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** | 7am  9am  9.15am  10.30am  10.15am  10.30am  11.30am  1pm  2pm  2.15pm  5pm  6.05pm  7.30pm  7.30pm  8.15pm | 7.30am  10am  10am  11am  11am  11.30am  12.30pm  2pm  3pm  2.45pm  6pm  7pm  8.15pm  8.15pm  9pm | Functional  Pilates  Virtual Cycle  Aqua Blast  Tabata  Body Balance  Pilates  Body Pump  Adult Only Swim\*  Chair Based  Pilates/Fitball  Dancercise  Indoor Cycle  Body Combat  Body Pump | Gym  Studio 1  Studio 2  Pool\*  Gym  Studio 1  Studio 1  Studio 1  Pool  Studio 2  Studio 1  Studio 1  Studio 2  Studio 1  Studio1 | Martin  Jo  All  Rich/Elise  Martin  Jo  Angie  Kyle  Jodie  Angie  Jodie  Kyle  Maxine  Maxine |
| **Tuesday** | 7am  9am  10am  10.05am  10am  12.15pm  2pm  5pm  6pm  7pm  7pm  8pm | 7.30am  10am  11am  10.50am  11.30pm  1pm  3pm  5.45pm  7pm  8pm  7.45pm  8.45pm | Aqua Jog  Mindfulness  Circ-Hiit  Aqua  Yoga  Step Areobics  Adult Only Swim  Pilates  Body Balance  Body Combat  Virtual Cycle  Tabata (New) | Pool\*  Studio 1  Gym  Pool \*  Studio 1  Studio 1  Pool\*  Studio 1  Studio 1  Studio 1  Studio 2  Studio 1 | Rich/Elise  Janey  Martin  Rich/Elise  Janey  Jo  Jo  Jo  Shelly  All  Denise |
| **Wednesday** | 7am  9am  9.15am  10am 11.00am  12.30pm  2pm  2.15pm  5.15pm  6pm  6.30pm  7.15pm  7pm  8pm | 7.30am  10am  10.15am  10.45am  12.30pm  1.30pm  3pm  2.45pm  6pm  7pm  7.15pm  8pm  8pm  8.30pm | Tabata (New)  Body Con  Gym Circuit  Dancercise  Yoga  Hip&Back Pilates  Adult Only Swim\*  Chair Based  Body Pump  Fit Steps  Aqua  Kettlebells  Body Balance  Ab Blast | Studio 2  Studio1  Gym  Studio 1  Studio 1  Studio 1  Pool\*  Studio 2  Studio 1  Studio1  Pool\*  Studio2  Studio 1  Gym | Martin  Jodie  Martin  Tom  Janey  Jo  Holly  Kyle  Donna  Angie  Kyle  Shelly  Holly |
| **Thursday** | 7am  9am  10am  10am  10.30am  11am  12pm  1.15pm  2pm  5pm  6pm  6pm  7pm  7pm  8pm | 7.30am  10am  11am  11am  11am  11.45am  1pm  2.45pm  3pm  6pm  7pm  6,30pm  7.45pm  8pm  8.45pm | Rig  Tai Ch  Stretch & Flex  Circ-HIIT  Aqua Blast  Fit Ball  Dancercise  Yoga  Adult Only Swim\*  Mindfulness  Pilates  Rig  Virtual Cycle  Zumba  Tabata (New) | Gym  Studio 1  Studio 1  Gym  Pool\*  Studio 1  Studio 1  Studio 1  Pool  Studio 1  Studio 1  Gym  Studio 2  Studio 1  Studio 1 | Martin  Ian  Ian  Martin  Rich/Elise  Jodie  Jodie  Janey  Janey  Donna  Denise  All  Donna  Denise |
| **Friday** | 7am  9am  9.15am  10.05am  10.10am  11.00am  11am  1pm  2.30pm  5.30pm | 7.30am  10am  10.am  11am  10.30pm  12.00pm  11.45am  2pm  3pm  6.15pm | Indoor Cycle  Body Combat  Virtual Cycle  Body Balance  Ab Blast  Body Pump  Aqua  Pilates  Aqua Jog  Virtual Cycle | Studio 2  Studio 1  Studio 2  Studio 1  Gym  Studio 1  Pool\*  Studio 1  Pool  Studio 2 | Rich/Kyle  Shelly  All  Jo  Jodie  Rachel  Rich/Elise  Donna  Rich/Elise  Kyle |
| **Saturday** | 9am  10am  11am | 10.am  11am  12pm | Virtual Cycle  Body Con  Pilates | Studio 2  Gym  Studio 1 | All  Donna  Donna |
| **Sunday** | 10am  11am | 11am  11.45am | Body Con  Boot Camp | Studio 1  Gym/Out | All  All |

**Kenwick Kidz Timetable**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** | 5pm  4pm | 5.30pm  5.30pm | Kidz Gym  Kidz Group Swim | Gym  Pool | min age 7 |
| **Saturday** | 12pm | 1pm | Kidz Kick Boxing | Studio 1 | min age 7 |