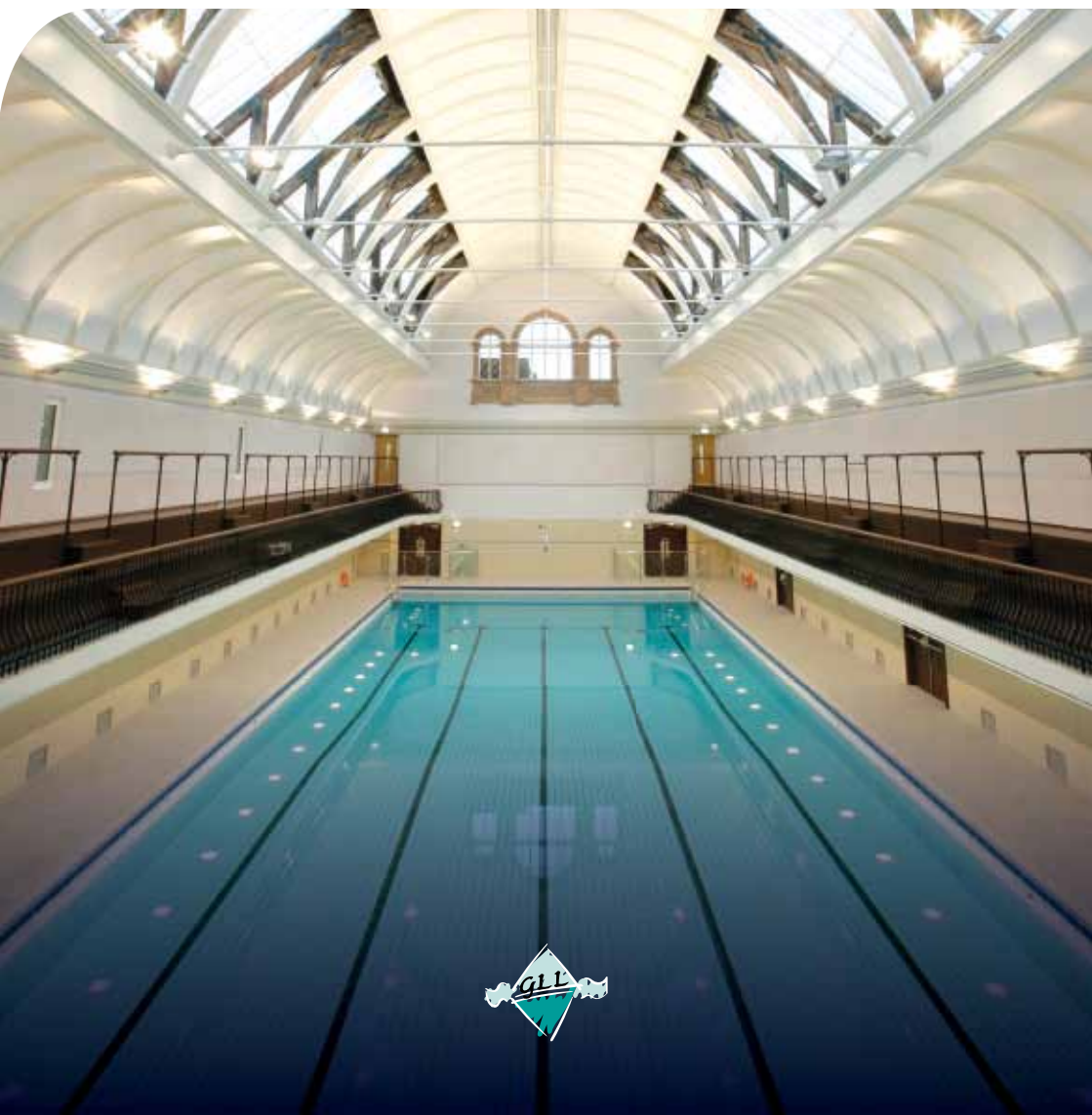


KENTISH TOWN SPORTS CENTRE

SUMMER PROGRAMME

Monday 26 July to Sunday 5 September 2010



Welcome to the transformed Kentish Town Sports Centre. We hope you enjoy the new facilities available to pre-paid, pay & play and non members, including:

- 3 swimming pools restored
- Larger gym with 90 stations of the latest Technogym cardio and resistance equipment
- Gym fitness sessions for children
- Large exercise studio with a wide variety of aerobic, body and calm classes
- Learn to swim lessons for adults and children
- NEW! Games Zone interactive area – workout while having fun!
- NEW! Enjoy good food at our café (opening soon)
- Restored heritage features such as Willes pool roof and façade of the building

POOL PROGRAMME

Monday 26 July to Sunday 15 August

	Monday – Friday	Saturday – Sunday
Willes Pool	7.00am-10.00am	8.00am-12.00noon
	12.00noon-2.00pm	2.00pm-4.00pm
	5.00pm-8.00pm	
Grafton Pool	9.00am-12.00noon	10.00am-3.00pm
	2.00pm-5.00pm	
Small Pool	10.00am-12.00noon	11.00am-3.00pm
	2.00pm-5.00pm	

Monday 16 August to Sunday 5 September

	Monday - Friday	Saturday	Sunday
Willes Pool	7.00am-11.00am	8.00am-12.00noon	8.00am-12.00noon
	12.00noon-4.00pm	2.00pm-4.00pm	2.00pm-4.00pm
	5.00pm-8.00pm		
Grafton Pool	9.00am-12.00noon	9.00am-3.00pm	11.00am-3.00pm
	1.00pm-5.00pm (Monday and Thursday 1.00pm-2.00pm W/W)		
	6.00pm-8.00pm (W/O Thurs)		
Small Pool		9.00am-3.00pm	11.00am-3.00pm

W/W - Water Workout

W/O - Women Only

The pool programme is subject to change. For the most up-to-date timetable visit

www.gll.org/kentishtown

GYM OPENING HOURS*

Monday – Friday

7.00am-8.00pm

Saturday – Sunday

8.00am-4.00pm

GROUP EXERCISE TIMETABLE

Classes start Monday 2 August

Day & time	Class	Level
Monday		
9.30am-10.15am	Aero-biking	1-2
10.00am-11.30am	Iyenga yoga	2-3
1.00pm-1.45pm	Water workout	1-2
7.00pm-7.45pm	Water workout	2-3
7.00pm-8.00pm	Soca aerobics	1-2
Tuesday		
9.45am-10.45am	Club Pilates	50+
11.00am-12.30pm	Hatha yoga	1-2
6.00pm-7.00pm	Brazilian dance	1-2
Wednesday		
7.00am-7.45am	Aero-biking	1-2
9.00am-10.00am	Boxfit	1-2
7.00pm-8.00pm	Mega circuits	2-3
Thursday		
1.00pm-2.00pm	Pilates	1-2
2.00pm-3.00pm	Salsa aerobics	1-2
6.00pm-6.45pm	Water workout W/O	1-2
7.00pm-8.00pm	Hatha yoga W/O	1-2
Friday		
10.00am-11.30am	Iyenga yoga	2-3
6.15pm-7.00pm	Aero-biking	1-2
Saturday		
10.30am-11.30am	Step	1-2
Sunday		
12.00noon-1.30pm	Hatha yoga	2-3

W/O - Women Only *All gym users are required to complete an induction.

The group exercise programme is subject to change.

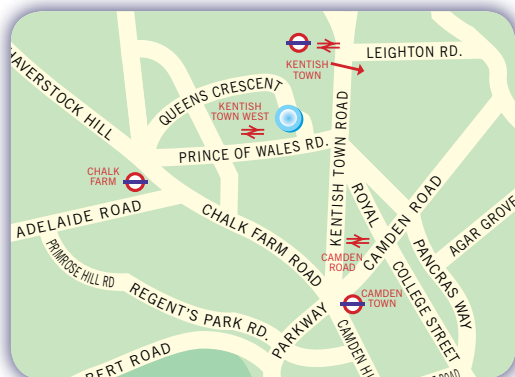
For the most up-to-date timetable visit www.gll.org/kentishtown

PRICES

GYM	Wellness Pre-paid*	Premier Wellness Pre-paid*	Club Wellness Pre-paid*	Wellness Pay & Play	Wellness Concessionary Pay & Play	Club Wellness Pay & Play
	Inclusive	Inclusive	Inclusive	£5.85	£2.75	£2.75
FITNESS INDUCTION		Wellness Pre-paid*	Premier Wellness Pre-paid*	Wellness Pay & Play	Wellness Concessionary Pay & Play	
Full (1 hour)		Inclusive	Inclusive	£30.70	£15.70	
Basic (½ hour)		Inclusive	Inclusive	£24.75	£12.85	
GROUP EXERCISE		Wellness Pre-paid*	Premier Wellness Pre-paid*	Wellness Pay & Play	Wellness Concessionary Pay & Play	Non Member
45 mins		Inclusive	Inclusive	£4.70	£2.35	£6.15
60 mins		Inclusive	Inclusive	£5.00	£2.65	£6.85
SWIMMING		Standard		Concessionary		Non Member
Adult Swim†		£2.90		£1.50		£4.05
Junior Swim†		FREE		FREE		FREE
Water Workout		£5.00		£2.65		£6.85

*For information on pre-paid memberships, contact reception or visit <http://www.gll.org/membership/>

†Free swimming is available for under 16 and 60+ during public swim sessions. Contact the centre for more information.



KENTISH TOWN SPORTS CENTRE

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www.gll.org/kentishtown

