back

£35 PER DAY



MENDIP



- ✓ Tobogganing
- ✓ Frisbee Golf
- ✓ Orienteering

9am - 4pm (early drop off and late collection available) Bring packed lunch, snacks & refillable drinks bottle and weather dependant items such as suncream, etc
Includes transport from Kings and back

£35 PER DAY





Kings
Fitness & Leisure
Believe and Succeed

It's Time To PARTY

with up to
25 children



Bouncy Castle

The 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.

Suitable for children aged between 1-6 yrs

Available on;

Saturday or Sunday 11:00 am - 12:30 pm

Booking Includes

- 1hr of exclusive use of the sports hall with the bouncy castle
- 30 minutes in the party room
- Up to 25 children
- Birthday party invitations
- Buddy the Bat flag with a free swim for every child

£170



Aqua Splash

Fancy making a splash on your child's birthday? This party has exclusive use of the whole pool, the floor in the shallow end will be raised to 0.83m and the pool will be filled with fun floats, noodles and pool toys.

Suitable for children of all ages

Available on;

Saturdays 2:00 pm - 4:00 pm

Sundays 1.30 pm - 3.30pm*

**Excludes last Sunday of each month*

Booking Includes

- 1hr of exclusive use of the pool with floats and toys (time to change)
- 30 minutes in the party room
- Up to 25 children*
- Birthday party invitations
- Buddy the Bat flag with a free swim for every child

£185



Pool Inflatable

Welcome to our pool inflatable VORTEX. Can you defeat the resistance of the vortex?

Suitable for children aged 6+ yrs

(competent swimmers only on inflatable#)

Available on;

Saturdays 2:00 pm - 4:00 pm

Sundays 1:30 pm - 3:30 pm*

**Excludes last Sunday of each month*

Booking Includes

- 1hr exclusive use of the pool with inflatable (15 minutes at start for competency test)
- 30 minutes in the party room
- Up to 25 children*
- Birthday party invitations
- Buddy the Bat flag with a free swim for every child

£200

NEW
party Room!

BOOK NOW!



01934 744 939



parties@kingsfitness.co.uk

*Pool parties must adhere to adult to child ratios, a competent swimmer is a child that can swim 25 metres unaided; a swim test will be conducted at the start of the pool inflatable - please visit top of page 9 in our brochure for information on ratios



Kings
Fitness & Leisure
Believe and Succeed

NPLQ Courses

National Pool Lifeguard Qualification

An internationally recognised qualification that will allow the candidate to gain employment in swimming pools in the UK. The NPLQ qualification is valid for 2 years, with a reassessment required at the end of the 2 years.

Upcoming Courses

October 2026

Monday 26th - Friday 30th October 08:30 - 17:30
Assessment Friday 30th October 16:00 - 19:00

February 2027

Monday 15th - Friday 19th February 08:30 - 17:30
Assessment Friday 19th February 16:00 - 19:00

August 2027

Monday 2nd - Friday 6th August 08:30 - 17:30
Assessment Friday 6th August 16:00 - 19:00

The cost of
the NPLQ
is from
£250*

**additional cost of £120 if assessment retake is required.
Please ensure you can complete all swimming requirements
set out in the enrolment form before committing to the
course. Free swim test offered to all candidates.*

Scan the QR code below for NPLQ
enrolment form detailing the
course pre-requisites



NPLQ Enrolment Form



Kings Fitness Job Page



Kings Fitness App Form

Opportunities to apply for work at Kings Fitness
and Wedmore Outdoor Pool, scan QR codes.
For further information email: smfear@kingsfitness.co.uk

Get in touch

with the Team

Shane



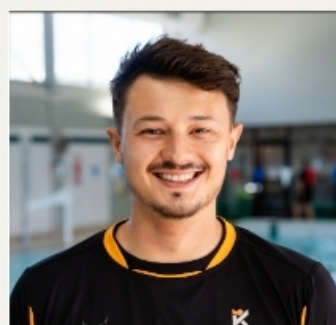
Assistant Manager
smfear@kingsfitness.co.uk

Lewis



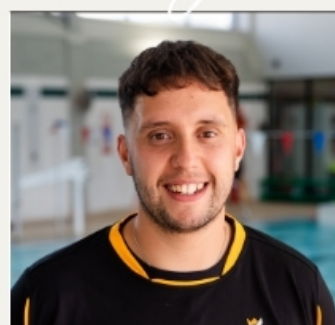
Junior Activities Manager
junior@kingsfitness.co.uk

Zack



Fitness Manager
fitnessmanager@kingsfitness.co.uk

Diogo



Sales & Marketing Manager
sales@kingsfitness.co.uk

Dale



Facilities Manager
facilitiesmanager@kingsfitness.co.uk

Holly



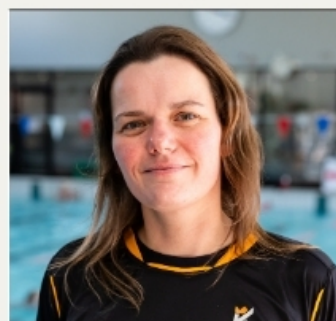
Operations Manager
htyson@kingsfitness.co.uk

Nicky



Activities Coordinator
nmoore@kingsfitness.co.uk

Katie



Duty Manager
kprince@kingsfitness.co.uk

Maria



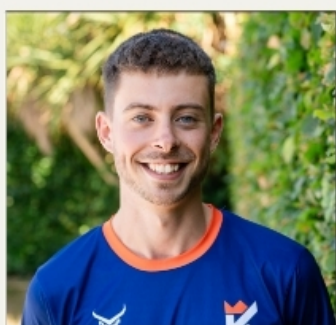
Finance Manager
finance@kingsfitness.co.uk

Sophie



Membership Administrator
membership@kingsfitness.co.uk

Robin



Junior Sports Coordinator
rbridgman@kingsfitness.co.uk

Lynn



Finance Assistant
lbosley@kingsfitness.co.uk

Oscar



Fitness Instructor
obridgman@kingsfitness.co.uk

Ceri



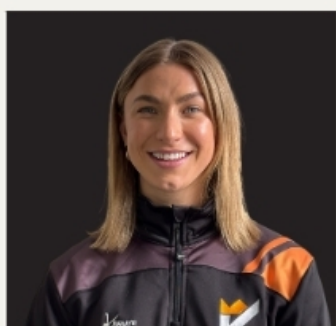
Group Exercise Coordinator
clancaster@kingsfitness.co.uk

Ian



Maintenance Person

Hannah



Digital Marketing
hbolt@kingsfitness.co.uk

Buddy



Buddy the bat
Leisure Centre Mascot

Adam



Duty Manager

Josh



Duty Manager

Local *on site* Businesses

We are fortunate to host a selection of outstanding local businesses on-site, providing our users with convenient access to a variety of services. These include Beauty By Kimberly, Salt Hair Studio and Lattitude Coffee Shop.

Beauty By Kimberly

Provide a wide variety of treatments and packages, please see the treatment menu for more information. Plus 10% off your first appointment.

Gift vouchers are also available for monetary value or for specific treatments.

07748 688 091

kim@beauty-by-kimberly.co.uk



Salt Hair Studio

Experience the calm and creativity of Salt, where expert colour, cutting, and blow-dry services meet over 20 years of industry experience.

Enjoy precision styling, exceptional service, and a relaxing salon experience designed around you. By appointment only.

07354 648 199

hello@salthair.uk



A NEW CHAPTER IS
brewing
AT KINGS FITNESS

Contact Information

See you soon

Email

enquiries@kingsfitness.co.uk

Phone

01934 744 939

Website

www.kingsfitness.co.uk

Address

Station Road Cheddar BS27 3AH