

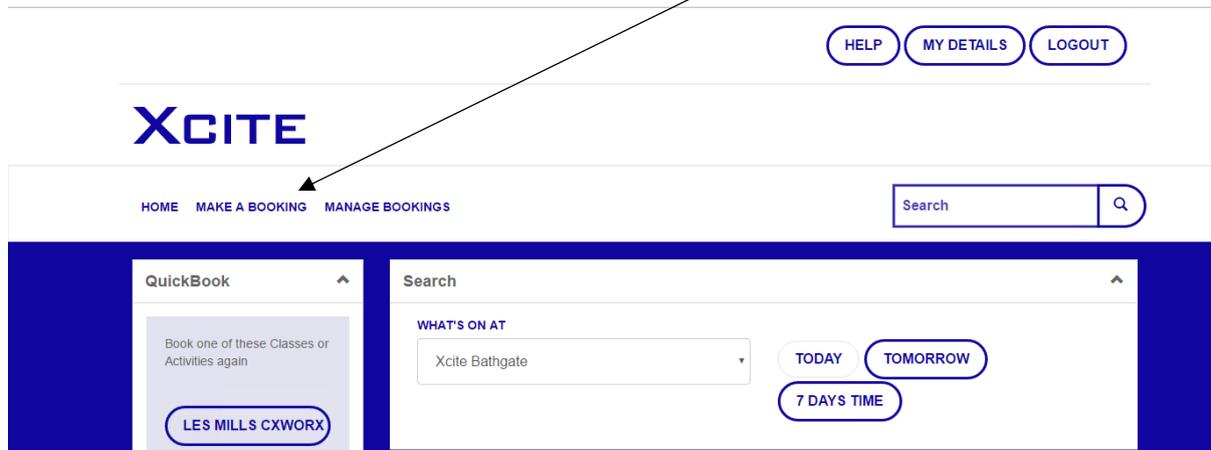
XCITE

HOW TO MAKE A BOOKING ONLINE

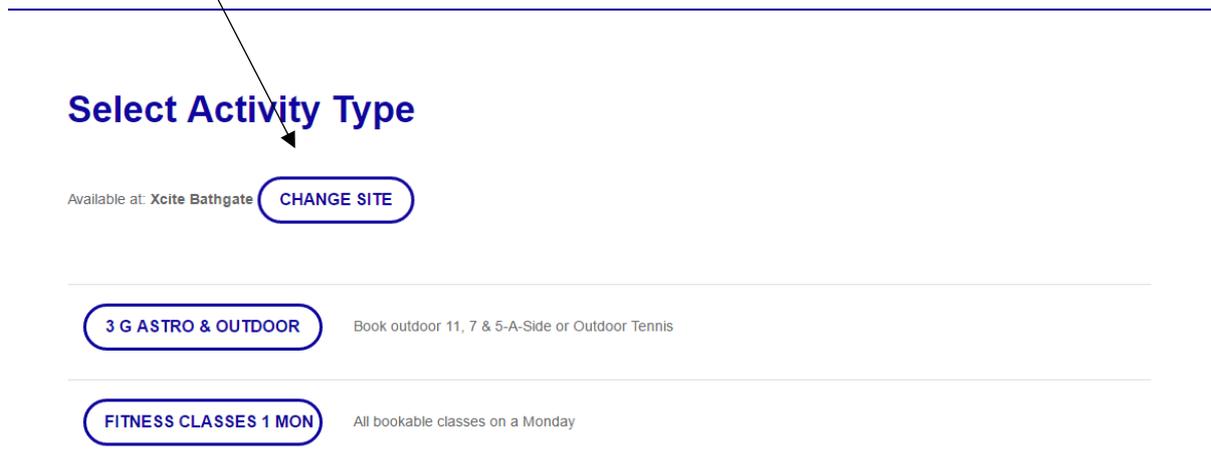
This help guide explains the different features to book online

Xcite Online Bookings
System

The easiest way to find our Classes is to click on **Make a Booking**



Select the site if different from their preferred Site



The full list of Activity Types along with the Fitness Classes re broken down into days of the week which will be displayed like:

Select the day that you are looking for

FITNESS CLASSES 1 MON

All bookable classes on a Monday

FITNESS CLASSES 2 TUE

All bookable classes on a Tuesday

FITNESS CLASSES 3 WED

All bookable classes on a Wednesday

FITNESS CLASSES 4 THUR

All bookable classes on a Thursday

FITNESS CLASSES 5 FRI

All bookable classes on a Friday

FITNESS CLASSES 6 SAT

All bookable classes on a Saturday

FITNESS CLASSES 7 SUN

All bookable classes on a Sunday

To find N-R-G Activities for Free Swimming Lessons:

- Select Venue
- Click on Advanced search
- Select N-R-G Activity
- Select Lesson level i.e. Adult & Child
- Change date range to 11 – 17 September
- Select Lesson and confirm booking.

You'll see a list of classes available on this day, click on the class name to select a class

Select Activity

Available activities in Fitness Classes 2 Tue

- AQUAFIT** Xcite Aqua uses water resistance to improve cardiovascular fitness and muscle tone. Xcite Aqua remains one of our popular classes, for all ages and abilities. 16yrs +
- KETTLERCISE** Kettlercise is for all levels of fitness, beginner to advanced and it's fun, super quick and super effective! Kettlercise covers a huge range of kettlebell exercises! 16yrs +
- LES MILLS BODY JAM** Body Jam is a blend of aerobic and dance moves, combining the latest moves and sounds from hip-hop, funk and songs in the charts. Great fun! 16yrs +
- LES MILLS BODY PUMP** Body Pump is reputed to be the fastest way in the universe to get in shape. This resistance-training programme

This will display the Class Name and where it's taking place

XCITE

HOME MAKE A BOOKING MANAGE BOOKINGS

Search

Select Slot

Les Mills Body Attack [Studio 3]

Mon 27 Feb, 19:05
(60 mins)

BOOK
30 SPACES REMAINING

The date and time and duration of the class

How many spaces are remaining in the class

Click on Book to select this class

To complete Your Booking

Complete Your Booking

Les Mills Body Attack [Studio 3]

Mon 27 Feb, 19:05 (60 mins)
£0.00

Comments

The ultimate cardiovascular challenge, pushing you to reach your limits of endurance. Body Attack uses high energy moves which will help you achieve your highest level of fitness. 16yrs +

Do you want to make this booking?

[BOOK](#) [CANCEL](#)

Click on Book

Completed Booking

Les Mills Body Attack

Mon 27 Feb at 19:05
£0.00

Thank you for your booking. You will receive a booking confirmation email shortly.

This will then Complete the booking and you will receive an email confirmation to your inbox