

# JANUARY - APRIL 2020

## KINGSMEAD LEISURE CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.15 GROUP CYCLE 45 mins · 3* Aimee Cycle Studio	06.30 - 07.30 BODY PUMP™ 60 mins · 3* Sarah / Alex Dance Studio	06.30 - 07.15 GROUP CYCLE 45 mins · 3* Dan Cycle Studio	06.30 - 07.15 GROUP CYCLE 45 mins · 3* Aimee Cycle Studio	06.30 - 07.30 BODY PUMP™ 60 mins · 3* Sarah / Alex Dance Studio	07.15 - 08.00 BODY BALANCE™ 45 mins · 3* Sarah Dance Studio	08.10 - 08.55 BODY PUMP™ 45 mins · 3* Naomi Dance Studio
07.15 - 08.00 BIG RIG WORKOUT 45 mins · 3* Aimee Gym Functional Area	<b>NEW</b> 07.15 - 08.15 YOGA FOR BACKS 60 mins · 3* Monica Mind & Body	07.15 - 08.00 ABS, CORE & MORE 45 mins · 3* Dan Mind & Body	07.15 - 08.15 WAKE UP TO YOGA 60 mins · 3* Monica Mind & Body	09.15 - 10.00 YOGA FOR ALL 45 mins Nicole Mind & Body	<b>NEW</b> 07.25 - 08.10 ABS, CORE & MORE 45 mins · 3* Nicole Mind & Body	08.30 - 09.15 GROUP CYCLE 45 mins · 3* Lucy Cycle Studio
09.15 - 10.00 BODY BALANCE™ 45 mins · 3* Aimee Mind & Body	09.15 - 10.00 BODY BALANCE™ 45 mins · 3* Aimee Mind & Body	09.15 - 10.00 BODY BALANCE™ 45 mins · 3* Kealy Mind & Body	09.00 - 10.00 GENTLE YOGA 60 mins · 3* Liz Mind & Body	10.05 - 11.05 HI-LO WORKOUT 60 mins · 3* Fran Dance Studio	08.10 - 09.10 TAI CHI 60 mins · 3* Christine Party Room	08.30 - 09.15 PILATES FOR ALL 45 mins · 3* Fran Mind & Body
10.05 - 11.05 HI-LO WORKOUT 60 mins · 3* Fran Dance Studio	10.05 - 11.05 YOGA FOR ALL 60 mins · 3* Liz Mind & Body	09.20 - 10.05 BODY COMBAT™ 45 mins · 3* Nicci Dance Studio	10.05 - 11.05 YOGA FOR ALL 60 mins · 3* Jo Mind & Body	10.05 - 10.50 GROUP CYCLE 45 mins · 3* Nicole Cycle Studio	08.10 - 08.55 BODY PUMP™ 45 mins · 3* Naomi Dance Studio	09.00 - 09.30 LES MILLS BARRE™ 30 mins · 3* Roberta Dance Studio
10.05 - 10.50 GROUP CYCLE 45 mins · 3* Aimee Cycle Studio	10.05 - 11.05 ZUMBA® 60 mins · 3* Lissa Dance Studio	10.05 - 10.55 YOGA FOR ALL 50 mins · 3* Nicci Mind & Body	10.05 - 10.50 GROUP CYCLE 45 mins · 3* Fran Cycle Studio	10.05 - 11.05 YOGA FOR ALL 60 mins · 3* Nicci Mind & Body	08.15 - 09.00 BODY ATTACK 45 mins · 3* Alex Mind & Body	09.20 - 10.05 GROUP CYCLE 45 mins Lucy Cycle Studio
10.05 - 11.05 GENTLE YOGA 60 mins · 3* Liz Mind & Body	10.05 - 10.50 GROUP CYCLE 45 mins · 3* Fran Cycle Studio	10.10 - 10.55 GROUP CYCLE 45 mins · 3* Nicci Cycle Studio	10.05 - 11.00 ZUMBA 55 mins · 3* Kealy Dance Studio	11.05 - 12.05 VINYASA YOGA 60 mins · 3* Nicole Mind & Body	<b>NEW</b> 08.20 - 09.05 GROUP CYCLE 45 mins · 3* Nicole Cycle Studio	09.30 - 10.15 SH'BAM™ 45 mins · 3* Roberta Dance Studio
11.05 - 12.05 YOGA FOR ALL 60 mins · 3* Liz Mind & Body	10.15 - 11.00 AQUA Peak   45 mins · 3* Lynsey Main Pool	10.10 - 11.10 BODY PUMP™ 60 mins · 3* Dan Dance Studio	10.15 - 11.00 WATERWORKS Peak   45 mins · 3* Dan Main Pool	11.15 - 12.00 PILATES FOR ALL 45 mins · 3* Maria Dance Studio	09.05 - 09.35 KIDS STREET DANCE 3 - 4 30 mins · 3* Maria Mind & Body	09.15 - 10.00 PILATES FOR ALL 45 mins · 3* Fran Mind & Body
11.15 - 12.00 PILATES FOR ALL 45 mins · 3* Fran Dance Studio	11.15 - 12.00 BODY PUMP™ 45 mins · 3* Lissa Dance Studio	10.55 - 11.45 YOGA FOR ALL 50 mins · 3* Kealy Mind & Body	11.10 - 11.55 BODY BALANCE™ 45 mins · 3* David Mind & Body	11.15 - 12.00 BIG RIG WORKOUT 45 mins Gym Functional Area	09.05 - 10.05 BODY COMBAT™ 60 mins Alex Dance Studio	10.10 - 11.10 BODY BALANCE™ 60 mins · 3* Lucy Mind & Body
11.15 - 12.00 BIG RIG WORKOUT 45 mins Dan Gym Functional Area	11.15 - 12.00 ABS, CORE & MORE 45 mins · 3* Fran Mind & Body	11.45 - 12.35 VINYASA YOGA 50 mins · 3* Nicci Mind & Body	11.15 - 12.00 BODY PUMP™ 45 mins · 3* Dan Dance Studio	12.30 - 13.15 DEEP AQUA Off Peak   45 mins · 3* Dan Main Pool	09.15 - 10.00 GROUP CYCLE 45 mins · 3* Zoe Cycle Studio	10.15 - 11.15 BODY PUMP™ 60 mins Fran Dance Studio
12.15 - 13.00 AQUA Off Peak   45 mins · 3* Grace Main Pool	12.15 - 13.15 YOGA FOR ALL 45 mins · 3* Jane Mind & Body	11.15 - 12.00 PILATES FOR ALL 45 mins · 3* Fran Dance Studio	12.00 - 12.45 PARACISE™ <b>NEW</b> 45 mins · 3* Kealy Mind & Body	12.30 - 13.15 GENTLE PILATES 45 mins · 3* Helen Mind & Body	09.05 - 10.05 CHI BALL 60 mins · 3* Dianne Party Room	10.15 - 11.00 FTP TEST (Last Sunday each month) 45 mins Steve Cycle Studio
12.30 - 13.15 GENTLE PILATES 45 mins · 3* Helen Mind & Body	12.30 - 13.15 DEEP AQUA Peak   45 mins · 3* Lynsey Main Pool	11.15 - 12.00 BIG RIG WORKOUT 45 mins Dan Gym Functional Area	12.30 - 13.15 DEEP AQUA Peak   45 mins · 3* Dan Main Pool	15.30 - 17.30 TEEN TRAINING 120 mins · 3* Gym Instructor Main Gym	09.40 - 10.25 KIDS STREET DANCE 5 - 7 45 mins · 3* Maria Mind & Body	12.00 - 16.00 ADULT & TEEN TRAINING 240 mins · 3* Age 12+ Main Gym
13.30 - 14.30 GENTLE WORKOUT 60 mins · 3* Sandy Mind & Body	15.30 - 17.30 TEEN TRAINING 120 mins · 3* Gym Instructor Main Gym	12.45 - 13.30 GENTLE PILATES 45 mins · 3* Helen Mind & Body	15.30 - 17.30 TEEN TRAINING 120 mins · 3* Gym Instructor Main Gym	17.30 - 18.30 BODY PUMP™ 60 mins · 3* Pip Dance Studio	10.05 - 11.00 BODY PUMP™ 55 mins Nicole Dance Studio	17.30 - 18.30 BODY COMBAT™ 60 mins · 3* Pip Dance Studio
15.30 - 17.30 TEEN TRAINING 120 mins · 3* Gym Instructor Main Gym	16.30 - 17.15 KIDS YOGA 8 - 12 Term Time · 45 mins · 3* Jess Mind & Body	13.35 - 14.35 GENTLE WORKOUT 60 mins · 3* Sandy Mind & Body	16.30 - 17.15 KIDS YOGA 8 - 12 Term Time · 45 mins · 3* Jess Mind & Body	<b>NEW</b> 17.30 - 18.15 FIGHT CLUB 45 mins · 3* Dan Mind & Body	10.25 - 11.10 KIDS STREET DANCE 8 - 11 45 mins · 3* Maria Mind & Body	17.50 - 18.50 YOGA FOR ALL 60 mins · 3* Emma Mind & Body
17.00 - 17.30 FIGHT CLUB 30 mins · 3* Alex Dance Studio	17.15 - 18.15 BODY PUMP™ 60 mins Dance Studio	15.30 - 17.30 TEEN TRAINING 120 mins · 3* Gym Instructor Main Gym	17.15 - 18.15 BODY PUMP™ 60 mins · 3* Lissa Dance Studio	18.15 - 19.00 BIG RIG WORKOUT 45 mins Gym Functional Area	11.00 - 13.00 TEEN TRAINING 120 mins · 3* Gym Instructor Main Gym	18.30 - 19.15 LES MILLS BARRE™ 45 mins · 3* Pip Dance Studio
17.30 - 18.15 BODY COMBAT™ 45 mins Alex Dance Studio	17.40 - 18.25 GROUP CYCLE No screens 45 mins · 3* Roberta Cycle Studio	<b>NEW</b> 17.30 - 18.15 BODY JAM™ 45 mins · 3* Roberta Dance Studio	18.15 - 19.10 BODY BALANCE™ 55 mins Mind & Body	18.25 - 19.25 YOGA FOR ALL 60 mins Mind & Body	11.15 - 12.00 BIG RIG WORKOUT 45 mins Gym Functional Area	18.50 - 19.50 YIN YOGA 60 mins · 3* Emma Mind & Body
<b>NEW</b> 17.30 - 18.15 ABS, CORE & MORE 45 mins · 3* Nicole Mind & Body	17.30 - 18.15 BODY BALANCE™ 45 mins · 3* Kealy Mind & Body	17.30 - 18.25 YOGA FOR ALL 55 mins · 3* Robin Mind & Body	18.15 - 19.10 ZUMBA® 55 mins · 3* Lissa Dance Studio	18.30 - 19.15 BODY COMBAT™ 45 mins · 3* Pip Dance Studio	12.00 - 16.00 ADULT & TEEN TRAINING 240 mins · 3* Age 12+ Main Gym	19.15 - 20.00 DEEP AQUA Off Peak   45 mins · 3* Liz Main Pool
18.15 - 19.00 STRICTLY DANCE AEROBICS 45 mins Lissa Mind & Body	18.15 - 19.15 BODY COMBAT™ 60 mins Alex Dance Studio	17.40 - 18.25 GROUP CYCLE No screens 45 mins · 3* Aimee Cycle Studio	18.15 - 19.00 GROUP CYCLE 45 mins Zoe Cycle Studio	19.25 - 20.25 YOGA FOR ALL 60 mins · 3* Robin Mind & Body		
18.15 - 19.00 PILATES FOR ALL 45 mins Fran Dance Studio	18.20 - 19.05 PILATES FOR ALL 45 mins Fran Mind & Body	<b>NEW</b> 18.15 - 19.00 LES MILLS BARRE™ 45 mins · 3* Roberta Dance Studio	19.00 - 20.00 TAI CHI 60 mins · 3* Party Room			
18.15 - 19.00 GROUP CYCLE 45 mins Steve Cycle Studio	18.25 - 19.10 GROUP CYCLE 45 mins Sarah Cycle Studio	18.30 - 19.15 ABS, CORE & MORE 45 mins Aimee Mind & Body	19.15 - 20.15 BODY COMBAT™ 60 mins Gabbie Dance Studio			
19.10 - 20.05 STEP FOR ALL 45 mins Aimee Dance Studio	19.15 - 20.15 B.L.T. 60 mins Lissa Dance Studio	<b>⌚</b> 19.05 - 19.50 BODY ATTACK™ 45 mins Mark Dance Studio	19.15 - 20.00 ABS, CORE & MORE 45 mins · 3* Alex Mind & Body			
19.00 - 19.45 BODY BALANCE™ 45 mins Naomi Mind & Body	19.15 - 20.05 MONSTER CIRCUITS 50 mins · 3* Fran Sports Hall	19.20 - 20.20 YOGA FOR ALL 60 mins Tayler Mind & Body	19.15 - 20.00 BIG RIG WORKOUT 45 mins Gym Functional Area			
19.10 - 19.55 GROUP CYCLE 45 mins Fran Cycle Studio	19.15 - 20.00 LES MILLS BARRE™ 45 mins · 3* Pip Mind & Body	19.15 - 20.00 BIG RIG WORKOUT 45 mins Gym Functional Area	20.15 - 21.15 YOGA FOR ALL 60 mins · 3* Annette Mind & Body			
19.15 - 20.00 BIG RIG WORKOUT 45 mins David Gym Functional Area	19.15 - 20.00 BIG RIG WORKOUT 45 mins David Gym Functional Area	<b>⌚</b> 19.50 - 20.35 BODY PUMP™ 45 mins Mark Dance Studio	20.15 - 21:00 BODY PUMP™ 45 mins · 3* Gabbie Dance Studio			
19.50 - 20.40 VINYASA YOGA 50 mins Nicci Mind & Body	20.00 - 20.45 WATERWORKS Off Peak   45 mins · 3* Dan Main Pool	20.20 - 21.20 YOGA FOR ALL 60 mins · 3* Jane Mind & Body				
20.05 - 20.50 BODY PUMP™ 45 mins Steve Dance Studio	20.00 - 20.45 DEEP AQUA Off Peak   45 mins · 3* Karen Main Pool					
20.40 - 21.30 YOGA FOR ALL 50 mins · 3* Nicci Mind & Body	20.05 - 20.50 PILATES FOR ALL 45 mins Pip Mind & Body					
	<b>NEW</b> 20.15 - 21.00 BODY JAM™ 45 mins · 3* Roberta Dance Studio					

Energetic workouts to burn calories & raise heart rate  
 Strength, core stability, flexibility, relax & energise

Muscular strength & endurance  
 Combination of energetic workout & muscular strength & endurance  
 Dance or martial arts

Aqua Aerobics  
 Kids / Teen sessions  
 Gentle workouts

**NEW** New class  
 Time Change

All fitness classes can be booked via the app, online or by telephone and can be made 7 days in advance of the class. Booking is strongly advised for all fitness classes. Not only will this ensure your place in the class, but also if a class is cancelled we will be able to inform you at the earliest opportunity.

On occasion it may be necessary for a class to be cancelled or for the class instructor to be changed, Active Life reserves the right to do this at anytime. Where possible advance notice will be given to those members who have booked the affected class, however where circumstances are beyond our control, this may not always be possible.

If a booking needs to be cancelled you must give notice to avoid a charge.

### Members

**Over 4 hours notice:** class cancellations are free of charge.

**Under 4 hours notice:** classes cancelled within 4 hours of the start time will be charged £2.50 per class cancellation.

**No notification/ no show:** no shows will be charged £5.00 per class cancellation.

### Non-Members

**Over 4 hours notice:** The fee paid for class booking can be carried over to the following week.

**Under 4 hours notice/ No notification or no show:** The fee paid for class booking will be lost.

Cancellations can be made either via reception, via the booking portal on our website or on the app (please note that classes cannot be cancelled with under 4 hours notice on the app, you will have to phone the centre reception).

**Any charge allocated will immediately affect access to booking/centre access so prompt payment is advised.** This can be done either at reception or by phoning the centre. Or if you have an online account, you can pay the charge via the booking portal on our website.

Please ensure you confirm your attendance for each class by swiping in at reception ahead of the class.

If you are new to the class please arrive before the warm-up commences, allowing appropriate time to discuss with the instructor your suitability for the class. Participants will not be allowed in the fitness studios once the warm-up has commenced.

Please ensure you have read the full studio guidelines, which are located in each studio.

Please note that the '3 strike' system and appeals process which is currently in place will not be running from 1st January 2020.