



# Class Timetable

## Autumn/Winter 2008/2009

Royston Leisure Centre

## Monday

Time	Class	Location	Instructor
09.30-10.30	Aerobics	Studio 1	Susy
10.30-11.30	Fitness Yoga	Studio 1	Georgia
14.00-15.00	50+ Aero Tone	Studio 1	Sam
18.00-19.00	Body Pump	Studio 1	John
19.10-20.00	Circuits	Sports Hall	Fitness team
20.00-21.00	Aqua	Pool	Susy
19.30-20.15	Street Dance	Studio 1	Sarah

## Tuesday

Time	Class	Location	Instructor
09.30-10.30	Boxercise	Studio	Fitness Team
09.30-10.30	Aqua	Pool	Jane
10.30-11.30	Fitness Yoga	Studio 1	Eileen
14.00-15.00	Salsa Aerobics	Studio 1	Eileen
19.00-20.00	Box Fit	Sports Hall	Sam

## Wednesday

Time	Class	Location	Instructor
09.30-10.30	Studio Resistance	Studio 1	Fitness Team
14.00-15.00	50+ Aerobics	Studio 1	Sam
18.00-19.00	Fitness Yoga	Studio 1	John
19.00-20.00	Salsa Aerobics	Studio 1	Cat
19.00-20.00	Aqua Jog	Pool	Jane
20.00-21.00	Aqua	Pool	Jane
20.15-21.00	Pilates- Beginners	Studio 1	Cat

## Thursday

Time	Class	Location	Instructor
09.30-10.30	Aqua	Pool	Jane
09.30-10.30	L.B.T	Studio 1	Nikki
18.00-19.00	Y-Kick-Bo	Studio 1	Helen
18.00-18.45	Pilates	Studio 2	Cat
19.00-20.00	Aerobics	Studio 1	Helen
20.15-21.15	Step	Studio 1	Eileen

## Friday

Time	Class	Location	Instructor
09.30-10.30	Step and Tone	Studio 1	Susy
10.30-11.30	Aqua Jog	Pool	Jane
14.00-15.00	50+ Fitness Yoga	Studio 1	Susy
19.00-20.00	Body Pump	Studio 1	Sam

## Saturday

Time	Class	Location	Instructor
08.00-09.00	Boot Camp Circuits	Sports Hall	Fitness Team
09.30-10.30	Fitness Yoga	Studio 1	Eileen

## Sunday

Time	Class	Location	Instructor
9.15-10.15	Body Pump	Studio 1	Fitness Team
10.30-11.30	Boxercise	Studio 1	Fitness Team

N.B Timetable is subject to change, for further information please check with Reception

## Class Descriptions

**Salsa Aerobics** - A fun aerobic workout, using Salsa –dance moves and some fabulous Salsa/Latin American music

**Aerobics** - An energising exercise to music workout to improve fitness and toning to burn those calories. Low impact options included.

**Street Dance** - Learn Street Dance routines to the best R&B & Hip Hop music around. A funky way to get fit.

**Step** - Using routines to workout with the step. A great fat burning class working your brain as well as your body!

**Boxercise** - The best stress buster around! One of the most effective forms of x training available today. It enhances hand-eye coordination, balance and timing. It is always fun and addictive!

**Circuit Training** - Come and join our Fitness Team for this traditional Circuit Training class. Incorporating cardio and resistance exercises.

**Pilates** - Pilates teaches you how to use your muscles in a controlled way so they work for you in harmony with your breathing. It strengthens your body through movement and is ideal for all levels of fitness

**Fitness Yoga/50+** - Incorporates deep stretches along with Yoga postures and relaxation techniques. Ideal for everyone needing a gentle 'me' time

**Step and Tone** - Simple but very effective class using basic step followed by toning. An all over body workout to great music

**Aqua** - Water based aerobic and toning workout using different water depths and various equipment to work your whole body

**Studio Resistance** - Condition your muscles with this lively full body workout using resistance bars and plates to music

**Body Pump** - A non impact class designed to give your body a complete workout using weights to powerful motivating music. All ages and fitness levels can participate. You simply use heavier weights as you get stronger

**50+ Aerobics** - A gentle, low intensity aerobic workout class to give you energy for the rest of the day

**50+ Aerotone** - A low impact aerobic workout combined with resistance to improve muscular strength and condition

**Y-Kick-Bo** (name may change) - Kick your way into a fat burning, stress busting total body workout which increases flexibility, coordination, balance and power

**LBT** - The name says it all!!! A class concentrating on those tricky areas

**Boot Camp Circuits** - A great way to get fit and stay fit. This class will push your strength and aerobic capability to the max!

**Aqua Jog** - Takes the impact out of exercise and jogging. Whether you are looking to improve fitness, loose weight or excel at your sport, this could be the class for you.

**Box Fit** - An aerobic based kick boxing class designed to improve fitness incorporates pad work to give that extra edge.

## Booking and Class Entry Procedures

If you are unable to attend a class you have booked onto please ensure you cancel your space at Reception (either in person or over the phone). Failure to cancel may result in a charge or affect your ability to book future classes.

- All customers must have a receipt to enter a class (including kinetika members). You need to hand your receipt to your class instructor at the beginning of each session.
- Customers must sign in on arrival for booked classes five minutes prior to their commencement. After this time their class space will be resold.
- Customers will not be allowed to enter the studio after the commencement of the class.
- Please wear non-marking training shoes to all classes except Aqua, Aqua Jog and Yoga.
- Customers must be aged sixteen or over to take part in our classes.

## Studio Available for Hire

Please ask the Duty Manager for details

### Royston Leisure Centre

Woodcock Road

Royston

Hertfordshire

SG8 7XT

Telephone - 01763 255190

Fax 01763 257699

Text phone users add prefix 18001

E-mail [enquiries@roystonlc.co.uk](mailto:enquiries@roystonlc.co.uk)

[www.roystonlc.co.uk](http://www.roystonlc.co.uk)

## kinetika Membership

If you take part in two or more classes per week, the kinetika membership will save you money!

kinetika members receive unlimited access to classes (booking recommended) as well as priority booking, unlimited gym, 5 personal training sessions, swimming and Sports Hall discount.

**Contact a Customer Advisor now!**