Fitness Classes

**Ab Blast.** A 20-minute class designed to tone, build and strengthen your abs.

**Aqua Jog.** Gives all the benefits of running without the stress on your body.

**Aqua/Aqua Blast.** A high energy, fitness class, performing aerobics in the pool.

**Back Care Pilates.** This class is specifically tailored to suit those with back problems.

**Body Balance.** A blend of Tai Chi, Yoga and Pilates, leaving you to feel centred and calm.

**Body Conditioning.** A whole-body workout that improves your overall fitness.

**Bootcamp.** Challenge your body and reach your goals in an outdoor setting.

**Chair Based Exercise.** Designed to increase mobility, muscle, tone and flexibility in a chair.

**Circ-Hiit.** Turn up the intensity with this full body workout combining cardiovascular exercise with resistance to condition the body.

**Body Combat.** A high energy mixed martial arts workout. Punching and kicking your way to fitness. Non-contact class.

**Dancercise** Dance and calorie burning fitness class with various dance styles.

**Fitball** All round core strength programme, prefect for strengthening and toning**.**

**Functional.** Incorporates all major muscle groups in a gym based workout.

**Gym Circuits.** Run, squat or plank. Gym circuits give you a full gym workout for your whole body.

**Hip and Knee Care Pilates.** This class is specifically tailored to suit those with hip problems.

**HIIT.** A combination of weight training and cardio interval training to blast the fat.

**Mindful Meditation.** Working with gentle stretches to move the body in a mindful way.

**Pilates.** Controlled exercises to engage the mind and condition the body.

**Indoor Cycle.** A quick workout on a bike with range of intensities and speeds.

**Body Pump.** A group based barbell workout set to music, to strengthen and tone all the major muscle groups.

**Rig/Circuits.** Complete conditioning workout for all fitness levels on the rig station.

**Step.** A traditional step class designed to improve your fitness levels.

**Stretch and Flex.** Relaxing long held stretched combined with breathing techniques.

**Tabata.** A form of intervaltraining, that pushes you to the extreme

**Tai Chi.** A Chinese system of slow, physical exercise designed for relaxation.

**Virtual Indoor Cycle.** Test yourself against your fellow members on our virtual cycle class.

**Yoga.** Maintain and improve your health with breathing and meditation.

**Zumba®.** Dance and calorie burning fitness class with various dance styles.

**For more information on classes please ask one of our fitness instructors.**

*\* During pool classes/swimming lessons, the main pool and spa pool will be unavailable however the thermal spa suite and outdoor hydrotherapy pool will be available during these times.*

***\*\* Adult Only Swimming takes place during children’s school holidays only – not term time***



*Winter CLASS SCHEDULE*

New Winter 2020

Starting on 13th January 2020

* All Classes can be booked 7 Days in advance from 7am.
* Classes can be booked in person at reception, over the phone by calling 01507 601852 or online by visiting www.kenwick-park.co.uk/book-classes
* If you would like to book a guest into a class, this can be booked on the day of the class.
* Some specialised classes are exclusive to the instructor and therefore we cannot guarantee that a replacement class will run when an instructor is on holiday.
* Children 14 plus can attend classes coloured red.

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| --- | --- | --- | --- | --- | --- |
|  | Start | Finish | Class | Location | Instructor |
| **Monday** | 7am9am9.15am10.30am10.15am10.30am11.30am1pm2pm2.15pm5pm6.05pm7.30pm7.30pm 8.15pm  | 7.30am10am10am11am11am11.30am12.30pm2pm3pm2.45pm6pm7pm8.15pm8.15pm9pm | FunctionalPilatesVirtual Cycle Aqua BlastTabataBody BalancePilates Body Pump Adult Only Swim\*Chair Based Pilates/Fitball DancerciseIndoor CycleBody Combat Body Pump  | Gym Studio 1Studio 2Pool\*GymStudio 1Studio 1Studio 1PoolStudio 2Studio 1Studio 1Studio 2Studio 1Studio1  | MartinJoAllRich/EliseMartinJoAngieKyleJodieAngieJodieKyleMaxineMaxine |
| **Tuesday** | 7am9am10am10.05am10am12.15pm2pm5pm6pm7pm7pm8pm  | 7.30am10am11am10.50am11.30pm1pm3pm5.45pm7pm8pm7.45pm 8.45pm | Aqua Jog MindfulnessCirc-Hiit Aqua Yoga Step Areobics Adult Only SwimPilates Body BalanceBody Combat Virtual CycleTabata (New) | Pool\*Studio 1GymPool \*Studio 1Studio 1Pool\*Studio 1Studio 1Studio 1Studio 2Studio 1 | Rich/EliseJaneyMartinRich/EliseJaneyJoJoJoShellyAllDenise |
| **Wednesday** | 7am9am9.15am10am11.00am12.30pm2pm2.15pm5.15pm6pm6.30pm7.15pm7pm 8pm  | 7.30am10am10.15am10.45am12.30pm1.30pm3pm2.45pm6pm7pm7.15pm8pm8pm8.30pm | Tabata (New)Body ConGym CircuitDancerciseYoga Hip&Back Pilates Adult Only Swim\*Chair BasedBody Pump Fit Steps Aqua Kettlebells Body Balance Ab Blast | Studio 2Studio1GymStudio 1Studio 1Studio 1Pool\*Studio 2 Studio 1Studio1Pool\*Studio2Studio 1Gym | MartinJodieMartinTomJaneyJoHollyKyleDonnaAngieKyleShellyHolly |
| **Thursday** | 7am9am10am10am10.30am11am12pm1.15pm2pm5pm6pm6pm7pm 7pm8pm | 7.30am10am11am11am11am 11.45am1pm2.45pm3pm6pm7pm6,30pm7.45pm 8pm8.45pm | RigTai ChStretch & FlexCirc-HIITAqua Blast Fit Ball Dancercise Yoga Adult Only Swim\*MindfulnessPilates RigVirtual Cycle ZumbaTabata (New) | GymStudio 1Studio 1GymPool\*Studio 1Studio 1Studio 1PoolStudio 1Studio 1GymStudio 2Studio 1Studio 1 | MartinIanIanMartinRich/EliseJodieJodieJaneyJaneyDonnaDeniseAllDonnaDenise |
| **Friday** | 7am9am9.15am10.05am10.10am11.00am 11am1pm 2.30pm5.30pm | 7.30am10am10.am11am10.30pm12.00pm11.45am2pm3pm 6.15pm | Indoor Cycle Body Combat Virtual Cycle Body BalanceAb BlastBody Pump Aqua PilatesAqua Jog Virtual Cycle  | Studio 2Studio 1Studio 2Studio 1GymStudio 1Pool\*Studio 1PoolStudio 2 | Rich/KyleShellyAllJoJodieRachelRich/EliseDonnaRich/EliseKyle |
| **Saturday** | 9am10am11am | 10.am11am12pm | Virtual CycleBody ConPilates  | Studio 2Gym Studio 1 | AllDonnaDonna |
| **Sunday** | 10am11am | 11am11.45am | Body ConBoot Camp |  Studio 1Gym/Out | AllAll |

**Kenwick Kidz Timetable**

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| **Monday** | 4.30pm | 7pm | Kidz Group Swim | Pool\* |  |
| **Wednesday** | 5pm | 6pm | Kids Gym Session  | Gym | min age 12 |
| **Thursday** | 5pm | 5.30pm | Kidz Rig | Gym | min age 7 |
| **Friday** | 5pm4pm | 5.30pm5.30pm | Kidz GymKidz Group Swim | GymPool | min age 7 |
| **Saturday** | 12pm  | 1pm | Kidz Kick Boxing | Studio 1 | min age 7 |