

## Class Descriptions

YMCA LSW is a registered charity (charity no: 1041923)

- 100% Aerobics / 100% Step** A great fat burning aerobic work-out that's easy to follow - designed to shape and tone bottoms & thighs
- 100% Toning** A 60 minute full-body approach class to sculpt and tone your entire body
- Tap Dancing** Missed out the first time around? It's never too late to learn to tap. Combine fun, fitness and dance while learning a variety of tap dance steps. Low heeled shoes may be worn. The instructor will advise on footwear.
- Body Balance** A Tai Chi, Yoga and Pilates based stretch programme that leaves you feeling toned relaxed and renewed
- Body Pump** The fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is for just about everybody. Burn up to 600 calories per class!
- Boxercise Circuit** This class has developed from old training principles and adapted them to form a fun, safe, stress busting workout suitable for all ages and levels of ability. This is a 60 minute full body approach class to sculpt and tone your entire body.
- Classic Fitness** This is a gentle class for those who want to improve stamina and mobility through light aerobics toning and relaxation.
- Circuits** A combination of strength, cardio and stamina work using different exercise stations in the studio.
- Indoor Cycling** This class is designed to bring outdoor cycling techniques, indoors, under controlled conditions with a great soundtrack to motivate and move you. The ride of your life!
- Karate** A martial art used for self defence, with emphasis on self discipline and a positive attitude.
- Legs Bums & Tums/ HiLo LBT** Aerobic warm-up, followed by lower body conditioning exercises to target your hips, thighs and bottom
- Latin Rhythms Dance** Latin Rhythms is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class. Combining high energy and motivating music with unique moves and combinations making for a "feel happy" workout that's great for both the body and mind!
- Line Dancing** Friendly, fun and a great way of keeping fit!
- Pilates** The Pilates method is a conditioning programme that improves muscle control, flexibility, coordination, strength and tone
- Power Ball Abs** Use the Power Ball to strengthen and tone abs and back. A small class allowing individual instruction.
- Salsa** Fun and flirty and a great way to exercise! Learn to dance with Latin spirit. Bring a partner or come along on your own
- Tennis Club Night** All levels welcome, a great way to meet new friends and improve tennis skills in an informal environment
- West End Jazz Class** A fun way to learn the routines from the West End with great choreography whilst keeping fit
- Workout Fusion** Best of three! A combination of workout moves taken from aerobics, conditioning and step to give you real results.
- XTrainer** A combination of aerobics and body conditioning.
- Yoga** Hatha Yoga techniques to improve flexibility, posture and strength. Promotes relaxation and calm.

**YMCA**  
London South West

formerly Kingston & Wimbledon YMCA

# feeling good

health & fitness programme **New Year 2010**  
programme starts on Monday 4th January



**YMCA Hawker Centre**  
Lower Ham Road  
Kingston  
KT2 5BH

**T:020 8296 9747**  
**F:020 8296 9759**

Textphone users  
dial 18001 prefix

**www.kwymca.org.uk**



YMCA Hawker Centre is part of YMCA LSW, a registered charity working in partnership with the Royal Borough of Kingston



	Time	Class	Type	Instructor	Level	Duration (mins)	Studio
Monday	9.30 am	Legs Bums & Tums ☉	T	Catherine	All	60	MH
	10.30 am	100% Step ☉	C	Marie	All	60	MH
	10.35 am	Power Ball Abs ☉	T	Catherine	All	30	S1
	11.00 am	Pilates ☉	M	Debby	All	60	S2
	12.00 pm	Pilates ☉	M	Debby	All	60	S2
	6.30 pm	Indoor Cycling	C	Damian	All	45	S2
	6.30 pm	Pilates	M	Katarina	All	60	MH
	7.00 pm	Club Night Tennis	G	Marek	All	120	Courts
	7.30 pm	Tap Dancing	D	Jan	All	60	S1
	7.30 pm	Pilates	M	Katarina	All	60	S2
Tuesday	7.30 pm	100% Aerobic	C	Samantha	All	60	MH
	8.30 pm	Body Pump	T	Soni	All	60	MH
	9.30 am	Body Pump ☉	T	Catherine	All	60	MH
	10.00 am	West End Jazz ☉	D	Jill	All	60	S1
	10.30 am	Body Balance ☉	M	Catherine	All	60	MH
	11.00 am	Classic Fitness	G	Nadia B	Gentle	60	S1
	1.00 pm	Line Dancing	D	Pauline	Beg	60	MH
	2.00 pm	Line Dancing	D	Pauline	Int	60	RES
	6.30 pm	Indoor Cycling	C	Daniel	All	45	S2
	7.30 pm	Body Balance	M	Catherine	All	60	S2
Wednesday	7.30 pm	Circuits	C/T	Damian	Int-Adv	60	MH
	8.30 pm	Body Pump	T	Catherine	All	60	MH
	9.30 am	XTrainer ☉	T	Marie	All	60	S1
	10.00 am	Yoga ☉	M	Brigitte	All	60	S2
	6.40 pm	Indoor Cycling	C	Nicola	All	45	S2
	7.00 pm	Club Night Tennis	G	Marek	All	120	Courts
	7.30 pm	Yoga	M	Brigitte	Beg	60	S2
	7.30 pm	Pilates	M	Victoria B	Beg	60	MH
	8.00 pm	Karate	G	Sat	All	60	S1
	8.30 pm	Yoga	M	Brigitte	All	90	S2
8.30 pm	Pilates	M	Victoria B	All	60	S1	

\*All PAYG classes are FREE to members (excluding Tennis Club Night)

☉ Crèche available for both members and non-members at £4.50 per hour

	Time	Class	Type	Instructor	Level	Duration (mins)	Studio
Thursday	9.30 am	Workout Fusion ☉	C/T	Catherine	All	60	MH
	9.30 am	Pilates ☉	M	Karen	All	60	S2
	10.30 am	Body Balance ☉	M	Catherine	All	60	MH
	10.30 am	Tap Dancing	D	Jill	All	60	S1
	11.30 am	Latin Rhythms Dance	D	Jill	All	60	S1
	6.30 pm	Indoor Cycling	C	Damian	All	45	S2
	6.30 pm	Boxercise Circuit	C/T	Nicola	All	60	S1
	7.30 pm	Body Pump	T	Barbara	All	60	MH
	7.30 pm	Pilates	M	Alexandra	Beg	60	S2
	7.30 pm	Running Club	C	Stragglers	All	Varies	Out-side
Friday	9.30 am	100% Toning ☉	T	Brigitte D	All	60	S1
	9.30 am	Pilates ☉	M	Debby	All	60	S2
	10.30 am	Pilates ☉	M	Debby	All	60	S2
	7.30 pm	Salsa	D	Jeff	Beg	60	S1
Sat	8.00 pm	Karate	G	Sat	Adult	60	S1
	9.00 am	Body Pump	T	Catherine	All	60	MH
	10.00 am	Hi/Lo LBT	C/T	Catherine	All	60	MH
	10.30 am	Indoor Cycling	C	Susanna	All	45	S2
Sun	11.00 am	Body Balance	M	Catherine	All	75	MH
	9.30 am	Body Pump	C/T	Toni	All	60	S1
	10.00 am	Karate	G	Sat	Junior	60	S1
	10.30 am	Pilates	M	Karen	All	60	S2

### Please remember...

- Please book for the class at the main reception and give your ticket to the instructor taking the class
- Participants will not be permitted to take the class without a valid ticket or if they miss the warm up (normally the first 10 minutes)

**Class Type:** C - Cardio T - Toning, M - Mind and Body, D -Dance, G - General Fitness

**Studio List:** MH - Main Hall S1 - Studio 1 S2 - Studio 2

**Courts** - Tennis Courts **RES** - Restaurant

Class Prices	PAYG	Seniors	Active Kingston Card
<b>Fitness Classes</b>	£5.25	£4.10	£3.70
<b>Pilates</b>	£6.90	£5.20	£4.80