

**CENTRE GUIDE**  
SPRING 2023



# KINGS FITNESS & LEISURE



**STUDIO & VIRTUAL  
TIMETABLES**



**SWIMMING POOL  
TIMETABLE**



**TAKE OUR  
VIRTUAL TOUR**

# WELCOME

Kings Fitness & Leisure is a thriving centre at the heart of the community, with an excellent range of affordable facilities.

Our 400m2 Fitness Gym will be enhanced in February 2023 with brand new equipment. Our 30C Swimming pool has a movable shallow end floor, and is 25m in length, with both a Sauna and Steam Room. You can play a variety of sports in our state-of-the-art Sports Hall; and we have 4 Fitness Studios offering over 150 Instructor and Virtual led classes, hosting a range of Group Exercise Classes including Les Mills favourites. Our Astro Turf and outdoor Sport Pitches are fantastic spaces for local clubs and groups to use.

If you are exercising more than once a week, you could be saving money by joining one of our great value for money memberships.

If you have any questions, please speak to any member of the team, we are more than happy to help.

*From all the Team*

## Welcome Back Linzi!

A very warm welcome to Linzi who is now back at the helm following her maternity leave. We're all very excited to see what she has in store for the centre in 2023 and beyond. Huge thanks also to Shane who held the fort in her absence..



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## OPENING TIMES

Mon - Fri:	06:00 - 22:00
Sat & Sun:	08:00 - 18:00
Bank Holidays:	08:00 - 19:00

**Please see website for updates.  
Last entry is one hour before closing time.**

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# POOL TIMETABLE

The Information on this Timetable is correct at the time of publication, but may be subject to change at any time. Changes will be displayed at Reception  
**FROM MONDAY 17TH APRIL 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	06.00 - 22.00	06.00 - 22.00	06.00 - 22.00	06.00 - 22.00
06:00	Lane Swim (until 08.50)	Lane Swim (until 08.50)	Lane Swim (until 09.20)	Lane Swim (until 08.50)
06:30				
07:00				
07:30				
08:00	General Swim 09.00 - 10.00	General Swim 09.00-12.45	General Swim 09.30 - 12.45	General Swim 10.00 - 13.00
08:30				
09:00	Pre-School 09.00-10.10 (Floor Depth 0.81)	Pre-School 09.00-11.25 (Floor Depth 0.81)	Pre-School 09.30 - 12.40 (Floor Depth 0.81m)	Pre-School 10.00 - 12.00 (Floor Depth 0.81)
09:30				
10:00	Brent Knoll School 10.15 - 11.00		General Swim 09.30 - 12.45	Aqua Fit 09.00 - 09.45
10:30	Cheddar School 11.00 - 11.30			
11:00	Cheddar School 11.30 - 12.00			
11:30	General Swim/Lane Swim 12.15 - 13.50		General Swim/Lane Swim 14.45 - 15.50	General Swim/Lane Swim 14.30 - 15.50
12:00	General Swim/Lane Swim 12.15 - 13.50			
12:30	Water Conditioning 14.00 - 15.00	Disabled & Remedial 14.00 - 15.00	Axbridge School 14.00 - 14.30	Mark School 13.45 - 14.15
13:00				
13:30	Adults Only Swim 15.00 - 15.50	General Swim/Lane Swim 14.45 - 15.50	General Swim/Lane Swim 14.45 - 15.50	General Swim/Lane Swim 14.30 - 15.50
14:00				
14:30	Swim Academy 16.00 - 19.00	Swim Academy 15.30 - 19.00	Swim Academy 16.00 - 19.00	Swim Academy 16.00 - 19.00
15:00				
15:30	Lane Swim 18.15 - 19.00	General Swim/Lane Swim 18.15 - 19.00	Lane Swim 18.15 - 19.00	Kingfishers Swim Club 18.30 - 21.00
16:00				
16:30	Kingfishers Swim Club 19.00 - 21.00	Aqua Fit 19.05 - 19.50	Kingfishers Swim Club 19.00 - 21.00	Kingfishers Swim Club 18.30 - 21.00
17:00				
17:30	Kingfishers Swim Club 19.00 - 21.00	West Country Tri Club 20.00 - 21.00	Kingfishers Swim Club 19.00 - 21.00	Kingfishers Swim Club 18.30 - 21.00
18:00				
18:30	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 19.10 - 22.00
19:00				
19:30	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 19.10 - 22.00
20:00				
20:30	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 19.10 - 22.00
21:00				
21:30	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 21.00 - 22.00	Lane Swim 19.10 - 22.00
22:00				

\* Requires advance booking for each individual attending the session # Subject to Private Party Bookings ^ 15 minutes  
 For Swimming Pool Terms and Information, please see Glossary

Please see Kings Fitness Website for Swim England guidance relating to Frequently Asked Questions regarding Skin  
 \*\*The Swimming Pool will be closed on various Fridays throughout the Spring

**Pool Ratios are as follows:**

- 0 - 2 yrs = 1 Adult to 1 Child
- 3 - 4 yrs = 1 Adult to 2 Children
- 5 - 7 yrs = 1 Adult to 3 Children
- 8yrs+ and competent = Swim Alone
- Adult = 16+ yrs

GENERAL SWIM/LANE SWIM
PRE-SCHOOL/SWIM ACADEMY/KINGFISHERS
SCHOOL LESSONS/PRIVATE HIRE
AQUA FIT CLASS
FAMILY FUN (Floor Depth 0.81)
PARENT & BABE (Floor Depth 0.81)
INFLATABLE FUN
WATER CONDITIONING (Back To Health Class)



25m Pool



Disabled/Pool Hoist



Free Parking



Free Wifi



Steam Room



Sauna



Showers & Changing Room



Restrooms



No Footwear in Changing Room

ion and on our Website.

FRIDAY	SATURDAY	SUNDAY
06.00 - 22.00	08.00 - 18.00	08.00 - 18.00
Lane Swim (until 09.50)		
Parent & Babe 10.00 - 10.55	Swim Academy 08.00 - 12.45	Lane Swim (until 09.50)
General Swim 11.00 - 13.45		Family Fun* 10.00 - 10.55
Pre-School 11.00 - 12.45 (Floor Depth 0.81)		Family Fun* 11.00 - 11.55
Shipham School 13.30 - 14.00	Depth 0.81	General Swim/Lane Swim 12.00 - 13.45
Draycott School 14.00 - 14.30	General Swim/Lane Swim 12.15 - 14.45	Inflatable Fun*#^ 14.00 - 15.00
General Swim/Lane Swim 14.45 - 15.50	Inflatable Fun*#^ 15.00 - 16.00	Inflatable Set Down
	Inflatable Set Down	Lane Swim 15.30 - 17.00
Swim Academy 16.00 - 20.05	General Swim/Lane Swim 16.30 - 18.00	Kingfishers Swim Club 16.00 - 18.00
Lane Swim** 18.15 - 22.00		

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- 22:00

## INFLATABLE FUN INFORMATION

The LAST SUNDAY of every month will be allocated for Public Inflatable use (Parties will not be allowed to book this slot).

Inflatable Fun requires advance booking for each individual attending the session (members can book online/non members must call Reception 01934 744939 (option 2)).

15 minutes at the start of the sessions are for Competency Tests and Rules (sessions are 45 minutes). Participants MUST be competent swimmers (can swim 25m unaided).

Children who do not meet the requirements may play in the Shallow End of the pool. Responsible Adults are allowed on the inflatable.

Under 8's must be a Competent swimmer and have an adult with them.

**Pool Ratios Are As Follows:**

- 0 - 2 years = 1 Adult to 1 Child
- 3 - 4 years = 1 Adult to 2 Children
- 5 - 7 years = 1 Adult to 3 Children
- 8 years+ and Competent = Swim Alone

s at the start of the sessions are for Competency Tests & Rules (sessions are 45 minutes) y at the back of the Brochure.

Conditions and Swimming participation, which we follow at Kings Fitness & Leisure. g. Please see website and centre for dates.

# MEET SOME OF THE SWIM TEACHERS



**Sarah Ninnis**



**Sara Wagstaff**



**Sebastian Johns**



**Jo Franks**



**Nicole Banks**



**Ellen Grady**



**Lauren Dean**



**Lewis De Gelas**



**Diogo Andrade**



**Sophie Carthy**



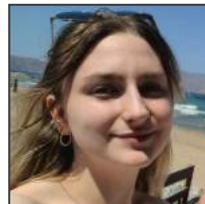
**Samm Richards**



**Sue Crichton**



**Josie Morgan**



**Emily Toole**



**Dale Reeves**



**Lesley Evett**



**Jim Wall**



**Maja Simpson**



**Sophie Prater**



# SWIM ACADEMY JOURNEY

Unlimited Swimming with Swim Academy Membership

Parent & Baby Swim session, visit the glossary at the back of the brochure for more information.

Term Time Only



## AQUA BABIES / TOTS (FROM £17.25 PER MONTH)

Stage 1 of the Swimmer journey at Kings! Developing early years water confidence for 0-3 year olds, this adult accompanied course is an introduction to swimming.

Classes offer children valuable water based experiences.



## PRESCHOOL (FROM £19.60 PER MONTH)

Stage 2 of the swimmer journey at Kings! Lessons for children aged 3-4, focusing on improving water confidence. Your child will work through the Swim England Duckling framework.

All year round - Excluding Christmas



## LEARN TO SWIM (FROM £24.50 PER MONTH)

### SWIM ENGLAND STAGES 1-3

The first three stages will take your child through from a complete beginner to swimming 10 metres.



### SWIM ENGLAND STAGES 4-6

These stages focus on refining the 4 swimming strokes as well as introducing new water skills and water safety whilst working towards building stamina and distance.



### SWIM ENGLAND STAGES 7-10

Children will be swimming lengths and developing quality stroke technique and distance. An introduction to competitive swimming where children will be taught turns, timed swims, swimming drills and swimming exercises. All the skills they have learned throughout the programme will be consolidated and develop the core range of skills required to be a confident, competent swimmer.



## KINGFISHERS SWIM CLUB

**Social/Masters** (from £22.50 per month)

Aimed at those who still want to swim and have constructive swim coaching but don't wish to compete.

**Development** (from £22.50 per month)

Develop technique in all four strokes and all turns along with an understanding of club training and terminology.

**Potential** (from £28.25 per month)

Practice good technique through more distance and pace directed sets aiming to develop stamina and fitness.

**Performance** (from £43.85 per month)

Build on distance developed in Potential. Refine starts, turns & techniques for galas.

**Elite** (from £43.85 per month)

Understanding the pace and preparation for competition. Goal setting and competition on a regular basis.

## NATIONAL POOL LIFEGUARD QUALIFICATION

Contact [smfear@kingsfitness.co.uk](mailto:smfear@kingsfitness.co.uk) for more information.

## ROOKIE LIFEGUARD (From £32.20 per month)

Course provides a solid foundation on the basics of rescue and lifesaving skills. The programme is divided into 3 stages - Bronze, Silver & Gold with the opportunity to work towards badges. Not a full Lifeguard Qualification.

# STUDIO 1 TIMETABLE

# RIDE

See glossary at the back of the brochure for full descriptions

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	07:00 - 07:45	Indoor Cycling	Sarah W
	18:00 - 18:45	Indoor Cycling	Julia
<b>TUES</b>	09:30 - 10:15	Indoor Cycling	Ceri
	19:00 - 19:45	Indoor Cycling	Alex
<b>WEDS</b>	07:00 - 07:45	Indoor Cycling	Shane
	18:00 - 18:45	Indoor Cycling (CC)	Shane
<b>THUR</b>	09:30 - 10:15	Indoor Cycling	Sarah
	18:00 - 18:45	Indoor Cycling	Julia
<b>FRI</b>	07:00-07:45	Indoor Cycling (CC)	Shane
	18:00 - 18:45	Indoor Cycling	Ceri
<b>SAT</b>	09:00 - 9:45	Indoor Cycling	Julia
<b>SUN</b>	09:00 - 9:45	Indoor Cycling	Ceri

## WHAT IS RIDE?

Unique to Kings, our ride studio is simply indoor cycling heaven! Specifically designed to house our stationary bikes. Did you know, you can take part in instructor-less virtual indoor cycling classes. Look for Sprint, RPM and The Ride on our virtual class timetable (Pages 13 & 14).

(CC) = Coach by Colour



# STUDIO 2 TIMETABLE

# RETREAT

See glossary at the back of the brochure for full descriptions \*Not included in Gold Memberships

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	09:15 - 10:00	Pilates	Robyn
	10:15 - 11:00	Yoga	Anna
	11:15 - 12:00	Pilates	Anna
	16:00 - 16:45	Junior Yoga	Andrew
	18:00 - 18:45	Yoga	Cheri
	19:00 - 19:45	Yoga	Cheri
	20:00 - 21:30	Iyengar Yoga Course*	Meg
<b>TUES</b>	09:30 - 10:15	Yoga	Andrew
	10:30 - 11:15	Pilates (All)	Ceri
	11:30 - 12:15	Yoga	Georgie
	18:00 - 18:45	Fitness Pilates	Robyn
	19:00 - 19:45	Yoga	Andrew
<b>WEDS</b>	09:30 - 10:15	Abdominal Revolution	Natalie
	10:30 - 11:15	Yoga	Georgie
	11:30 - 12:15	Pilates	Ceri
	13:00 - 13:45	Health Tai Chi	John
	19:00 - 19:45	Body Balance	Sam C
<b>THUR</b>	09:30 - 10:15	Yoga	Anna
	10:30 - 11:15	Pilates (All)	Anna
	18:00 - 18:45	Pilates	Leanne
	19:30 - 20:30	Pregnancy Yoga*	Samantha
<b>FRI</b>	09:30 - 10:15	Fitness Pilates	Robyn
	10:30 - 11:15	Body Balance	Clive
	11:30 - 12:15	Pilates	Belinda
	19:00 - 19:45	Fitness Pilates	Ceri
<b>SAT</b>	10:00 - 10:45	Pilates	Leanne
<b>SUN</b>	09:00 - 9:45	Yoga	Georgie
	10:00 - 10:45	Yoga	Georgie

# STUDIO 3 TIMETABLE

# POWER

See glossary at the back of the brochure for full descriptions

\*Not included in Gold Memberships

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	09:15 - 10:00	Body Pump	Sarah W
	10:15 - 11:00	Body Conditioning	Robyn
	11:15 - 12:00	Sh'BAM	Robyn
	18:00 - 18:45	Group Active	Clive
	19:00 - 19:45	Legs Bum and Tums	Clive
<b>TUES</b>	07:00 - 07:45	Circuits	Sarah W
	09:30 - 10:15	Body Conditioning	Leanne
	10:30 - 11:15	Fit Ball	Leanne
	11:30 - 12:15	Fit Step	Paula
	14:15 - 15:45	USA Table Tennis*	USA
	18:00 - 18:45	Body Pump	Jayne
	19:00 - 19:45	Body Conditioning	Robyn
<b>WEDS</b>	20:00 - 20:45	Sh'BAM	Robyn
	09:30 - 10:15	Step	Ceri
	10:30 - 11:15	Legs, Bums and Tums	Ceri
	11:30 - 12:15	Zumba	Georgie
<b>THURS</b>	18:00 - 18:45	Body Pump	Sam C
	07:00 - 07:45	Body Pump	Jayne
	09:30 - 10:15	Legs, Bums & Tums	Leanne
	10:30 - 11:15	Body Conditioning	Sarah F
	11:30 - 12:15	Soft Circuits	Sarah F
	14:00 - 14:45	Back to Health	Leanne
	18:00 - 18:45	Body Attack	Clive
	19:00 - 19:45	Body Conditioning	Clive
<b>FRI</b>	20:00 - 20:45	Body Balance	Clive
	09:30 - 10:15	Legs Bums and Tums	Clive
	10:30 - 11:15	Sh'BAM	Robyn
	11:30 - 12:15	Body Conditioning	Robyn
	16:15 - 17:00	Street Cheer * (4-7)	Georgia
	17:15 - 18:00	Contemporary Dance* (9+)	Georgia
<b>SAT</b>	18:15 - 19:00	Street Cheer * (8+)	Georgia
	09:00 - 09:45	Body Attack	Jayne
<b>SUN</b>	10:00 - 10:45	Body Pump	Jamie
	10:00 - 10:45	Step	Ceri

# STUDIO 4 TIMETABLE

# SKILL

See glossary at the back of the brochure for full descriptions

	TIME	ACTIVITY	INSTRUCTOR
<b>TUES</b>	10:30-11:15	Zumba	Paula
	11:30 - 12:15	Seated Pilates	Leanne
	17:00-17:45	Boxing Fit	Alex
<b>WEDS</b>	09:30-10:15	Boogie Beat*	Carrie
	10:30-11:15	Seated Yoga	Andrew
<b>THURS</b>	11:30-12:15	Chair based Yoga	Anna
<b>FRI</b>	10:00-11:00	Postnatal and Baby Yoga*	Samantha

\*Not included in Gold Membership

## DID YOU KNOW?

This Studio is now home to 80+ instructor-less Virtual fitness classes per week. See pages 13 & 14 for more information".

# LATEST NEWS

From Kings Leisure & Fitness and our community.



## Gym refurbishment completed

End of February marked makeover time for our gym here at Kings Fitness & Leisure. We are very excited to announce a new layout and new equipment following lots of useful member feedback via our recent survey. Your gym prayers have been answered! Our new layout means more space to stretch & for functional training. The fresh, new functional space and is moving to the wall, thus creating space, freeing the floor for HIIT equipment! Your favourite machines will be there, just newer, fresher & ready to carry you further into your fitness journey. City standard in the heart of our beautiful countryside.



## Electrochlorination system now installed

New Electrochlorination System – At the beginning of 2023 we switched our existing 'easiflo' chlorination system to a brand new electrochlorination unit. This process uses the electrolysis of saltwater to produce chlorine rather than using dissolvable chlorine briquettes. This makes the whole process a lot more environmentally friendly and cost effective, cutting out the transportation footprint of regular chlorine shipments and requiring less acid to balance the PH.



## Virtual classes are a huge hit!

Our Virtual classes here at Kings are a game changer! We have added over 80 extra classes a week to complement our current 'live' classes. High quality graphics & taught by the best of the best from Les Mills HQ in New Zealand. If you cannot make your favourite live class, you won't miss out on your workout. From early doors until close every day, you will find a class to suit you. From Indoor Cycling's 3 programmes – RPM, The Trip & Sprint, to Body Attack, Shi'Bam, Balance & Barre – to name just a few. The Virtual schedule will evolve over time & get better and better. Get involved & keep giving us your feedback.



## Nutrition Hub

Do you struggle to hit your health and fitness goals despite a committed workout routine? Is the food you're eating fuelling your body for success? The Nutrition Hub is here to answer all your questions and support you on your wellness journey. On the first Wednesday of every month from 1pm-6pm, Nourish Nutrition will be running the hub here at Kings. Scheduled and drop in appointments are available as well as a range of different levels of support based on your needs. For more information, please contact Jo on [jo@nourishnutritionaltherapy.co.uk](mailto:jo@nourishnutritionaltherapy.co.uk) or 07877485161.



## Safeguarding update

We will now be closing off the back section of the wetside changing rooms from 6am during term time as a safeguarding measure for school swimming lessons. We are doing this first thing in the morning to ensure that no cubicles or lockers are in use before the pupils arrive for their lessons. We appreciate your understanding and support with this.

# GYM TIMETABLE

## GYM

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	15:25 - 16:10	Youth Training 13-15yrs	Matthew
	16:15 - 17:00	Youth Training 13-15yrs	Matthew
<b>TUES</b>	15:25 - 16:10	Youth Training 13-15yrs	Matthew
	16:15 - 17:00	Youth Training 13-15yrs	Matthew
<b>WEDS</b>	15:25 - 16:10	Youth Training 13-15yrs	Matthew
	16:15 - 17:00	Youth Training 13-15yrs	Matthew
	19:00 - 19:45	Team Training	Shane
<b>THURS</b>	15:25 - 16:10	Youth Training 13-15yrs	Matthew
	16:15 - 17:00	Youth Training 13-15yrs	Matthew
<b>FRI</b>	06:15 - 06:50	Team Training	Shane
	15:25 - 16:10	Youth Training 13-15yrs	Matthew
	16:15 - 17:00	Youth Training 13-15yrs	Matthew
<b>SAT</b>	11:00 - 12:00	Youth Training 13-15yrs	Matthew

# NEW CLASS TIMETABLE

# VIRTUAL

Time	Monday	Tuesday	Wednesday	Thursday
06:15 - 06:45	Sprint ●	Sprint ●	Sprint ●	Sprint ●
06:55 - 07:10	Ab Blast ●	Ab Blast ●	Ab Blast ●	Ab Blast ●
07:55 - 08:10	Ab Blast ●	Ab Blast ●	Ab Blast ●	Ab Blast ●
08:25 - 08:55	Barre ●	Body Attack ●	Body Balance ●	Sh'Bam ●
12:30 - 13:00	Sprint ●	Sprint ●	Sprint ●	Sprint ●
12:30 - 13:00	Body Balance ●	Body Balance ●	Body Balance ●	Body Balance ●
15:30 - 16:00	YTZ Class ●	YTZ Class ●	YTZ Class ●	YTZ Class ●
16:05 - 16:35	Sprint ●	Sprint ●	Sprint ●	Sprint ●
16:05 - 16:35	Family Balance ●	Family Balance ●	Family Balance ●	Family Balance ●
16:40 - 17:10	Sprint ●	Sprint ●	Sprint ●	Sprint ●
16:40 - 17:10	Family Dance ●	Family Dance ●	Family Dance ●	Family Dance ●
18:00 - 18:45	Body Balance ●	Body Attack ●	Core ●	Sh'Bam ●
19:00 - 19:30	Combat ●	Barre ●	Sh'Bam ●	Grit (Cardio) ●
19:55 - 20:10	Flexibility ●	Flexibility ●	Flexibility ●	Flexibility ●
20:15 - 21:05	RPM ●	RPM ●	RPM ●	RPM ●
20:15 - 21:05	Sh'Bam ●	Grit (Cardio) ●	Core ●	
21:15 - 22:00	The Trip ●	The Trip ●	The Trip ●	The Trip ●
21:15 - 21:45	Body Balance ●	Sh'Bam ●	Barre ●	

## KEY:

- STUDIO 1 - INDOOR CYCLING CLASSES
- STUDIO 2
- STUDIO 4



## What is a virtual class?

Our Virtual classes are cinematic quality versions of Les Mills live world leading fitness programmes.

From Barre & Balance to Combat & Sh'Bam, you'll be highly motivated, inspired by great music and taught by some of the best instructors on the planet!

Friday	Time	Saturday	Time	Sunday
Sprint ●	08:05 - 08:35	Sprint ●	08:50 - 09:00	Body Balance Tutorial ●
Ab Blast ●	08:50 - 09:20	Body Balance ●	09:15 - 09:45	Dance Technique ●
Ab Blast ●	09:25 - 09:55	Family Balance ●	10:05 - 10:50	Family Dance ●
Combat ●	10:00 - 10:30	Sprint ●	11:05 - 11:50	Family Balance ●
Sprint ●	10:00 - 10:30	Family Dance ●	12:00 - 12:50	RPM ●
Body Balance ●	10:35 - 11:05	Sprint ●	14:35 - 15:00	Body Combat Tutorial ●
YTZ Class ●	10:35 - 11:05	Family Balance ●	15:20 - 15:45	Core Tutorial
Sprint ●	11:10 - 11:40	Sprint ●	16:00 - 16:45	The Trip ●
Family Balance ●	11:10 - 11:40	Sh'Bam ●	16:00 - 16:45	Core ●
Sprint ●	16:00 - 16:45	RPM ●	17:00 - 17:45	Body Balance ●
Family Dance ●	16:00 - 16:45	Barre ●		
Combat ●	17:00 - 17:45	Core ●		
Sh'Bam (Beg) ●				
Flexibility ●				
RPM ●				
Barre ●				
The Trip ●				
Body Balance ●				

## How do we book a virtual class?

- Once you have become a member you will be given online login details to access our members booking lounge.
- Our booking lounge can be found on our website
- Once logged in you will be able to book in for any of our 174 fitness classes per week. (subject to change)
- Classes operate on a first come served basis. We advise you book classes to guarantee a space. Where possible, this enables us to communicate any changes.

# WELCOME TO YOUR CLASSES

## BEGIN YOUR FITNESS CLASS JOURNEY

**Gold Member** you have the privilege of getting two weeks' advance booking to book your favourite class.

**Silver and non-members** can still attend our classes by booking in one week in advance and paying as they go.

### HOW TO BOOK:

- Once you have become a member you will be given online logging details to access our members booking lounge.
- Our booking lounge can be found on our website
- Once logged in you will be able to book in for any of our 174 fitness classes per week. (subject to change)
- Classes operate on a first come served basis. We advise you book classes to guarantee a space. Where possible, this enables us to communicate any changes.

### WAITING LIST:

- Any classes that are fully booked, make sure you go onto the waiting list. Once a space becomes available our booking system will begin to send out available space emails 48 hours before the class every hour until the space is filled, which works on a first come first served basis. This will happen every time a space becomes available until 1 hour before class is due to begin. We believe this is the fairest and easiest way to run our waiting list.
- Please don't forget to cancel a class if you can't attend. By doing this it allows everyone on the waiting a chance to book in and attend the class.

### HOW TO BE CLASS READY:

- Please switch off your phones during all classes
- Wear clothes/trainers that are appropriate for the class
- Water bottle (water refill stations are available throughout the centre)
- Please inform the instructor of any medical conditions if you are new to the class or returning to exercise
- No latecomers are allowed. This is for your own health & safety from inadequate warm up and to minimise disruption to others
- Our classes are scheduled for 45 minutes. We leave the last 15 minutes for questions, equipment to be wiped down after the class and for members to leave class in time before next class arrives

## TRAFFIC LIGHT SYSTEM

### HOW IT WORKS:

In order to maintain high quality standards across the fitness class timetable, we are continuously monitoring and evaluating attendance levels and participant feedback when making any changes to the current timetable. On the studio notice board there is a copy of the fitness class timetable displaying the previous month's attendance levels. This highlights the changes that will be made to the current fitness class timetable if the attendance levels do not increase.

### Class attendance percentage is worked out in the following way:

We take the average number of both the participants that have booked and the class register that our instructor takes before the class compared with the class capacity.



#### Red <33% of class capacity

Attendance levels are not achieving required levels. The class is at risk of being removed from the timetable

#### Orange <33-66% of class capacity

Attendance levels are maintaining an acceptable level.

#### Green >66% of class capacity

Attendance levels are exceeding required levels

## MEET OUR CLASS GURU

### CERI ROWE

GROUP EXERCISE COORDINATOR  
CROWE@KINGSFITNESS.CO.UK



# BACK2HEALTH



Welcome to Kings Fitness and Leisure,

We are a thriving centre with an excellent range of affordable facilities including our Back 2 Health Referral Scheme.

### How our Back 2 Health Referral Scheme works:

Our Back to Health referral scheme is run by our co-ordinator Leanne Trainer.

Whether it's recovering from an injury, illness or have been advised to increase activity levels, we want to create an environment where everyone feel's happy, safe, and part of a group.

Whatever age, condition, or story we want to be there every step of the way of the fitness journey.

Our Back2Health Members have the same privileges as our current Gold Members.

We encourage all Back2Health Members to consider joining an 'active' class such as Pilates/Aqua Fit, playing badminton, going for a swim or Gym.

Sometimes joining a health scheme can seem a little daunting, we have written below an example breakdown of how the scheme works, and what we would like to aim towards in progressing through the scheme.

### We offer a 12-week UNLIMITED PASS for £60. This includes:

- Access to all Group exercise classes
- Racquet courts
- Swimming Pool
- Fitness Gym
- Exclusive Fitness Classes - Water Therapy, Chair exercising and Fall Prevention

“ It's been great for me socially. The environment makes me feel safe which is comforting” - Dorothy

“ I would never have thought about going to the gym, but Leanne has made it accessible for me.” - Jean

We ask our Back2Health members to attend the centre at least once a week for the first four weeks, this will either be at a specified time by appointment with Leanne, or at their own leisure.

After four weeks where appropriate, we would like to see our Back2Health members to increase their visits to the centre.

Although Leanne will be in constant contact, she will have a sit-down chat at 6 weeks with them to see how they are getting along. Adjustments to their fitness programme will be implemented any advice and extra support that they may require will be discussed and put in place.

After 12 weeks, they will meet with Leanne once more and she will complete their final fitness assessment and talk them through their options for moving forward with continued exercise.

Our scheme works in partnership with Pro Active Somerset. It is open to anyone who might have some medical complaint that would benefit from physical activity. Visit your local GP and ask for information about the scheme. If your GP considers you to be a suitable candidate, they will refer and contact our Back2Health Coordinator Leanne.

Leanne will then be in contact with you to book an appointment.

“ it's such a great advantage to have Leanne with me as she knows my strengths & weakness. I feel much fitter not just physically but mentally too” - Chris

## MEET OUR BACK2HEALTH SPECIALIST

### LEANNE

BACK2HEALTH COORDINATOR  
BACK2HEALTH@KINGSFITNESS.CO.UK  
TEL: 01934 744939  
OFFICE HOURS 09:00-17:00  
MONDAY & THURSDAY.



# WELCOME TO YOUR GYM

The Gym at Kings Fitness and Leisure boasts 4 individual zones that will challenge your fitness boundaries, and push you to the next level.

## FITNESS INDUCTION

Start your fitness journey by choosing between a 1 hour full induction with a personal programme for £25; or a 20 minute induction for £15. Both of which are lead by a qualified gym instructor. (Free induction with any new membership).

## GYM FLOOR

As a market leader, we ensure the large 400m2 gym provides the optimum workout.

Cardiovascular machines featuring touch screens, USB/Bluetooth connections with app, Spotify, Free View TV with Netflix and an extensive range of training programmes and virtual trainers, including: Power Mills, Cross Trainers, Rowing machine, Exercise Bikes, Treadmills, Hand Bike and Recumbent Bike.

## FREE WEIGHT AND RESISTANCE ZONE

The Kings Fitness Gym has a range of free weights and Resistance machines to keep you challenged. We have 2 sets of 2.5kg–42.5kg dumbbells and 1 set of 42.5kg–60kg dumbbells. In addition there are 4 Weight Benches, 2 Squat Racks, 2 Bench Presses, 1 Smith Machine, Plate loaded leg press and Glute drive.

## FUNCTIONAL ZONE

Our brand new functional area has been purpose built for your gym. Whether people participate in a class or use the kit for their own personal workout, the possibilities are endless. Our new functional rig can facilitate TRX training harnesses, a punch bag, resistance bands, battle ropes, viper, medicine balls, kettlebells. With brand new HIT equipment including x3 Ski Ergs and x3 assault bikes.

## PERSONAL TRAINING AT KINGS

Our personal trainers can ensure you get the very best out of your workouts, guiding you on correct technique, advising on volumes, sets and training routines, lifestyle and nutritional information.

Using a personal trainer enhances your fitness faster, safer and with better results. Knowing your trainer is booked will also ensure you make that workout.

All Personal Trainers at Kings Fitness offer a free taster session as part of their package. Please contact reception who will give you the details of the trainers for you to contact directly.

## YOUTH TRAINING ZONE

13-15 YEAR OLDS (INCLUDED WITH SPORTS ACADEMY MEMBERSHIP)

The Youth Training Zone is aimed at encouraging teenagers between 13–15 years to become more active.

The session is supervised by one of our gym level 2 fitness instructors. Participants are restricted to using equipment and weights that are suitable for their age. Places are limited so please pre book to each weekly session.

**A full induction must be completed before being allowed to book in for the youth training sessions. Once the participant reaches 16 they can use the gym independently.**

Term Time sessions are:

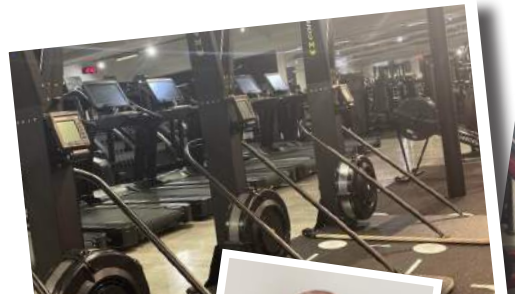
Monday–Friday: 15:25–16:10 and 16:15–17:00

Sat: 11am–12pm

School Holiday sessions are:

Monday–Friday 11:00–12:00 and 12:05 – 13:05

Non Member cost per session: £4



**MEET OUR  
NEW GYM  
INSTRUCTOR MATT**

# SAY HELLO TO YOUR NEW GYM



 INDIGOFITNESS

**HAMMER  
STRENGTH**

*LifeFitness*



# PERSONAL TRAINING

Our personal trainers can ensure you get the very best out of your workouts, guiding you on correct technique, advising on volumes, sets and training routines, lifestyle and nutritional information. Using a personal trainer enhances your fitness faster, safer and with better results. Contact one of our Personal Trainers to see how they can help you. All boast a vast array of experience and we are extremely proud to have them on our team!



Live  
Life  
Active

Take control of your life  
and achieve the results  
you desire.

Fitness Training Sessions:  
One to One or in Pairs

Contact Nicole for your  
free consultation:

Mobile / WhatsApp: 07795 832943  
nicole@live-life-active.co.uk  
live-life-active.co.uk



ARE YOU A  
PERSONAL  
TRAINER  
LOOKING FOR  
A NEW  
CHALLENGE?

CONTACT  
FITNESSMANAGER@KINGSFITNESS.CO.UK  
FOR MORE INFORMATION

PERSONAL  
- TRAINING -

INTRODUCTORY  
OFFER

£99 FOR YOUR  
FIRST MONTH



FITTER



STRONGER



LEANER

GET IN TOUCH TODAY

BEN@PEAKPERFORMANCEFITNESS.CO.UK  
DANI@PEAKPERFORMANCEFITNESS.CO.UK



PEAK PERFORMANCE



# MEET SOME OF THE JUNIOR TEAM

Get to know some of our Junior Team at Kings Fitness...



**Georgia Forte (Street Cheer/Contemporary Dance)**

Favourite Song - I want you back, Jackson 5  
Favourite food - Pineapple  
Favourite movie - Moulin Rouge



**Chantelle White (Netball)**

Favourite Song - Thriller by Michael Jackson  
Favourite Food - Chinese  
Favourite Movie - Goonies



**Paul Ambrosius (Basketball)**

Favourite song - Thank You (Falettinme Be Mice Elf Agin) by Sly and the Family Stone  
Favourite food - Cantonese Dim sum, Duck Pork and Special fried rice  
Favourite film - Terminator2



**Diogo Andrade (Rackets)**

Favourite food - Calzone  
Favourite Song - Rocket Man by Elton John  
Favourite Film - I Am Legend



**Jorgia Crandon (Gymnastics)**

Favourite food - Chocolate!!  
Favourite song - Best friend  
Favourite film - Coyote ugly



**Jessica Pearce (Gymnastics)**

Favourite food - Chocolate  
Favourite film - Mamma Mia  
Favourite song - Mr Brightside by The Killers



**Fran Crandon (Gymnastics)**

Favourite food - Roast chicken with all the trimmings  
Favourite song - Country by Paul Weller  
Favourite film - Pride and prejudice



**Elana Wood (Gymnastics)**

Favourite film - Blades of Glory  
Favourite song - Kaiser Chiefs - Ruby  
Favourite food - Italian



**Kev Attwood (Judo)**

Favourite food - Chinese  
Favourite film - Rocky III  
Favourite song - Billy Jean by Michael Jackson



**Will Bush (Judo)**

Favourite food - Everything"  
Favourite film - The Scorpion King (the original with Dwayne Johnson)  
Favourite song - Metalingus by Alter Bridge



**Lewis De Gelas (Cricket)**

Favourite food - Curry  
Favourite song - Alesso - Years  
Favourite film - Legend

- FOR AGES 5 - 13 YEARS -

# KIDS CLUB AT KINGS



A Variety of Sports & Crafts Including Swimming

Available during...  
Summer Holidays  
Christmas Holidays  
Easter Holidays  
...and Half Terms!

Meet some of the team!



James



Jenna



Ed

Early Drop Off and Late Pick Up now available, **£4 per session**

9.00am – 4.00pm  
Each day is structured and themed with various activities

**£25 per day**

**What does the child need to bring?**

Packed lunch, snacks, refillable drinks bottle, swimming kit (weather dependant items i.e., sun cream, waterproofs etc)

**Useful Information**

On site café  
Registration/medical forms will be sent on booking

To book call reception on 01934 744 939

# GET INVOLVED



West Country Tri is a friendly all-inclusive club, open to all abilities from beginners to seasoned athletes and everything in-between. We have athletes that just compete in one discipline and athletes that compete in all three disciplines.

### Our weekly sessions

**Tuesday** - Coached swimming at Kings of Wessex pool 8pm till 9pm

**Wednesday** - Online cycling community on Zwift

**Thursday** - Club Running at 8pm in Burnham on Sea

**Friday** - 6pm till 8pm Open water swimming at the river Huntspill

**Saturday** - Park Run party

**Sunday** - Organised club social rides and runs

**First Swim Session is FREE**

**COME TRI WITH US!**

E: [westcountrytri@gmail.com](mailto:westcountrytri@gmail.com)



juleskeeper@gmail.com, or on 07891925434 or via our Facebook page. www.cheddarhockeyclub.clubbuzz.co.uk'"/&gt;

## The perfect balance between social and competitive badminton!

- A welcoming and friendly badminton club
- 4 courts
- Premium feather shuttles
- Doubles games
- Intermediate to County standard players
- 8pm – 10pm Thursdays, Kings Fitness
- Various club social events throughout the year
- £6 per person pay as you play\*

To book, please contact Alice or Simon:  
[info@wessexbadminton.co.uk](mailto:info@wessexbadminton.co.uk)

[facebook.com/wessexbadminton](https://facebook.com/wessexbadminton)



Affiliated club

\*At time of printing





# RISE

# GYMNASTICS



Giving every gymnast  
the opportunity  
to shine





# SPORTS HALL TIMETABLE SPORTS

	TIME	ACTIVITY	HALL SIDE	INSTRUCTOR
<b>MON</b>	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	19:00 - 19:45	Circuits	Whole Hall	Shane
<b>TUES</b>	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	19:00 - 19:55	Elite Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Basketball (8 Years+)	Right Half	Paul
	17:00 - 17:45	Junior Basketball (8 Years+)	Right Half	Paul
	18:00 - 18:45	Circuits	Right Half	Alex
<b>WEDS</b>	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Netball (8 Years+)	Right Half	Coach
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 19:00	Judo Junior (6-8 Years)	Left Half	Kev
	19:00 - 20:00	Judo (9+ Years)	Left Half	Kev
	18:00 - 20:00	Tae Kwon-Do*	Right Half	Jane
<b>THURS</b>	16:00 - 16:55	Beginners Gymnastics*	Left Half	Fran
	17:00 - 17:55	Intermediate Gymnastics*	Left Half	Fran
	18:00 - 18:55	Advanced Gymnastics*	Left Half	Fran
	16:00 - 17:00	Junior Cricket (8 Years+)	Right Half	Lewis
	18:00 - 19:30	Pickleball*	Right Half	Andrew
	20:00 - 22:00	Wessex Badminton Club*	Whole Hall	Simon/Alice
<b>FRI</b>	16:00 - 17:00	Junior Racquets (8 Years+)	Right Half	Diogo
	17:00 - 18:00	Junior Racquets (8 Years+)	Right Half	Diogo
	18:00 - 20:00	Tae Kwon-Do*	Right Half	Jane
<b>SAT</b>	08:00 - 08:45	Circuits	Whole Hall	Shane
	09:00 - 09:45	Abs Revolution	Whole Hall	Leanne

\*Not included in Gold Memberships

See glossary at the back of the brochure for full descriptions

# ASTRO TURF TIMETABLE

# TEAMS\*

	TIME	ACTIVITY
<b>TUES</b>	19.00 – 20.00	Cheddar Walking Football*
<b>WEDS</b>	19:00 - 20:00	Cheddar Walking Football*
	21:00 - 22:00	DAFT Football Team*
<b>THURS</b>	20:00 - 21:00	Football*
	20:00 - 21:00	Churchill Football Club*

\*Not included in Gold Memberships

## HIRE OUR SPACES

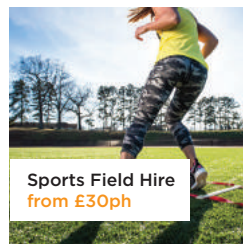
Would you like a new home for your club or group?



**Studio Hire**  
from £14ph



**Astro Hire**  
from £29.50ph



**Sports Field Hire**  
from £30ph



**Sports Hall Hire**  
from £22.80ph



**Swimming Pool Lane Hire**  
from £27.50ph

Regular block bookings receive:

- Announcement to members via our website & social media
- Ongoing in-house advertising which will be seen by our 2000+ members
- Social media support including likes and shares of any posts you tag us in relating to your booking
- A mention in our printed Centre Guide 'Community Hub' page

\*The option of further advertisement at a cost

To enquire, please contact:  
sgolding@kingsfitness.co.uk



# COMMUNITY HUB

Kings are proud to be working in partnership with so many clubs and organisations.



**Axbridge Saxons**

Juniors: enquiries@axbridgesaxons.co.uk  
Veterans: simonpowell@gmail.com



**Boogie Beat**

carrie@boogiebeat.co.uk



**Cheddar Junior Park Run**

cheddajuniors@parkrun.com



**Cheddar Hockey Club**

fivehelps@btinternet.com



**Cheddar Running Club**

CheddarRunningClub@gmail.com



**Cheddar Valley Hockey**

cyhc@outlook.com



**Cheddar Snooker Club**

www.cheddarsnookerclub.org.uk



**Cheddar Tri**

Instagram - @tricheddar



**Cheddar Valley Junior Football**

cheddarvalleyjuniorsfc@gmail.com



**Churchill Football Club**

07923 016 400



**Cheddar Walking Football**

tim.richens@icloud.com



**Holistic Tae Kwon Do**

jane@holistictkdcoach.co.uk



**Iyengar Yoga**

meg.amanda@btinternet.com



**Kingfishers Swim Club**

coachescheddarkingfishers@outlook.com



**Nutrition Hub**

07877485161  
www.nourishnutritiontherapy.co.uk



**Pickleball England**

exukkid1708@gmail.com  
07897481466



**Somerset Activity & Sports Partnership**

www.sasp.co.uk



**Cheddar u3a Clubs**

membership@cheddarvalleyu3a.org.uk



**Wessex Badminton Club**

07709 417 270



**West Country Triathletes**

07966 489 916



**Zenmuma Yoga**

sam@zenmuma.co.uk

# BIRTHDAY PARTIES

at Kings Fitness & Leisure



## Party food bags available!

Party food bags freshly made and supplied by Lattitude Coffee Shop. (Based at Kings Fitness & Leisure)

To order please call 07765013434 or email [lattitudecoffeeshop@gmail.com](mailto:lattitudecoffeeshop@gmail.com)

## SPORTS HALL PARTIES

### BOUNCY CASTLE PARTY

Our Kings Bouncy Castle inflatable features various obstacles and a slide. It is set up in the Sports Hall with lots of space for the children to run around and burn off some steam.

BOOKING INCLUDES:

- **60 minutes of exclusive facility use with 30 minutes available for food afterwards (food not included).**
- **Tables and chairs set up for up to 25 people.**
- **Birthday invitations for your child to hand out to their guests.**
- **Party Balloon for each child**

AVAILABLE: Saturday or Sunday between 11am - 4pm

PARTICIPANTS: Maximum 25 children

AGES: Suitable for children aged between 1-6yrs



**£140**

For up to 25 children

### SPORTS/GAMES PARTY

Our spacious Sports Hall and viewing balcony provide the perfect space and well equipped venue for sports themed parties.

SELECT YOUR SPORTS PARTY FROM:

- **Football**
- **Basketball**
- **Netball**
- **Racquets**

BOOKING INCLUDES:

- **60 minutes of exclusive facility use with 30 minutes for food afterwards (food not included).**
- **Tables and chairs set up for up to 25 people.**
- **Birthday invitations for your child to hand out to their guests.**
- **Party Balloon for each child**

AVAILABLE: Saturday or Sunday between 11am - 4pm

PARTICIPANTS: Maximum 25 children

AGES: Suitable for children aged 4-14yrs

All equipment can be provided for any of the above sports.



**£90**

For up to 25 children

All our parties are for up to 25 children!

## SWIMMING POOL PARTIES

### AQUA SPLASH PARTY

Fancy making a splash on your child's first birthday? Exclusive use of the whole pool, the floor in the shallow end will be raised to .81m and the pool will be filled with fun floats, noodles, pool toys for the children to enjoy.

BOOKING INCLUDES:

- **45 minutes of exclusive pool use with 45 minutes of the viewing area for food afterwards (food not included).**
- **Tables and chairs set up for up to 25 people.**
- **Birthday invitations for your child to hand out to their guests.**
- **Party Balloon for each child.**

AVAILABLE: Saturday 3pm - 3.45pm in the pool and 4 - 4.45pm in the viewing area (Party time 3-5pm)

Sunday 2pm - 2.45pm in the pool and 3 - 3.45pm in the viewing area (Party time 2-4pm)

PARTICIPANTS: Maximum 25 children

AGES: Suitable for children aged 1yr +

OTHER INFORMATION: Parents must accompany children in the pool, please see adult to child ratios on the terms and conditions.



**£155**  
For up to  
25 children

### KINGS ISLAND INFLATABLE

Welcome our Inflatable 'KINGS ISLAND'. Can you race your friend to the end? Climbing, Crawling and Jumping over the obstacles? Can you conquer Kings Island?

BOOKING INCLUDES:

- **45 minutes of exclusive pool use with 45 minutes of the viewing area for food afterwards (food not included).**
- **Tables and chairs set up for up to 25 people.**
- **Birthday invitations for your child to hand out to their guests.**
- **Party Balloon for each child.**

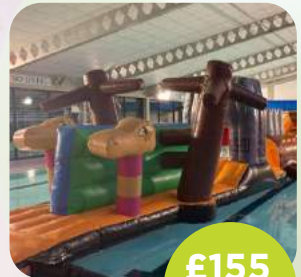
AVAILABLE: Saturday 3pm - 4pm\* in the pool and 4 - 4.45pm in the viewing area (Party time 3-5pm) Sunday 2pm - 3pm\* in the pool and 3 - 3.45pm in the viewing area (Party time 2-4pm)

PARTICIPANTS: Maximum 25 children

AGES: Suitable for children aged 6yrs + **(Competent swimmers only)**

OTHER INFORMATION: Parents must accompany children in the pool, please see adult to child ratios on the terms and conditions.

\* 15 mins of start of session is for competency tests and rules (sessions are 45 mins)



**£155**  
For up to  
25 children





# Lattitude




Relax after your workout or catch up with friends in our Coffee Shop.

☕ Freshly prepared coffee

☕ Speciality teas

☕ Little Nipper Meal Deals

☕ Cakes Made to Order

☕ Home-made Cakes & Savouries

☕ Lattitude Larder

☕ We sell Free Range Eggs

☕ Eat in or Takeaway

☕ Birthday Parties



Opening Times:  
Mon-Fri 9am-7pm,  
Sat 8am-3pm,  
Sun 9:30am - 2:30pm

WIFI Available

Lattitudecoffeeshop@gmail.com

Allergies & Intolerances

Please speak to a staff member about the ingredients in your meal





# BEAUTY BY KIMBERLY

Beauty By Kimberly is dedicated to providing you with the ultimate pamper experience. Our highly trained therapists use only the best products and techniques to ensure that you receive the highest quality services.

## OUR SERVICES



Facials



Massages



Waxing & tinting



Manicures & pedicures



Gel Manicures & pedicures



Make-up

**For more information :**

Web: [www.beauty-by-kimberly.co.uk](http://www.beauty-by-kimberly.co.uk) Tel: 07748668091

# JOIN THE SPORTS ACADEMY FAMILY

SPORTS & ACTIVITIES FOR 4-18 YEARS

	TIME	ACTIVITY	INSTRUCTOR	PRICE	SUITABLE FOR AGES	INCLUDED IN SPORTS ACADEMY MEMBERSHIP?
MON	15:25 - 16:10	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 16:45	Junior Yoga	Andrew	£5 per session	8-15	✓
	16:15 - 17:00	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	17:00 - 17:55	Intermediate Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	18:00 - 18:55	Advanced Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
TUES	15:25 - 16:10	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 17:00	Basketball	Paul	£5 per session	8-15	✓
	16:15 - 17:00	Youth Training	Arran	£4 per session	13-15	✓
	17:00 - 17:45	Basketball	Paul	£5 per session	8-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	17:00 - 17:55	Intermediate Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	18:00 - 18:55	Advanced Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	19:00 - 19:55	Elite Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	





	TIME	ACTIVITY	INSTRUCTOR	PRICE	SUITABLE FOR AGES	INCLUDED IN SPORTS ACADEMY MEMBERSHIP?
WEDS	15:25 - 16:10	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 17:00	Netball	Chantelle	£5 per session	8-15	✓
	16:15 - 17:00	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	17:00 - 17:55	Intermediate Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	18:00 - 19:00	Judo	Kev	£25 for 5 / £50 for 10	6-8	✓
	19:00 - 20:00	Judo	Kev	£25 for 5 / £50 for 10	9+	✓
	18:00 - 20:00	Tae Kwon-Do	Jane	See page 22 to book	6+	
THURS	15:25 - 16:10	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 17:00	Cricket	Lewis	£5 per session	8-15	✓
	16:15 - 17:00	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 16:55	Beginners Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	17:00 - 17:55	Intermediate Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
	18:00 - 18:55	Advanced Gymnastics	Fran	£25 for 5 / £50 for 10	4-15	
FRI	15:25 - 16:10	Youth Training	Arran	£4 per session	13-15	✓
	16:00 - 17:00	Racquets	Diogo	£5 per session	8-15	✓
	16:05 - 17:00	Street Cheer	Georgia	£25 for 5 / £50 for 10	4-7	
	16:15 - 17:00	Youth Training	Arran	£4 per session	13-15	✓
	17:00 - 18:00	Racquets	Diogo	£5 per session	8-15	✓
	17:05 - 18:00	Contemporary Dance	Georgia	£25 for 5 / £50 for 10	9-15	
	18:00 - 20:00	Tae Kwon-Do	Jane	See page 22 to book	6+	
	18:05 - 19:00	Street Cheer	Georgia	£25 for 5 / £50 for 10	8-15	
SAT	11:00 - 12:00	Youth Training	Arran	£4 per session	13-15	✓

**GET KIDS  
OUT...  
GET KIDS  
ACTIVE!**

### Sports Academy Membership

Entitles you to;

- Unlimited access to the Swimming Pool
- Kings Island Inflatable and Family Fun\*
- Unlimited Racquet Court Hire
- All activities listed a tick\* (age dependant)

**ALL FOR  
£19.50  
PER MONTH**  
OR £195 FOR 12 MONTHS

Available for any child/young adult aged 4-18 years of age, no joining fee, minimum 3-month contract

\*We recommend these activities are booked in advance to avoid disappointment - 14 days advance booking available with this membership.

# MEMBERSHIP OPTIONS

## **GOLD MEMBERSHIP** from £33 per month

Gym	Fitness Induction
Fitness Classes (70+ per week)	Up to 14 days advance booking
Swimming	Online booking system
Sauna and Steam room	Three month minimum contract
Racquet sports	Virtual Classes (100+ Per week)
Personalised fitness induction	

## **SILVER MEMBERSHIP** from £28 per month

Gym	Fitness Induction
Swimming	Up to 14 days advance booking
Sauna and Steam room	Online booking system
Racquet sports	Three month minimum contract
Personalised fitness induction	

## **STUDENT MEMBERSHIP** from £26 per month

(Joining fee applies)

All of the Gold Membership benefits at a discounted rate.  
Available to anyone in full time education.

## **UNIVERSITY MEMBERSHIP** from £35 per month

All of the Gold Membership benefits at a discounted rate. Only available during holidays (Easter, Summer & Christmas)  
No joining fee, No minimum contract.

## **SPORTS ACADEMY** £19.50 per month

Available to any child/young adult aged 4-18. Sports Academy Membership excludes joining fee.



**JOIN US, SCAN HERE  
FOR MORE INFORMATION**

# SWIM ACADEMY

Membership Joining Fee £15.00  
(Includes admin, swim hat & continuous assessment)

	DIRECT DEBIT	ANNUAL*
Aqua Babes / Tots	£17.25	£172.50
Pre School	£19.60	£196.00
ASA (Stages 1-10)	£24.50	£245.00
Rookie Lifeguard	£32.20	£322.00
Kingfishers Social	£22.50	£225.00
Kingfishers Development	£22.50	£225.00
Kingfishers Potential	£28.25	£282.50
Kingfishers Performance	£43.85	£438.50
Kingfishers Elite	£43.85	£438.50

\*12 months for the price of 10

## MEMBERSHIP PRICES

Membership Joining Fee £25.00

(Includes admin, induction and 1 hour tailored programme)

	DIRECT DEBIT	ANNUAL*
Gold	£41.00	£410
Gold Concession	£33.00	£330
Gold Couples	£72.00	£720
Gold Family	£94.00	£940
Silver	£35.00	£350
Silver Concession	£28.00	£280
Silver Couples	£60.00	£600
Silver Family	£82.00	£820
Student	£26.00	£260
Sports Academy (4-18 years)	£19.50	£195
Gymnastics	£19.00	£190

\*12 months for the price of 10

We also offer a university membership for £35 per month  
(Only available during holidays - Easter, Summer and Christmas)

## PAY AS YOU GO

### SWIMMING POOL PRICES

	PAY AS YOU GO
Adult Swim	£5.00
Concession Swim / Junior	£4.00
Child Swim (Under 3yrs)	FREE
Family of 3 (2+1)	£12.00
Family of 4 (2+2)	£14.00
Family of 5 (2+3)	£16.00
Inflatable	£5.00

### GYM PRICES

Induction £15.00 (20 Mins) or £25 (1 Hour)

	PAY AS YOU GO
Adult	£7.00
Concession	£5.50
Youth Training Zone	£4.00

### RACQUET PRICES

55 MINUTE BOOKINGS ON THE HOUR

	PAY AS YOU GO
Adult	£4.50
Concession / Junior	£4.00
1 Court Hire	£15.00
Racquet Hire (per racquet)	£1.00

### CLASS PRICES

All classes are 45 minutes (please bring your own mat)

	PAY AS YOU GO
Adult	£5.50
Concession	£5.00

### VIRTUAL CLASS PRICES

	PAY AS YOU GO
45 Minutes	Adult £5.50   Concession £5.00
30 Minutes	Adult £4.00   Concession £3.50
15 Minutes	Adult £2.50   Concession £2.00

### BACK TO HEALTH

12 week UNLIMITED PASS (Must be referred by a GP) £60

### JUNIOR ACTIVITIES

GYMNASTICS, DANCE AND JUDO

5 Sessions	£25.00
10 Sessions	£50.00

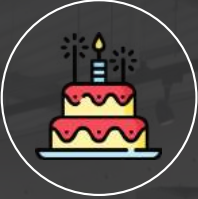
### KIDS HOLIDAY CLUB

PER CHILD PER DAY (5-13 YEARS)

08.00 – 09.00 (Early drop off)	£4.00
09.00 – 16.00	£25.00
16.00 – 17.00 (Late pick up)	£4.00

Corporate Memberships are available. Please enquire at Reception for more information.

# MEMBERSHIP **BENEFITS**



On your birthday you will receive an email from us wishing you a Happy Birthday and as a gift from us to you, you can collect two complimentary passes for your friends & family to use.



Swim Academy - Stages 1-10 - Children will receive a FREE Kings Fitness & Leisure branded swimming hat to wear during their swimming lessons. Each stage has a different colour hat. When children complete a stage and move up, they will be able to collect their next coloured swimming hat from reception. This added incentive will increase their motivation progressing onto the next stage.



Collect 9 hot drink stamps at lattitude Coffee and get your 10th hot drink free – don't forget to ask for your loyalty card on your next visit.



Keep your fitness programme current and fresh, by booking a Personalised fitness programme with one of our qualified fitness instructors inclusive with every membership. Book yours today at leisure reception. (We recommend you book a programme review every 6-8 weeks).



Receive 10% off your first appointment with Beauty by Kimberly, don't forget to show your membership card when you pay.

# GET IN TOUCH

Do you have a question or would like to get in touch with a member of our friendly team?

FOR GENERAL ENQUIRIES CONTACT RECEPTION

CALL US: 01934 744 939 | EMAIL US: [enquiries@kingsfitness.co.uk](mailto:enquiries@kingsfitness.co.uk)



**Diogo Andrade**  
Sales Manager  
[sales@kingsfitness.co.uk](mailto:sales@kingsfitness.co.uk)

If you're interested in becoming a member of Kings Fitness and Leisure, Diogo and his front of house team will take you through this journey.



**Dale Reeves**  
Membership Administration Manager  
[membership@kingsfitness.co.uk](mailto:membership@kingsfitness.co.uk)

Dale will manage all of your membership queries once you are set up and established at Kings Fitness & Leisure..



**Lewis De Gelas**  
Junior Manager  
[junior@kingsfitness.co.uk](mailto:junior@kingsfitness.co.uk)

Lewis manages all Activities for 0-15 olds including Swim Lessons, Gymnastics, Kids Camp and all preschool Junior sessions.



**Sorrel Golding**  
Activities Liaison  
Co-ordinator  
[SGolding@kingsfitness.co.uk](mailto:SGolding@kingsfitness.co.uk)

If you are interested in using any of our facilities at Kings Fitness, for any activity, Sorrel will get you started.



**Holly Tyson**  
Operations Manager  
[operations@kingsfitness.co.uk](mailto:operations@kingsfitness.co.uk)

Holly manages the pool and ensures the building is ready for your activity.



**Nicky Moore**  
Activities Coordinator  
[NMoore@kingsfitness.co.uk](mailto:NMoore@kingsfitness.co.uk)

Nicky will manage all of your bookings once you are set up and established at Kings Fitness.



**Maria May**  
Finance Manager  
[finance@kingsfitness.co.uk](mailto:finance@kingsfitness.co.uk)



**Zack Warbuton-Clothier**  
Fitness Manager  
[fitnessmanager@kingsfitness.co.uk](mailto:fitnessmanager@kingsfitness.co.uk)

Zack manages the Fitness Gym and both our Fitness Class timetable and Exercise Referral.



**Shane Fear**  
Assistant Club Manager  
[smfear@kingsfitness.co.uk](mailto:smfear@kingsfitness.co.uk)



**Linzi Tanner**  
Centre Club Manager  
[ltanner@kingsfitness.co.uk](mailto:ltanner@kingsfitness.co.uk)

ARE YOU A QUALIFIED LIFEGUARD?

INTERESTED IN JOINING OUR TEAM?

CONTACT US

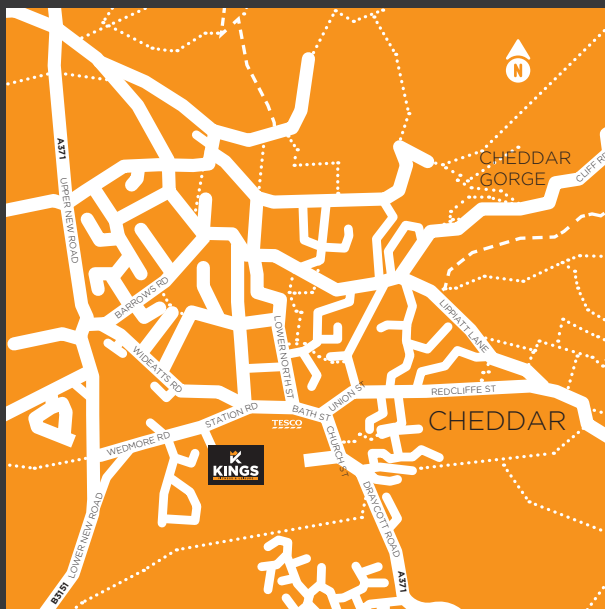
[ENQUIRES@KINGSFITNESS.CO.UK](mailto:ENQUIRES@KINGSFITNESS.CO.UK)

# GLOSSARY OF TERMS

Activity/Definition	Description	Age/Level
<b>Abdominal Revolution</b>	A class that makes you think outside the box and discover muscles you never knew existed.	16+ years
<b>Ab Blast (Core)</b>	Ab Blast (Core) is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.	16+ years
<b>Adult Only Swimming</b>	This session is open to all abilities. A lane may be added if there is a demand for it.	16+ years
<b>Aqua Babes &amp; Tots</b>	The first stage of the swimming journey at Kings. 30 minute sessions aimed at developing early years water confidence, earning Discovery Duckling Awards. Adult must accompany a child in the water. Classes offer children valuable water based experience.	0-3 years
<b>Aqua Fit</b>	A fun cardio & toning water workout. Perfect for pre/post natal & anyone who requires low impact.	16+ years
<b>Ball Fit</b>	Ball Fit is a ball based training class which challenges your muscles, helping to strengthen and build up the core muscles of your body, such as the abdominals, back, glutes & thighs.	16+ years
<b>Barre</b>	Barre is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, using a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.	16+ years
<b>Body Attack</b>	Bored of the treadmill? Come and join an aerobics party! This class is another Les Mills classic. High energy, easy choreography, athletic & amazing tunes. Get fit, toned & you will leave buzzing!	16+ years
<b>Body Balance</b>	Lengthen & strengthen with a gorgeous combination of Yoga, Pilates & Tai Chi to wonderful music with one of Les Mills most beautiful sessions. Leave invigorated, centred & calm.	16+ years
<b>Body Conditioning</b>	A great way to get in shape! Fun & fitness combined to strengthen & tone your body. Functional exercise in a quirky way to great music. No two classes are ever the same!	16+ years
<b>Body Pump</b>	Les Mills original barbell workout, using adjustable weights to strengthen & lengthen for long term fat burning!	16+ years
<b>Boxing Fit</b>	Boxing fit is a non-contact boxing fitness workout. You`ll be challenged by exercises that will help develop speed, fitness, agility and power - all designed to improve your skills and stamina.	16+ years
<b>Circuits</b>	High Energy Interval work out using a variety of fitness principles and equipment. Quirky, fun & still one of the best ways to get fit!	16+ years
<b>Coach by Colour</b>	Indoor Cycling takes on a whole new meaning with this awesome class specific to you! Work through a range of 5 colours through different terrains and training zones to the best motivational music. Cyclists, you must give this one a go!	16+ years
<b>Contemporary Dance</b>	Contemporary Dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classic ballet. For children aged 9+. Ask in club for more details.	9+ years
<b>Combat</b>	Step into a COMBAT workout and you`ll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master	16+ Years
<b>Chair Based Yoga</b>	Chair y-oga is a gentle form of yoga that can be done while sitting, some poses can also be done standing using a chair for support. Can also improve your flexibility, concentration and strength, while boosting your mood and reducing stress and joint strain.	16+ years
<b>Family Fun</b>	A fun pool session where we ordinarily bring out floats and toys. The shallow end depth is 0.81m and the deep end is 1.6m. Please follow all pool adult to child ratios. This session must be pre-booked.	All ages
<b>Flexibility</b>	Flexibility is a yoga-based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing.	16+ years
<b>Fit Step</b>	Is an energetic, upbeat dance fitness class featuring all of your favourite 'Strictly' dances! It is for everyone. Fun fitness that does not involve a partner.	16+ years
<b>Disabled &amp; Remedial</b>	A session for those with additional needs. Feel comfortable in our heated pool, safe in the knowledge that the equipment we have will assist you enter and exit the pool safely. Please follow all pool adult to child ratios.	All ages
<b>Fitness Pilates</b>	A more functional approach to the traditional Pilates class. Fitness Pilates will improve overall Body Strength with particular focus on back and core muscles.	16+ years
<b>General Swimming</b>	An open swimming session for all swimmers and abilities. The shallow end depth will be 1.0m and the deep end will be 1.6m. Please follow all pool adult to child ratios.	All ages
<b>Gym Induction</b>	20 minutes with an instructor to show you how the equipment is operated and your health and safety need-to-knows for the gym. This is compulsory before you enter the gym.	16+ years
<b>Gym Programme</b>	60 minutes with an instructor to give you an in depth programme tailored to your own fitness goals.	16+ years
<b>Gymnastics</b>	Follow the British Gymnastics Association by earning badges and certificates. We offer classes for beginners and advanced children aged 4+.	4+ years
<b>Home Portal</b>	A programme you can access from the comfort of your own home to see how your child is progressing through their swimming lesson criteria. Once your child has passed a stage, you can select a new class at the new level.	0+ years
<b>Indoor Cycling</b>	This cycle class focuses on intervals, hills & flats. Prepare to feel the heat accompanied by awesome, motivational tunes. The perfect cross training session!	16+ years



Activity/Definition	Description	Age/Level
<b>Inflatable Fun</b>	This session must be pre-booked, available to all Pay as You Go and members. Must be Competent Swimmers (an individual who can swim 25m unaided). Floor depth at 1m. This time slot is available for Private Party Hire.	8+ years
<b>Judo</b>	Individual Martial arts based sport where the aim is to overcome your opponent through a variety of skills and techniques. Included with the Sports Academy membership or £4.50 per session for children aged 6+	6+ years
<b>Lane Swimming</b>	A session with no instructor. For people who want to swim lengths. There will always be a minimum of a slow, medium and fast lane. Please follow lane directional signs.	All ages
<b>Legs Bums Tums</b>	A great way to get in shape! Fun & fitness combined to strengthen & tone your body. Functional exercise in a quirky way to great music. No two classes are ever the same!	16+ years
<b>NPLQ</b>	National Pool Lifeguard Qualification. This is a 5 day course with an exam on the 6th day. The course includes Water Rescue skills, Lifeguard Theory and First Aid recognition and Treatment. It also teaches you how to use an AED and treat for Anaphylaxis. The candidate must have a good level of swimming ability.	16+ years
<b>Other Information for the Swimming Pool</b>	Where there is an activity or lesson in the Swimming Pool, this will require a 10 minute pool closure before and after to allow for depth changes for set ups and set downs.	N/A
<b>Parent &amp; Babe</b>	For those parents who would like to introduce new-borns and toddlers to a water environment and toys. This session is not an instructed session. No need to book, just pay on arrival.	0-3 years
<b>Pilates</b>	Originally developed by Joseph Pilates, learn to integrate mind and body. Pilates is a method of exercise that consists of low impact flexibility & muscular strength and endurance movements. An emphasis on proper postural alignment, core strength & muscle balance. Great for athletes needing to work on core/glute strength to enhance performance.	16+ years
<b>Preschool Swimming</b>	The second stage of the swimming journey at Kings. A child focused, 20 minute session, focusing on further improving water confidence without an adult, earning Duckling Awards. There will be no more than 4 children per session. Floor depth 0.81m	3-4 years
<b>Private Hire</b>	This is where part, or the whole pool has been hired by a club or group. All timetabled sessions are regular bookings. See in club for more information regarding one-off bookings	All ages
<b>Pool Ratios &amp; Safety</b>	Ages 0.2 = 1 Adult per Child, Ages 3-4 = 1 Adult to 2 Children, Ages 5-7 = 1 Adult to 3 Children, Ages 8+ and Competent = Swim Alone, Adult = 16 years and older, Children under 3yrs swim for Free.	N/A
<b>RPM</b>	RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact with your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.	16+ years
<b>Rookie Lifeguard</b>	Course providing a solid foundation into the principles and theory of life saving and first aid. The programme is split into 3 stages, Gold, Silver and Bronze.	7-15 years
<b>Seated Pilates</b>	Seated Pilates is a series of exercises designed specifically to be performed on a chair. Seated exercises are quite similar to the work done on the mat.	16+ years
<b>Sh'bam</b>	A fun, insanely addictive dance workout from Les Mills. No dance experience required & two left feet are welcome! Bring a smile, big attitude and you'll leave beaming!	16+ years
<b>Soft Circuits</b>	A gentle exercise session focusing on balance, strength, mobility, fitness and fun.	18+ Years
<b>Step</b>	Using a height adjustable step, accompanied by great music & fabulous choreography, you'll burn a serious amount of calories while having fun. A combo of athletic and dance based moves take you into the aerobic zone. Originally created by Gin Miller in the '80s as rehab for knees, we're keeping freestyle Step alive here in Cheddar!	16+ years
<b>Street Cheer</b>	Exciting Blend of street dancing and cheer including break dancing and hip hop. Suitable for boys and girls.	4-15 years
<b>Sprint</b>	30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.	
<b>Team Training</b>	A fantastic way to increase functional strength & fitness. A gym based circuit class with new & improved equipment to squeeze the most of your muscles.	16+ years
<b>Triathlon Club</b>	Do you have a goal of conquering a Triathlon. Join Like minded people by visiting: <a href="http://www.westcountrytriathletes.co.uk">www.westcountrytriathletes.co.uk</a>	All Ages
<b>The Trip</b>	The Trip is a fully immersive workout experience that combines a 45-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level.	16+ years
<b>Virtual Classes</b>	Our Virtual classes are cinematic quality versions of Les Mills live world leading fitness programmes. From Barre & Balance to Combat & Sh'bam, you'll be highly motivated, inspired by great music and taught by some of the best instructors on the planet.	
<b>Yoga</b>	Improve flexibility, de-stress, strengthen & feel refreshed working through a variety of postures that flow, are seamless & focusing on breath. No two classes are ever the same.	16+ years
<b>Youth Training Zone</b>	Aimed at encouraging teenagers to become more active, giving them a stepping stone into the gym environment. All participants are guided by our instructors and can help them work through an induction programme to use the gym independently when they turn 16	13-15 years
<b>1-1 Lessons</b>	On occasions the swimming pool or a lane may be used for private 1-1 lessons.	All ages



**KINGS FITNESS & LEISURE, STATION ROAD, CHEDDAR, SOMERSET, BS27 3AH**  
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