

- We will always try to cover with an appropriate instructor, however this may not always be possible with specialist classes.
- All users of this programme must be aged 16 years and over (except 'Karate').
- All classes / instructors / venue are subject to change / cancellation.
- Class duration may be subject to alteration. Times given are guidance only.
- We reserve the right to cancel / curtail the class where numbers are deemed too low by the instructor.

Individual Class Bookings

- Applicable members can book 8 days in advance and are requested to cancel if unable to attend. (If a fee is payable, this must be paid at the time of booking).
- Non-members can book 7 days in advance and must also pay at this time.
- No refunds can be given against booked classes unless cancelled by us.
- Cash paid classes may be transferred, providing 48 hours notice is given.

Course Bookings

- Course bookings are to be made prior to the first class of the term, and are for consecutive weeks only.
- No refunds will be given, or 'carry-overs' considered on course bookings.
- Courses may only be booked for the specific class (i.e. consecutive weeks of 'x' class on 'x' day at 'x' time).
- In the event of us having to cancel a class during a course, we will either extend the course by 'x' weeks (e.g. run through the holidays) or refund that portion of the course cost.

Aerobics – An invigorating workout, improving cardiovascular fitness and the mind also! CHOREOGRAPHED CLASS.

Aqua Aerobics – A low-impact, but powerful exercise-to-music class, using the water and equipment to create both resistance and support.

BODYBALANCE™ - Combines traditional disciplines, like Yoga & Tai-Chi with popular new methods such as Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

BODYCOMBAT™ - Combines moves and stances from a range of self defence disciplines like karate, boxing and taekwondo into an energetic routine. Music and choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

BODYMAX™ - An in-studio resistance training programme which uses Reebok Decks™ and adjustable dumbbells in order to achieve maximum strength and endurance gains.

BODYVIVE™ - This is a low-impact, unique group exercise programme, integrating aerobic exercise for heart fitness, resistance training for strength and stability, stretching and mobility work. **This class is ideal for those new to fitness, pre & post-natal mothers and those returning to exercise after injury.**

Circuits – The perfect class for everyone, to help boost your fitness level improving your strength, endurance and cardiovascular fitness. *Class format varies between instructors.*

Group Cycling – Static bikes in a state-of-the-art studio combined with pumping music and light display which will give you the ride of your life! Fees apply. *Class format varies between instructors.*

Karate – A chance to learn one of the oldest forms of martial arts. Extended (90 minute) session available on Saturdays.

Legs, Bums & Tums - Tighten those vital bits. This is a low-impact class. *Class format varies between instructors.*

Pilates – A system of physical conditioning involving low-impact exercises and stretches, sometimes performed on specialist equipment. *All classes are in a 'course format'. Fees apply.*

Stability Balls – Using large inflatable balls, this is a body-conditioning class that incorporates stability training with more traditional 'Legs, Bums & Tums' exercises.

Step – Step has evolved over the years into a fun, energising workout, where you use your mind as well as your body. CHOREOGRAPHED CLASS. *Class format varies between instructors.*

Yoga & Tai-Chi – Relaxation and stress release exercise (combined with the ancient art of Tai-Chi for those wishing to stay into the second hour)



2009 Issue 1

Membership

THINK...!

Attending more than 1 class a week? Save money with a membership! Speak to a member of staff for details

2 FOR 1 VOUCHER

This voucher entitles 2 persons to attend the same class for the price of 1 person. All classes valid except Pilates & Aqua. For 'Terms & conditions', see above. VALID UNTIL: 30/04/09

Name:

Tel No:

Address:

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Kingfisher Leisure Centre
Station Road, Sudbury, Suffolk, CO10 2SU
Telephone: 01787 375656
www.ssleisure.co.uk

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Ambitions health & fitness

...leading the way to active living.

MONDAY

08.45 - 09.30	BODYVIVE™	DS	Fran Butler
09.30 - 10.30	BODYMAX™*	DS	Linz Bloomfield
09.45 - 10.30	Aqua Aerobics (50+)*	Pool	Fran Butler
10.30 - 11.30	BODYCOMBAT™*	DS	Linz Bloomfield
11.30 - 12.30	Pilates (Improvers)* ^	DS	Linz Bloomfield

18.30 - 19.30	BODYBALANCE™	DS	Claire Watkins
18.30 - 19.30	Pilates (Beginners)^	Crèche	Linz Bloomfield
19.30 - 20.30	Circuits	DS	Tash Rivers
19.30 - 20.15	Group Cycling	CS	Sharon Bowes
19.30 - 20.30	Pilates (Improvers) ^	Crèche	Linz Bloomfield
20.00 - 20.45	Aqua Aerobics (ALL)	Pool	Fran Butler

TUESDAY

09.30 - 10.30	Step *	DS	Linz Bloomfield
10.30 - 11.30	Legs, Bums & Tums*	DS	Tash Rivers

18.00 - 18.45	BODYVIVE™	DS	Linz Bloomfield
18.45 - 19.45	Legs, Bums & Tums	DS	Sharon Bowes
19.00 - 19.45	Group Cycling	CS	Linz Bloomfield
19.45 - 20.30	BODYCOMBAT™	DS	Sharon Bowes

WEDNESDAY

07.00 - 08.00	BODYVIVE™	DS	Fran Butler
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09.30 - 10.30	Aerobics*	DS	Neil Temlett
09.30 - 10.15	Group Cycling*	CS	Andrew Tinsley
10.30 - 11.30	Stability Balls*	DS	Linz Bloomfield
10.45 - 11.30	Aqua Aerobics (Ladies)*	Pool	Fran Butler

(This class is 09.45 - 10.30 in the school holidays)

18.30 - 19.30	Legs, Bums & Tums	DS	Sharon Bowes
19.30 - 20.30	BODYBALANCE™	DS	Tash Rivers
19.30 - 20.15	Group Cycling	CS	Sharon Bowes

THURSDAY

09.30 - 10.30	BODYCOMBAT™*	DS	Claire Watkins
10.30 - 11.30	BODYVIVE™*	DS	Linz Bloomfield
11.30 - 12.30	Pilates (Beginners)* ^	DS	Linz Bloomfield

18.30 - 19.30	Circuits	DS	Andrew Tinsley
19.30 - 20.30	BODYCOMBAT™	DS	Claire Watkins
19.30 - 20.15	Group Cycling	CS	Andrew Tinsley
19.30 - 21.30	Yoga & Tai Chi	Crèche	Rhoda Swift

FRIDAY

07.00 - 08.00	BODYVIVE™	DS	Fran Butler
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09.30 - 10.30	BODYMAX™*	DS	Linz Bloomfield
09.30 - 10.15	Group Cycling*	CS	Andrew Tinsley
10.30 - 11.30	BODYBALANCE™*	DS	Tash Rivers

18.30 - 19.30	Karate °	DS	Vaughan Whybrow
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SATURDAY

09.00 - 10.30	Karate °	DS	Vaughan Whybrow
09.30 - 10.15	Group Cycling	CS	Katie Capper
10.30 - 11.30	Legs, Bums & Tums	DS	Claire Watkins

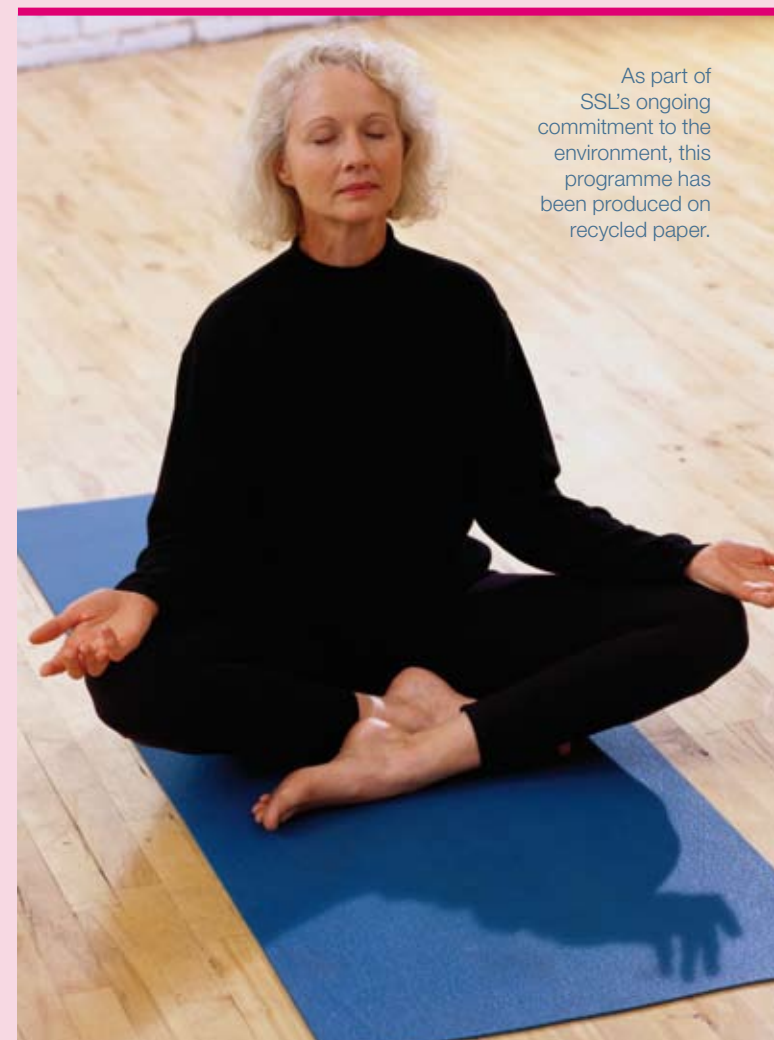
DS Dance Studio

CS Cycling Studio

* Crèche available

^ Course Format. Fees apply

° Parent / Guardian must be on-site for duration of class for children under 8 years old.



As part of SSL's ongoing commitment to the environment, this programme has been produced on recycled paper.