

Class Descriptions

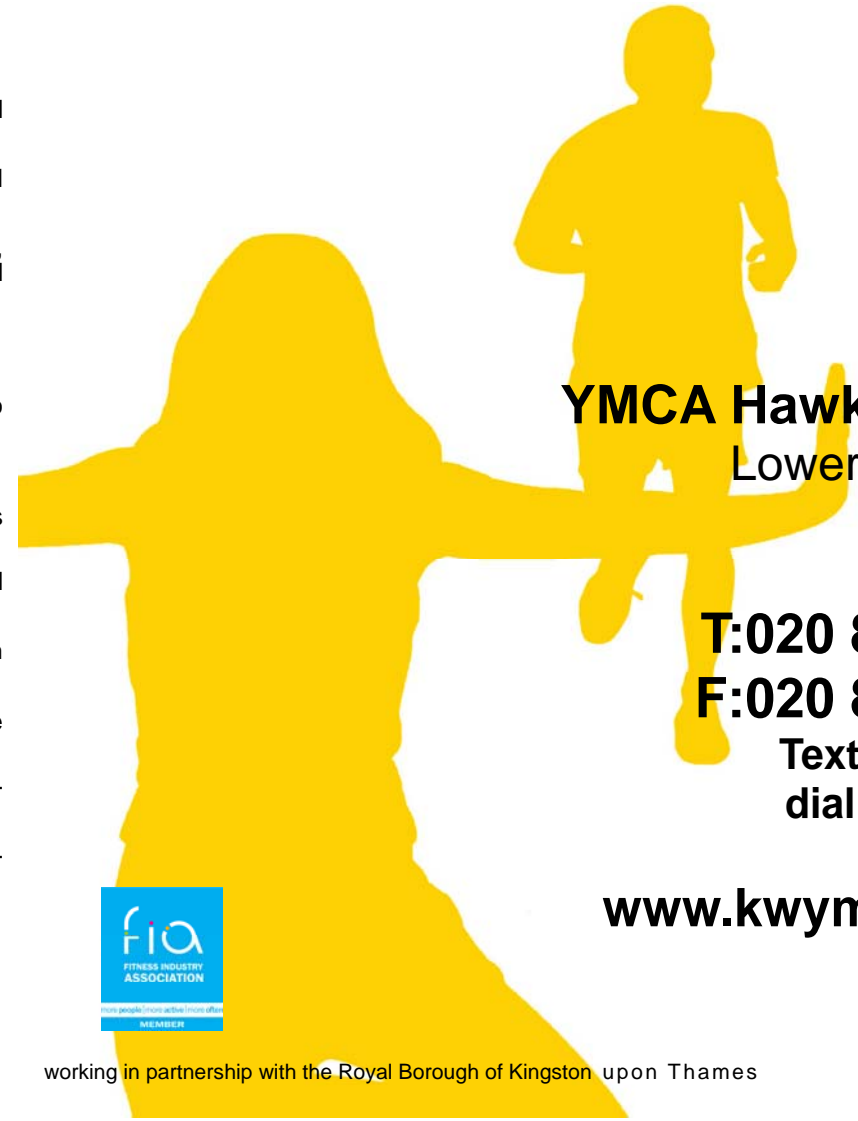
- 100% Step** A great fat burning aerobic work-out that's easy to follow - designed to shape and tone bottoms & thighs
- Tap Dancing** Missed out the first time around? It's never too late to learn to tap. Combine fun, fitness and dance while learning a variety of tap dance steps. Low heeled shoes may 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!
- Classic Fitness** This is a gentle class for those who want to improve stamina and mobility through light aerobics toning and relaxation.
- Circuits/Family Circuits** A combination of strength, cardio and stamina work using different exercise stations in the studio.
- Dance Fitness** Dance and aerobic fitness combine together to create a fun and effective workout!
- Gym Ball Class** A variety of challenging moves on the exercise ball to deliver a full body workout to improve core stability and balance.
- 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
- 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

KWYMCA is a registered charity (charity no: 1041923)

Kingston & Wimbledon **YMCA**

feeling good

health & fitness programme



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



working in partnership with the Royal Borough of Kingston upon Thames



	Time	Class	Type	Instructor	Level	Duration (mins)	Studio
Monday	9.30 am	Legs Bums & Tums ☺	CB	Catherine	All	60	MH
	9.30 am	100% Step ☺	T	Marie	All	60	S1
	10.35 am	Power Ball Abs ☺	T	Catherine	All	30	S1
	11.00 am	Pilates Class ☺	M	Debby	All	60	S2
	12.00 pm	Pilates Class ☺	M	Debby	All	60	S2
	6.30 pm	Indoor Cycling	C	Damian	All	60	S2
	6.30 pm	Pilates Class	M	Katarina	Mixed	60	MH
	7.00 pm	Club Night Tennis	G	Zuzana	All	120	Courts
	7.30 pm	Tap Dancing	D	Victoria W	All	60	S1
	7.30 pm	Pilates Class	M	Katarina	Mixed	60	MH
8.30 pm	Dance Fitness	C	Victoria W	All	60	MH	
Tuesday	9.30 am	Body Pump ☺	T	Catherine	All	60	MH
	10.00 am	West End Jazz Class ☺	D	Jill	All	60	S1
	10.30 am	Body Balance ☺	M	Catherine	All	75	MH
	11.00 am	Classic Fitness	S	Nadia B	Gentle	60	S1
	12.00 pm	Table Tennis	G	N/A	Mixed	120	S1
	1.30 pm	Line Dancing	S	Pauline	Gentle	60	MH
	7.15 pm	Body Balance	M	Catherine	All	75	S2
	7.30 pm	Circuits	C/T	Damian	Int-Adv	60	MH
	8.30 pm	Gym Ball Class	T	Catherine	All	60	S2
	8.30 pm	Body Pump	T	Steph	All	60	MH
Wednesday	9.30 am	XTrainer ☺	T	Marie	All	60	S1
	10.00 am	Yoga Class ☺	M	Brigitte	Mixed	90	S2
	7.00 pm	Club Night Tennis	G	Zuzana	All	120	Courts
	7.00 pm	Yoga Class	M	Brigitte	Beg	90	S2
	7.30 pm	Pilates Class	M	Victoria B	Beg	60	MH
	8.00 pm	Karate	G	Sat	All	60	S1
	8.30 pm	Yoga Class	M	Brigitte	Mixed	90	S2
8.30 pm	Pilates Class	M	Victoria B	Mixed	60	S1	

	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	S1
	10.30 am	Body Balance ☺	M	Catherine	All	75	MH
	7.15 pm	Body Pump	T	Steph	All	60	MH
	8.15 pm	Family Circuits	C/T	Damian	8+	45	MH
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 Class ☺	M	Debby	Mixed	60	S2
	10.30 am	Pilates Class ☺	M	Debby	Mixed	60	S1
	7.30 pm	Salsa	D	Jeff	Beg	60	MH
	8.45 pm	Salsa	D	Jeff	All	60	MH
Saturday	9.00 am	Body Pump	T	Catherine	All	60	MH
	10.00 am	Hi/Lo LBT	C/T	Catherine	All	60	MH
	11.00 am	Body Balance	M	Catherine	All	75	MH
Sunday	12.00 pm	Indoor Cycling	C	Damian	Int	60	S2
	10.15 am	Body Pump	C/T	Jane	All	60	S1
	11.15 am	Pilates	M	Karen	All	60	S1

Please remember...

- To check the class level before booking.
- Participants will not be permitted to take a class if they miss the warm up (normally the first 10 minutes).
- While every effort is made to provide classes and instructors as advertised, we reserve the right to change classes or instructors at short notice.

Class Type: C - Cardio T - Toning, M - Mind and Body CB - Combination of class types D -Dance, G - General Fitness

Class Prices	PAYG	Seniors
Fitness Classes	£4.90	£3.80
Salsa/Body Balance/Yoga	£5.25	£4.30
Pilates	£6.90	£6.90

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

☺ Crèche available for both members and non-members at £4 per hour