

Kenwick Health and Leisure Club

What Kenwick Health and Leisure Club has to offer you.

In house Sports Therapist
Retail Chartered Physiotherapist
PERSONAL trainers
Group and Private Swimming Lessons
Areas of relaxation
Tennis and squash courts with LTA Tennis coach
Air conditioned gymnasium with state of the art 'technogym' equipment
Multi channel entertainment on all cardio vascular machines
20m indoor pool, kept at 31-32 C
Swimming Lessons
New Steam Room
New Sauna with relaxing light therapy
Nursery with outdoor play area
Beauty Centre offering Clarins and Elemis treatments and products 7 days a week
Gym inductions and programming
Loyalty Card for Kenwick Estate
Monthly newsletters with features and promotions – soon to be online
Table Tennis
Video surveillance for your security

Health Benefits of Exercise

Lower Blood Pressure
Helps reduce Blood Cholesterol
Decrease the onset of osteoporosis and other diseases
Promote a healthier immune system and reduce the risk of injuries
Enhance work, recreation and sport performance
Improve psychological well being/increase self esteem
Maintain a healthy weight
Increase energy levels and strength
Build and maintain healthy muscles bones and joints

Chartered Physiotherapist

Alison Bantock
MCSP, SRP
Chartered Physiotherapist

Alison qualified as a Chartered Physiotherapist in 1988. Since completing her training at Bath School of Physiotherapy she has gained extensive experience working in both the National Health Service and Private Sector.

Her Key skills relate to the treatment of musculoskeletal problems, which can be due to sports injuries, accidents or postural issues.

All treatments will be preceded by a thorough assessment to accurately identify and problems.

Tennis Coach

Jerome Lebatard has an extensive background in tennis coaching which originates from France. He comes from Grenoble and has been living in the UK for 6 years.

Jerome boasts an LTA level 2 coaching qualification, has played competitive tennis at a very high standard, and rates at a level of 4 2.

Swimming Lessons

Private Swimming Lessons

These lessons are a half an hour Swimming Lesson. They run on a 4 week basis with 1 instructor in the pool to teach and assist. Private Swimming lessons are available for anyone from the age of 3 years through to an adult.

Tadpoles

Tadpole lessons are for 20 minutes and are for pre school children to gain very basic water confidence skills, such as playing with toys, running races, splashing etc.

Group Swimming Lessons

These lessons are held every Monday, Tuesday and Thursday evening, during term time, and run from 4pm – 5pm. There are 3 groups available, which cater for all levels of ability. Your child will be allocated a space in a particular lesson by one of our instructors. A waiting list is also available if the lessons are full for that term.

Please note – Certain areas of the pool will be lane roped off during busy periods. All lessons must be paid for in full to guarantee your place. Please make sure you are able to attend all lessons on booking, as missed lessons will not be credited for.

Classes

SPINNING – An imaginary bike ride in the gym, which will challenge your whole CV system.

ZONE – A resistance class bang up to date with the latest training techniques.

AQUA – A water workout using the resistance of the water for a whole body workout.

CIRCUITS – A station based workout to test all levels of strength and endurance.

AEROBICS – Fun choreography designed to suit all.

BOXERCISE – A combat style class for all abilities. Have fun and learn boxing disciplines.

SPIN ROW – A class set to challenge you to your limits.

TENNIS MORNINGS – Come along and join in with Jerome, or very own LTA instructor.

SWIM LESSONS/TADPOLES – Part of the pool will be laned off at these times.

SWIM SQUAD – The pool will be closed during this time.

ULTIMATE X-TRAIN – A 45 minute workout, which works every system in your body, using a variety of training disciplines.

RUNNING – Come and join in, a group exercise for all abilities.

INFLATABLE HOUR – Bring those inflatables (**no water guns please**)

STEP – Fun filled choreography to keep the winter blues away.

FLEX-I-BAR – Class designed to tone and condition with the aid of bars.

KICKBOXING – Come and learn new disciplines with our very own 1stDan instructor.

PILATES – Work the body from the inside out **beginners course essential**

FLEXIBILITY STRETCH – It says it all in the title, so come along and see how tall you really are.