

Leatherhead Leisure Centre

Centre Programme and General Information



Kid's Activities

Teen Zone

Junior gym sessions for children aged 11-15 years. Encourage your children to become more active. Sessions are run by fully qualified instructors.

Tuesday	16.00 – 17.00
Thursday	16.00 – 17.00
Saturday	12.00 – 13.00
Sunday	10.00 – 11.00

Funky Fitness

Funky Fitness sessions for children aged 11-15 years. Sessions include a mixture of aerobics, circuits, games and fitness activities, all to the latest music.

Monday	18.15 – 19.15
Wednesday	16.30 – 17.30

Crèche

Monday	09.30 – 11.30
Tuesday	09.30 – 12.00
Wednesday	09.30 – 11.30
Thursday	09.30 – 12.00
Friday	09.30 – 11.30

Soft play for under 8's

Term Time

Monday – Friday	08.30 – 19.00
Saturday and Sunday	08.30 – 19.00

School Holidays

Monday – Friday	08.30 – 19.00
Saturday and Sunday	08.30 – 19.00



Opening Hours

Monday – Thursday	06.30 – 22.30
Friday	06.30 – 21.00
Saturday and Sunday	08.00 – 19.00
Bank holidays	08.00 – 15.00

Off-peak Hours

Badminton	Monday – Friday	06.30 – 17.30
	Saturday and Sunday	08.00 – 19.00
Squash	Monday – Friday	06.30 – 17.30
	Saturday and Sunday	08.00 – 19.00

Gym Information

Membership

Our **Lifestyle Choice** membership offers a wide range of health and fitness activities from individual exercise to group classes. Also included in this regional membership is Swim School* (swimming lessons) for family members, racquet sports, health suite, water sports (at Surrey Docks) and court hire, along with discounted sports courses, children's activities, multi-use games and pitch hire.

We also offer the Platinum membership package benefits of which include gym, swimming, fitness classes and health suite.

Speak to a member of staff for more information.

Swim School is available from January 2011.

We are sorry to inform you that the swimming pool is closed for refurbishment until December 2010. In the meantime we are pleased to be able to offer our current members free access to Dorking Sports Centre for swimming. You will need to produce your membership card at reception.

Centre Membership

Centre membership is available for adults, families, juniors and senior citizens. Pay an annual fee and receive discounts on activities and priority booking privileges. Centre members will be able to access swimming at Dorking Sports Centre at their Centre Membership rate. Please ensure that you are able to produce your membership card at reception.

Gym Opening Hours

Monday	06.30 – 22.30
Tuesday	06.30 – 22.30
Wednesday	06.30 – 22.30
Thursday	06.30 – 22.30
Friday	06.30 – 21.00
Saturday and Sunday	08.00 – 19.00
Bank holidays	08.00 – 15.00

Personal Training

For those customers who want to go that bit further in their training or for those who are perhaps new to the gym and less confident, we offer one-to-one coaching. Special discounts available for block bookings. Speak to a fitness coach or ask at reception for further information.

Fitness Class Timetable

Monday	Spinning	08.00 – 08.45
	Fitness and Mobility	09.30 – 10.30
	Spinning	09.30 – 10.15
	Circuit Training	10.30 – 11.30
	Spinning	12.10 – 12.55
	Body Tonic	13.15 – 14.00
	Aerobics	19.00 – 20.00
	Step	20.15 – 21.15
Tuesday	Spinning	07.00 – 07.45
	Core Stability and Balance 60+	09.25 – 10.25
	Aerobics	12.10 – 12.55
	LBT	13.15 – 14.00
	Step and Tone	17.45 – 18.45
	Fitness Yoga	19.00 – 20.00
	Spinning	20.15 – 21.00
Wednesday	Circuits	07.00 – 07.45
	Tone and Shape	09.30 – 10.30
	Spinning	11.00 – 11.45
	Spinning	12.10 – 12.55
	Abs Attack	13.15 – 14.00
	Spinning	17.45 – 18.30
	Fight Klub	20.15 – 21.15
Thursday	Spinning	07.00 – 07.45
	Fitness and Mobility	09.30 – 10.30
	Fitness Yoga	09.30 – 10.30
	Aerobics	12.10 – 12.55
	Circuits	13.15 – 14.00
	Circuits	19.00 – 20.00
	Body Combat	20.15 – 21.15
Friday	Step and Tone	09.30 – 10.30
	Spinning	12.10 – 12.55
	Body Tonic	13.15 – 14.00
	Body Pump	17.45 – 18.45
Saturday	Spinning	08.15 – 09.00
	Aerobics	09.15 – 10.15
	Circuits	10.30 – 11.30
Sunday	Fight Klub	09.45 – 10.45
	Fitness Yoga	11.00 – 12.00

No classes on bank holidays

Recreation Sessions for the over 50's

Come and enjoy the benefits of our programme that has been designed especially for you! All equipment is provided; all you have to do is bring loose clothing and trainers. It includes short tennis, table tennis, racketball, badminton and squash.

Tuesday and Thursday

Retired Recreation

13.30 – 15.30

Ladies Recreation Morning

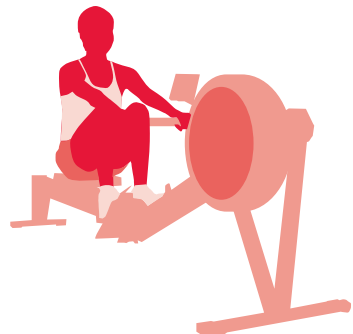
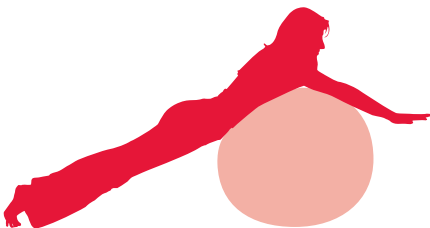
Join us for our weekly ladies only session – activities include badminton, keep fit.

Friday

10.00 – 12.00

Book online

Book your classes and sessions online at www.leatherheadleisurecentre.com





Leatherhead Leisure Centre

Guildford Road
Leatherhead
Surrey
KT22 9BL

Tel: 01372 377674

Bookings tel: 01372 386564

Fax: 01372 386749

Email: leatherhead@fusion-lifestyle.com

Website: www.leatherheadleisurecentre.com