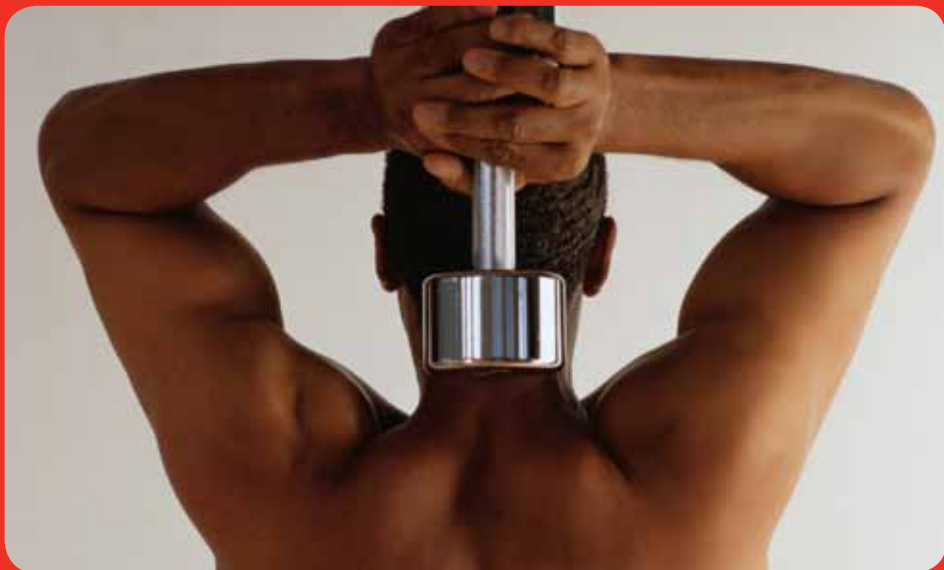


Group Workout Programme

January 2012 - April 2012



Bradford Swimming Pool
Castle Place Leisure Centre
Christie Miller Sports Centre
Leighton Recreation Centre

Melksham Blue Pool
Trowbridge Sports Centre
Warminster Sports Centre
Westbury Swimming Pool

Castle Place Leisure Centre

Level 5a, Multi Storey Car Park, Trowbridge
01225 762711

Monday

7.00am – 7.30am	UCW	1234	
9.30am – 10.30am	Body Max	1234	👶
10.30am – 11.30am	Pilates	1234	👶
11.35am – 12.20pm	Walkrobics	12	👶
12.30pm – 1.00pm	UCW	1234	👶
5.15pm – 5.45pm	UCW	1234	
6.00pm – 7.00pm	Body Max	1234	
6.00pm – 6.30pm	UCW	1234	
6.45pm – 7.15pm	UCW	1234	
7.10pm – 7.50pm	Zumba	1234	
7.30pm – 8.00pm	UCW	1234	
7.50pm – 8.30pm	Zumba	1234	
8.30pm – 9.30pm	Pilates	1234	

Tuesday

9.30am – 10.30am	Legs, Bums & Tums	123	👶
10.30am – 11.30am	Pilates	1234	👶
11.35am – 12.35pm	Yoga	123	👶
12.30pm – 1.00pm	UCW	1234	👶
12.35pm – 1.25pm	Zumba	1234	👶
1.45pm – 2.30pm	Abacus	12	
4.00pm – 5.00pm	Primary Fitness (Term Time only)		
5.15pm – 5.45pm	UCW	1234	
6.00pm – 6.55pm	Step	1234	
6.00pm – 6.30pm	UCW	1234	
6.45pm – 7.15pm	UCW	1234	
7.00pm – 8.00pm	Circuits	234	
7.30pm – 8.00pm	UCW	1234	
8.00pm – 9.00pm	Legs, Bums & Tums	1234	

Wednesday

9.30am – 10.30am	Fit Mix	234	👶
10.30am – 11.30am	Healthy Back	1234	👶
12.30pm – 1.15pm	Pilates	1234	👶
12.30pm – 1.00pm	UCW	1234	👶
3.30pm – 4.15pm	Teen Gym		
5.15pm – 5.45pm	UCW	1234	
6.00pm – 6.30pm	UCW	1234	
6.00pm – 7.00pm	Body Max	1234	
6.45pm – 7.15pm	UCW	1234	
7.10pm – 8.10pm	Zumba	1234	
7.30pm – 8.00pm	UCW	1234	
8.15pm – 9.15pm	Zumba	1234	

Thursday

9.45am – 10.30am	Walkrobics	12	👶
10.35am – 11.35am	Yoga	123	👶
11.45am – 12.30pm	Pilates	1234	👶
12.30pm – 1.15pm	Zumba	1234	👶
12.30pm – 1.00pm	UCW	1234	👶
3.30pm – 4.15pm	Teen Gym		
4.15pm – 5.00pm	Teen Gym		

Courses we offer

Kett Fit	Beginners Yoga
Ab Attack	ViPR
Core Fit	Boot Camp

Contact Reception for more details.

Fitness Ratings

- 1 = Not exercised before or for a long time
- 2 = Some experience of exercise
- 3 = Regular exercise, looking to step it up a gear
- 4 = Looking to push your body to achieve maximum results

ADVERTISE HERE!

See page 6 for details

5.15pm – 5.45pm	UCW	1234	
6.00pm – 7.00pm	Step	234	👶
6.00pm – 6.30pm	UCW	1234	
6.45pm – 7.15pm	UCW	1234	
7.00pm – 8.30pm	Yoga	123	
7.30pm – 8.00pm	UCW	1234	
8.30pm – 9.30pm	Pilates	1234	

Friday

9.30am – 10.30am	Step	1234	👶
10.00am – 10.45am	UCW	1234	👶
10.30am – 11.30am	Pilates	1234	👶
11.30am – 12.30pm	Tai chi	12	👶
4.00pm – 5.00pm	Teen Gym		
5.00pm – 6.00pm	Cardiac Rehab	1	
5.00pm – 6.00pm	Teen Gym		
5.30pm – 6.00pm	UCW	1234	
6.00pm – 7.00pm	Teen Gym		
6.00pm – 7.00pm	Aerobics	1234	
6.15pm – 7.00pm	UCW	1234	

Saturday

9.30am – 10.15am	UCW	1234	
2.30pm – 3.30pm	Teen Gym		

Sunday

11.00am – 12.00pm	Aerobics	1234	
2.30pm – 3.30pm	Teen Gym		

👶 = Crèche available during these sessions



UCW = Ultimate Cycle Workout

Christie Miller Sports Centre

Lancaster Road, Bowerhill, Melksham

01225 702826

Monday

9.30am – 10.30am	20:20:20	1234	
10.30am – 11.30am	Beginners Pilates	123	
12.00pm – 12.45pm	ABACUS		
3.30pm – 5.00pm	Teen Gym		
6.30pm – 7.30pm	Aerobics	1234	
7.30pm – 8.30pm	Step	123	
8.00pm – 9.00pm	Circuits	1234	

Tuesday


9.30am – 10.30am	Legs, Bums & Tums	1234	
10.30am – 11.30am	Zumba	1234	
6.15pm – 7.15pm	Step	234	
7.20pm – 8.20pm	Body Max	1234	
8.30pm – 9.30pm	20:20:20	1234	

Wednesday

9.30am – 10.30am	Step	1234	
9.30am – 10.15am	Walkrobics	12	

3.30pm – 5.00pm	Teen Gym	
6.15pm – 7.15pm	Pilates	123
7.30pm – 8.30pm	20:20:20	1234

Thursday

9.30am – 10.30pm	Yoga	1234	
5.00pm – 6.00pm	Cardiac Rehab	12	
6.15pm – 7.15pm	Pilates	123	
7.30pm – 8.30pm	Legs, Bums & Tums	1234	

Friday

9.30am – 10.30am	Legs, Bums & Tums	1234	
10.30am – 11.30am	Pilates	123	
3.30pm – 5.00pm	Teen Gym		
6.00pm – 7.00pm	Zumba	1234	
7.00pm – 8.00pm	Zumba	1234	

Saturday

2.00pm – 4.00pm	Teen Gym	
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Sunday

10.00am – 12.00pm	Teen Gym	
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Courses we offer

Kett Fit	Boot
VIPR	Camp
Box Fit	Ab Attack

Leighton Recreation Centre

Wellhead Lane, Westbury

01373 824448


Monday

9.30am – 10.30am	20:20:20	1234
10.30am – 11.30am	Pilates	1234
6.15pm – 7.00pm	Zumba	1234
7.15pm – 8.15pm	Body Sculpt	1234

Tuesday

9.30am – 10.30am	Body Sculpt	1234
10.00am – 11.00am	P. IV Cardiac Rehab	12
4.00pm – 5.00pm	P. III Cardiac Rehab	12
5.00pm – 6.00pm	P. III Educational Session	
6.00pm – 7.00pm	P. IV Cardiac Rehab	12
6.15pm – 7.15pm	Yoga	1234
7.30pm – 8.30pm	Pilates	123

Wednesday

9.30am – 10.30am	Total Body Workout	1234	
10.35am – 11.35pm	Pilates	123	
4.00pm – 5.00pm	Teen Circuits		
6.00pm – 7.00pm	Aerobics	1234	
6.45pm – 7.45pm	Pilates with a prop	1234	
7.00pm – 8.00pm	Legs, Bums & Tums	1234	

Thursday

9.45am – 10.30am	Walkrobics	123
10.00am – 11.30am	Yoga	1234
11.00am – 12.00pm	P. IV Cardiac Rehab	12
1.00pm – 3.00pm	P. III Cardiac induction	12
(On the last Thursday of every month)		
3.00pm – 4.00pm	P. III Cardiac Rehab	12
4.00pm – 5.00pm	Teen Gym	
6.45pm – 7.45pm	Pilates	1234
7.00pm – 8.00pm	Circuits	1234

Friday

8.30am – 9.30am	Tai Chi	123	
9.30am – 10.30am	Total Body Workout	1234	
10.30am – 11.30am	Fit Mix	123	
6.30pm – 7.30pm	Zumba	1234	

Courses we offer

Ab Attack	Kett Fit
Core Fit	VIPR
Squash/Badminton	

Contact Reception for more details.

Trowbridge Sports Centre

Frome Road, Trowbridge

01225 764342

Monday

6.00pm – 7.00pm Aqua Fit

Tuesday

12.15pm - 1.00pm Aqua Fit

6.30pm – 8.00pm Yoga*

Wednesday

6.00pm - 7.00pm Tai Chi

6.15pm - 7.15pm Zumba

Thursday

1.15pm - 2.00pm Aqua Fit

Friday

1.15pm - 2.00pm Aqua Fit Deep Water



*This is a payable course for all participants

Warminster Sports Centre

Woodcock Road, Warminster

01985 212946

Monday

9.30am – 10.30am Aqua Fit 123

2.15pm – 3.00pm Nifty Fifties 1234

6.00pm – 7.00pm Legs, Bums & Turns 1234

7.00pm - 8.00pm Circuits 1234

7.00pm – 8.00pm Pre-natal Yoga 123

8.15pm – 9.15pm Yoga 123

Tuesday

10.30am – 11.30am Post-natal 12

6.15pm – 7.00pm Step 1234

7.10pm – 8.10pm Body Max 1234

8.15pm – 9.15pm Pilates 123

Wednesday

9.15am – 10.00am Aqua Fit 123

5.00pm – 6.00pm PIV Cardiac Rehab 123

6.00pm – 7.00pm Legs Bums and Turns 1234

7.00pm – 8.00pm Zumba 1234

8.15pm – 9.00pm Aqua Fit 123

Thursday

10.00am – 11.00am Total Body Workout 1234

11.00am – 12.00pm Pilates 123

6.00pm – 7.00pm Zumba 1234

7.10pm – 8.10pm Body Max 1234

8.15pm – 9.15pm Pilates 123

Friday

1.30pm – 2.30pm Tai Chi 12

Teen Gym runs from Monday – Sunday
3.00pm – 4.00pm, subject to availability.



ADVERTISE HERE!

See page 6 for details

Melksham Blue Pool

Market Place, Melksham

T: **01225 703525** Textphone users add prefix 18001 to access Typetalk

F: **01225 703279**

Monday	11.30am – 12.30pm	Aqua Fit
Tuesday	7.00pm – 8.00pm	Aqua Fit
Wednesday	11.30am – 12.30pm	Aqua Fit Deep Water
	1.30pm - 2.30pm	Aqua Rehab
	7.00pm – 8.00pm	Aqua Circuits
Thursday	7.00pm – 8.00pm	Aqua Fit Deep Water

Regular Circuits and Boot Camp sessions are available.
Contact us for more details.

Bradford Swimming Pool

Station Approach, Bradford on Avon

01225 862970

Monday	11.00am – 11.30am	Aqua Fit
	1.30pm – 2.00pm	Aqua Fit Deep Water
Tuesday	1.30pm – 2.30pm	Aqua Fit
	6.50pm – 7.15pm	Aqua Fit Deep Water
	7.30pm – 8.30pm	Aqua Fit
Wednesday	8.00pm – 9.00pm	Aqua Fit
Thursday	6.15pm – 6.45pm	Aqua Fit Deep Water
	7.00pm – 8.00pm	Aqua Fit
Friday	11.30am – 12.00pm	Aqua Fit Deep Water

Westbury Swimming Pool

Church Street, Westbury

01373 822891

Monday	10.30am – 11.30am	Aqua Fit
	7.00pm – 8.00pm	Aqua Natal
	8.00pm – 9.00pm	Aqua Fit
Tuesday	10.00am – 11.00am	Aqua Fit
Thursday	12.45pm – 1.30pm	Aqua Fit
	7.00pm – 8.00pm	Aqua Fit



kinetika Members receive unlimited use of:
Swimming, Gym, Workout Classes

Discounts on:

Racket sessions, 5 a side & Tenpin Bowling.
To find out more please contact reception at any one of the DC Leisure Centres.

kinetika, a new kind of membership...
...a new way of life.



Understanding your w

Class Type Description

Abacus	Part of the GP referral scheme.
Aerobics	An energising exercise to music workout to improve fitness, toning, co-ordination and burn those extra calories.
Aqua Natal	Aqua Natal is a wonderful form of safe exercise during and after pregnancy. Fun and relaxing, giving you an opportunity to make new friends and frees you from the weight of your pregnancy for an hour or so. Please consult a midwife if you have any concerns.
Aqua Fit	A fun, non-impact workout using the water for resistance. Tones and strengthens muscles, suitable for non swimmers (small pool only).
Aqua Circuits	An alternative approach to exercise, combines:- Hydrofit – A more demanding workout in deep water using a flotation belt and aqua gloves to increase resistance. Hydromax – An intense version of Hydrofit using dumbbells to improve muscle strength and balance.
Body Max	Giving your body a maximum workout using barbells / dumbbells to tone up fast.
Body Sculpt	Body Sculpt is devoted to strengthening and toning the abs, legs, buttocks and upper body muscles.
Cardiac Rehab	A comprehensive programme, open to anyone who has had a heart attack, heart surgery, or experiences angina and would like to follow a safe effective programme.
Cheer Fit	An Aerobics class using cheerleading moves.
Circuits	A challenging, simple but effective intensive total body workout.
Healthy Back	A gentle aerobic class with elements of pilates to improve & promote a strong and healthy back.
Fit Mix	A mixture of upbeat aerobic workouts combined with overall body toning for a fun-filled high energy workout.

Please note: All class times include set up/down time. Classes open to everyone. If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor. No admittance to any class after it has commenced. Age limit for all classes* is 14 years old. (*Body Max minimum age 16). We recommend that those persons that are up to 16 weeks pregnant attend Aqua classes. Those who are 16 weeks plus should attend Aqua Natal sessions. Cancellations must be made 48 hours in advance.

ADVERTISE HERE!

Advertise your company with our Leisure Centres!
Contact Marketing on **01225 762711**
or email **rebeccalewis@dcleisure.co.uk**



Workout timetable

Class Type Description

Legs, Bums & Tums	Intensive conditioning for tightening your abdominals, legs and bum.
Mind & Body	Pilates – Deep muscle toning for inch loss, relaxation & core stability. Yoga – A combination of stretching, passive and dynamic postures, breathing exercises and relaxation techniques. Tai Chi – A stress releasing mind and body class.
Nifty Fifties	A gentle low impact exercise class aimed at 50+.
Pilates with a prop	A pilates class using a different prop each week.
Post-natal	A mixture of stretching, deep muscle toning exercises and relaxation techniques to help you get back into shape after pregnancy. Bring your baby!
Pre-natal Yoga	A combination of stretching, passive and dynamic postures, breathing exercises and relaxation techniques to help through pregnancy.
Primary Fitness	An innovative after school exercise class for children of primary school age.
Step	Get your heart and lungs pumping to the ultimate workout for toning legs and bum.
Swim Gym	A multi functional water based class working all your major muscle groups, using water for resistance in a circuit training set up.
Total Body Workout	A body conditioning class using aerobic weights.
Ultimate Cycle Workout (UCW)	A motivating instructor led group class on stationary bikes. For the ride of your life!
Walkrobics	A low impact exercise to music workout to improve fitness, toning and co-ordination.
Zumba	A fun workout using Salsa and various dance based moves.
20:20:20	A challenging but fun workout class that combines three different aerobic sessions to really get that heart pumping and effectively conditioning the whole body.



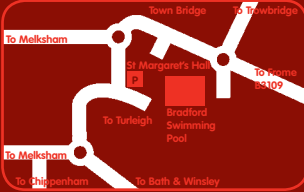
***West Wiltshire
membership card holders
receive up to 30%
discount on all classes.**

***kinetika
members exercise
for free**

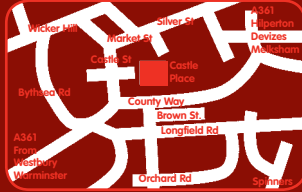
Centre bus routes*

- Bradford Pool - 39, 95, 96, X96, 264, 265
- Castle Place - X34, 49, 66, 77, 87, 87A, 89, 94, 96, 185, 234, 235, 236, 264, 265
- Christie Miller - 234, 235, 236, 271, 272, 273
- Leighton Recreation - 264, 265
- Melksham Pool - 14, X34, 72, X72, X76, 84, 234, 271, 272, 273
- Trowbridge SC - 94, 234, 236, X34
- Warminster - 24, 53, 55, 264, 265
- Westbury Pool - 58, 87, 87A, 264, 265

*routes correct at time of going to print. routes subject to change.



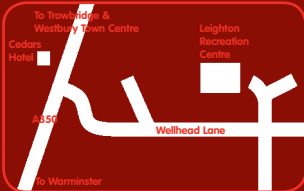
Bradford Swimming Pool
 Station Approach, Bradford on Avon
 BA15 1DF
www.bradfordswimmingpool.co.uk
 01225 862970
enquiries@bradfordswimmingpool.co.uk



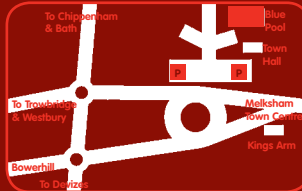
Castle Place Leisure Centre
 Level 5a, Multi Storey Car Park, Trowbridge
 BA14 8AL
www.castleplaceleisurecentre.co.uk
 01225 762711
enquiries@castleplaceleisurecentre.co.uk



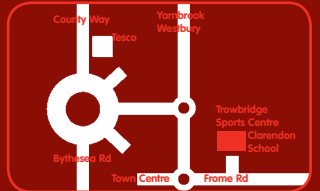
Christie Miller Sports Centre
 Lancaster Road, Bowerhill, Melksham
 SN12 6QU
www.christiemillersportscentre.co.uk
 01225 702826 Planet Bowl 01225 701901
enquiries@christiemillersportscentre.co.uk



Leighton Recreation Centre
 Wellhead Lane, Westbury BA12 3PT
www.leightonrecreationcentre.co.uk
 01373 824448
enquiries@leightonrecreationcentre.co.uk



Melksham Blue Pool
 Market Place, Melksham SN12 6ES
www.melkshambluepool.co.uk
 01225 703525 supported by Typetalk
 Fax: 01225 703279
enquiries@melkshambluepool.co.uk



Trowbridge Sports Centre
 Frome Road, Trowbridge BA14 0DJ
www.trowbridgesportscentre.co.uk
 01225 764342
enquiries@trowbridgesportscentre.co.uk



Warminster Sports Centre
 Woodcock Road, Warminster BA12 9DQ
www.warminstersportscentre.co.uk
 01985 212946
enquiries@warminstersportscentre.co.uk



Westbury Swimming Pool
 Church Street, Westbury BA13 3BY
www.westburyswimmingpool.co.uk
 01373 822891
enquiries@westburyswimmingpool.co.uk

kinetika

Memberships available



DC LEISURE
 Fitness Industry Association
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DC Leisure Management Ltd working in partnership with Wiltshire Council.

All information in this timetable is correct at time of going to print.

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