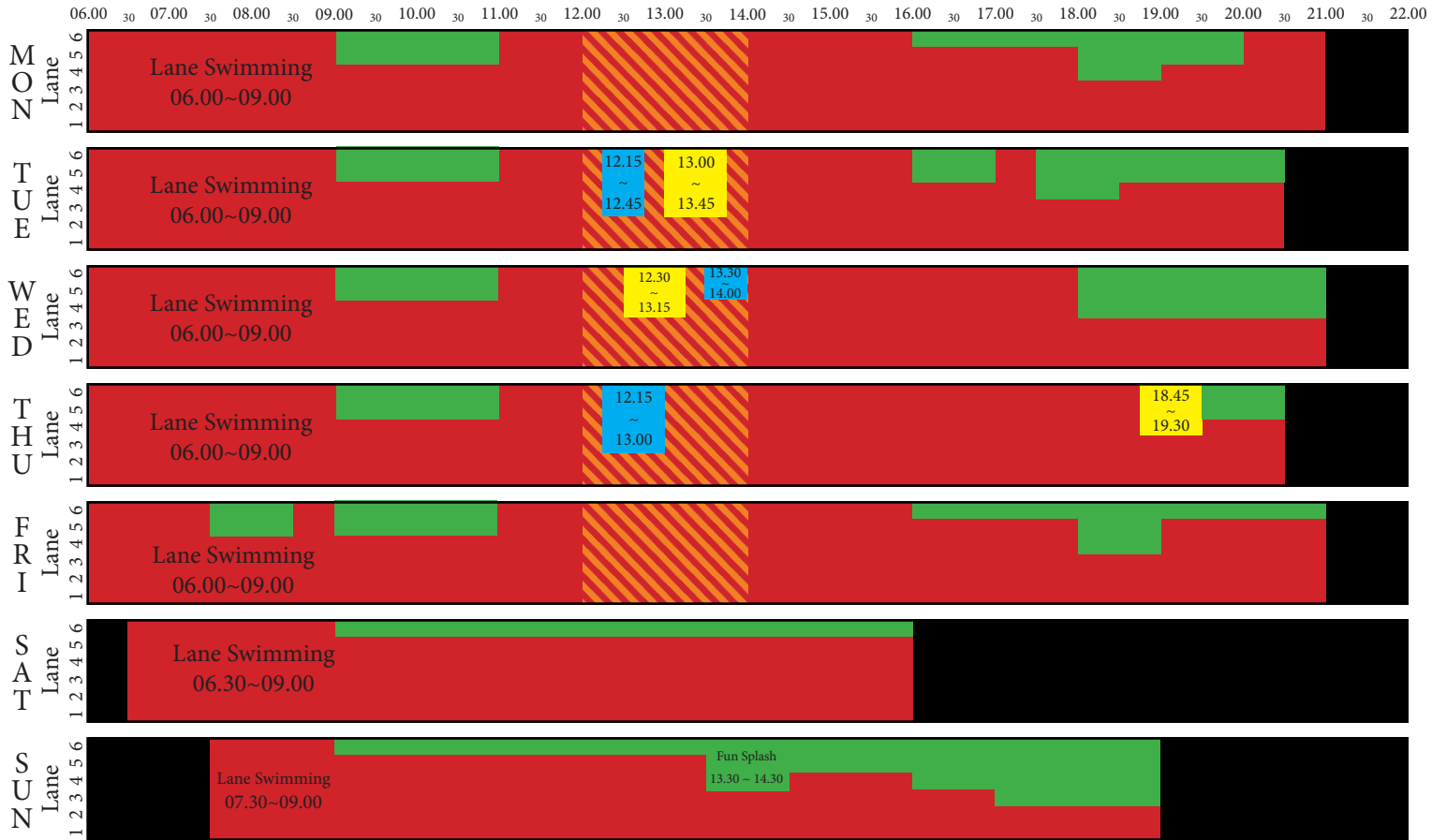


FEBRUARY HALF TERM SWIMMING POOL OPENING TIMES - 10/2/18-18/2/18



Members
 Lessons
 Water Therapy
 Adults Only
 Aqua Aerobics
 Cleaning / Closed

FEBRUARY HALF TERM OPENING TIMES - 10/2/18-18/2/18

The Sandwich & Coffee Bar is CLOSED during the February half term.

Please visit the Members Portal or contact reception for information on our Fitness Class schedule over the February half term.

Swimming Crash Courses available during February half term with emphasis on Backstroke and Breaststroke from stages 4 upwards. Please contact reception on 01227 812921 or email k.jackson@kingsrecreation.co.uk to book.

Fitness Suite

Monday	06.00-10.00 11.00-21.00
Tuesday	06.00-21.00
Wednesday	06.00-10.00 11.00-21.00
Thursday	06.00-21.00
Friday	06.00-19.00
Saturday	06.30-17.00
Sunday	07.30-19.00



The King's School Recreation Centre
1 St. Stephen's Road, Canterbury, CT2 7HU
01227 812921 / 812923
info@kingsrecreation.co.uk
www.kingsrecreation.co.uk



Fitness Class Timetable

Monday

07.30-08.30 **Yoga**
 10.00-11.00 **Functional Fitness**
 10.00-11.00 **Ladies Only Class**
 10.00-11.00 **Racket Fit**
 10.10-11.10 **50+ Aerobics**
 11.15-12.00 **Assisted Exercise Class**

18.15-19.00 **Ab Attack**
 18.15-19.00 **Ultimate HIIT**
 19.10-19.55 **Aero Fit**
 19.30-20.30 **Weightlifting Workshop ***
 20.00-21.00 **Studio Cycling**

Tuesday

10.00-11.00 **Total Body Conditioning**
 11.00-12.00 **Active For Life Circuits**
 12.15-12.45 **Water Therapy**
 13.00-13.45 **50+ Aqua**

18.15-19.15 **Studio Cycling**
 19.15-20.15 **Circuit Training**
 19.30-20.15 **Pilates ***

Wednesday

07.30-08.30 **Yoga**
 10.00-10.45 **A-B-C (Agility, Balance, Control)**
 10.00-11.00 **Ladies Only Class**
 10.00-11.00 **Functional Fitness**
 11.00-11.45 **Pilates ***
 12.30-13.15 **50+ Aqua**
 13.30-14.00 **Water Therapy**

18.15-19.15 **Body Tone**
 19.00-20.00 **Tai Chi**
 19.15-20.15 **Studio Cycling**
 19.30-20.30 **X-Fit**

Thursday

10.00-10.45 **Pilates ***
 10.00-11.00 **50+ Circuits**
 11.00-12.00 **Active For Life Circuits**
 12.15-13.00 **Water Therapy**

18.15-19.15 **Studio Cycling**
 18.45-19.30 **Deep Aqua**
 19.15-20.15 **Body Blast**
 19.30-20.30 **Bootcamp ***
 20.00-21.00 **Yoga**

Friday

07.30-08.30 **Yoga**
 10.00-11.00 **Fitball Conditioning**
 11.00-12.00 **Functional Fitness**
 12.00-12.45 **Assisted Exercise Class**

18.15-19.15 **Studio Cycling**

Saturday

09.00-10.00 **Studio Cycling**
 10.15-11.00 **Ab Attack**
 11.15-12.15 **Total Body Conditioning**

Sunday

09.30-10.30 **Studio Cycling**
 11.00-12.00 **Functional Fitness**
 16.45-17.45 **Yoga**

Intense Fitness
Strength & Conditioning
Conditioning & Core
Body & Mind
Pulse Raisers
Exercise Referral
50+ Classes

* run as a course



OPENING TIMES

Lent 2018

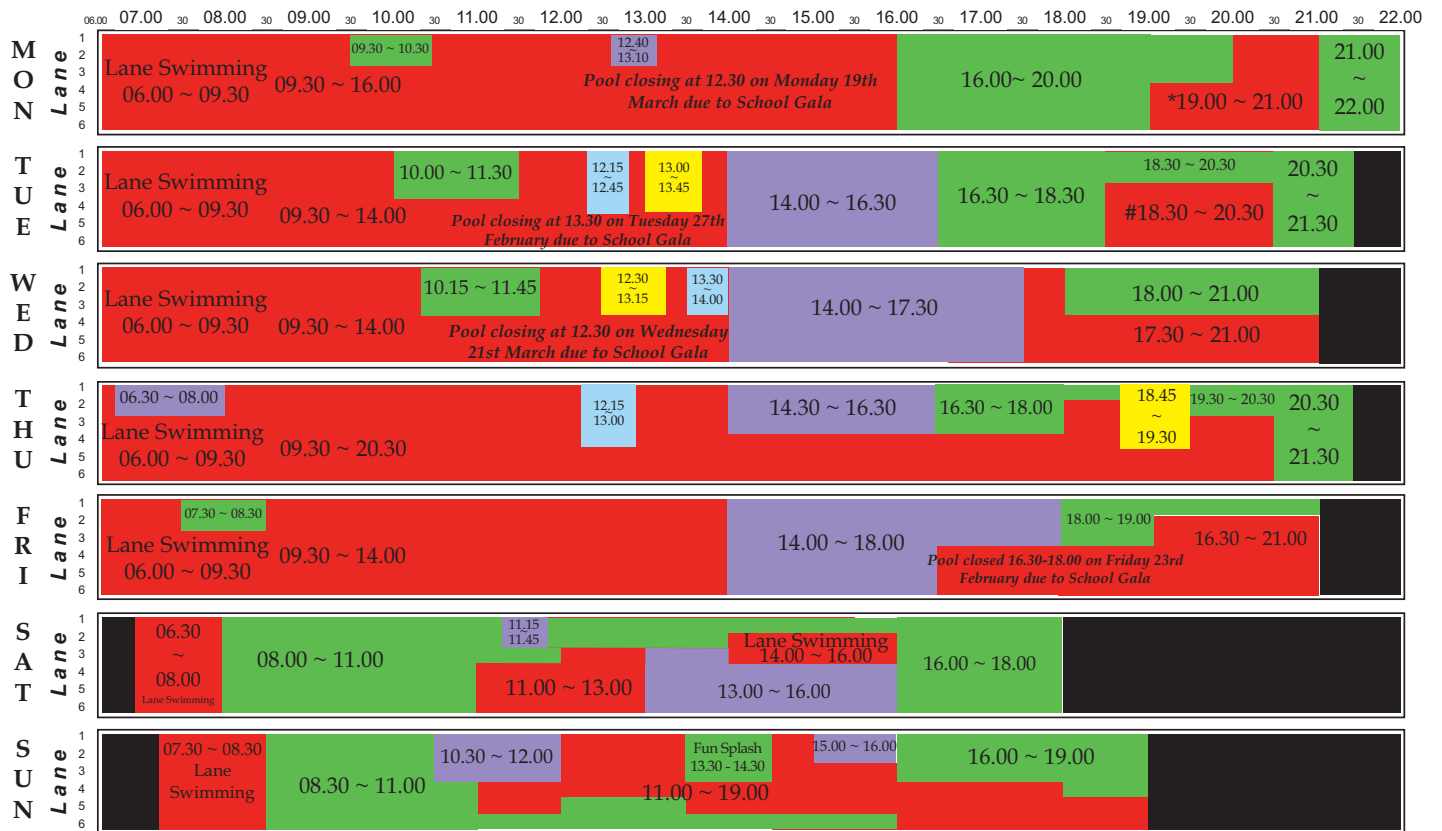


Monday 19th February -
Friday 23rd March

1 St. Stephen's Road
 Canterbury, Kent, CT2 7HU
 01227 812921 / 812923
www.kingsrecreation.co.uk
info@kingsrecreation.co.uk
 Twitter: @Kings_Rec
 Registered Charity No. 307942



Swimming Pool Time Table



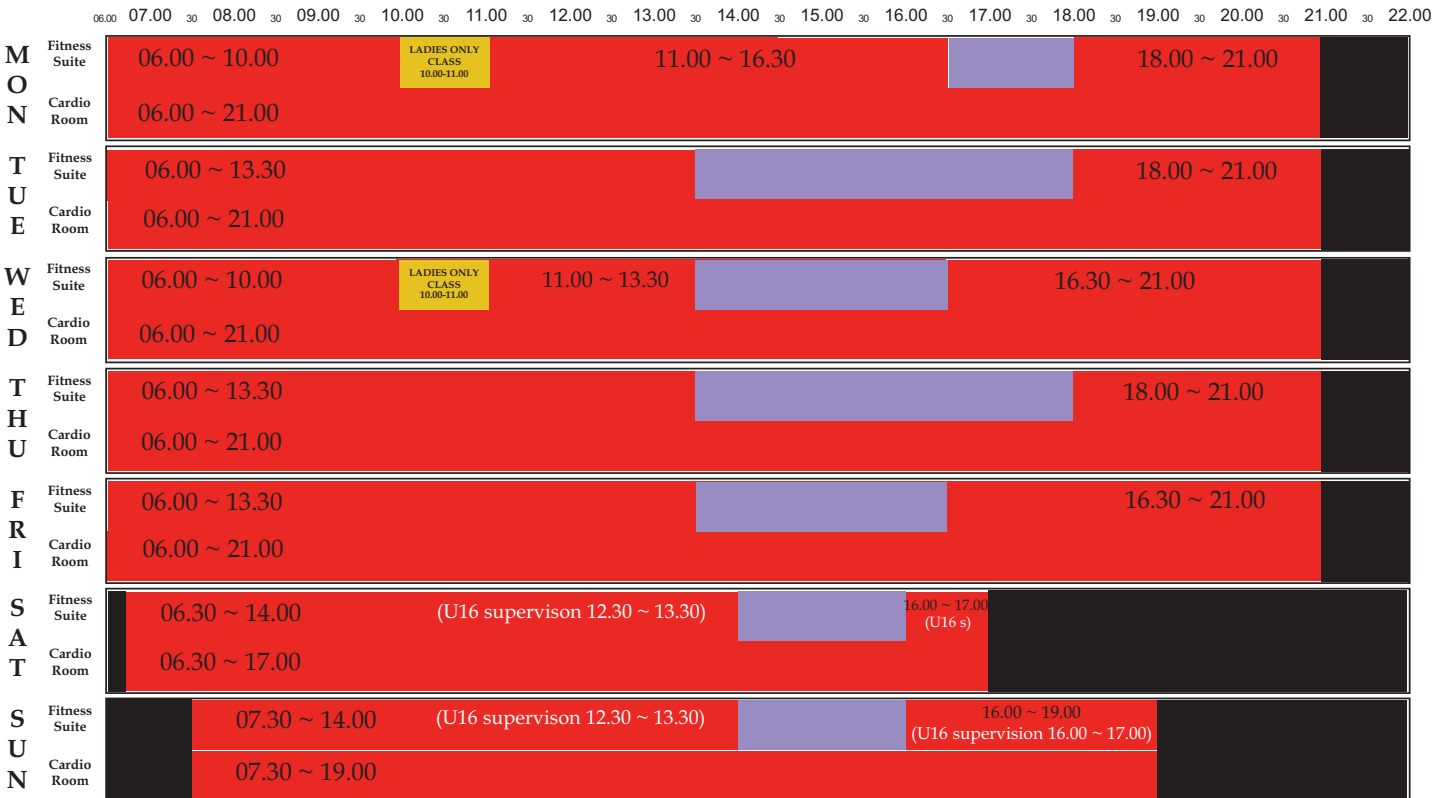
■ Members
 ■ The King's School
 ■ Lessons and Block Bookings
 ■ 50+ Aqua / Deep Aqua
 ■ Water Therapy
 ■ Cleaning / Closed

Individual swimming tuition takes place during members swimming times, to avoid these lessons we advise you to contact reception.

* Please note the pool will be opening at the later time of 19.30hrs on Monday 19th February & Monday 19th March 2018.

Please note the pool will opening at the later time of 19.00hrs on Tuesday 27th February 2018.

Fitness Suite Time Table



■ Members
 ■ The King's School

Please read our members email for possible timetable amendments or visit our website www.kingsrecreation.co.uk.

For regular Centre updates please follow us on twitter @Kings_Rec