

**Cardio - Healthy Heart, Healthy Mind**

<b>100% Aerobics / 100% Step</b>	A great fat burning aerobic work-out that's easy to follow - designed to shape and tone bottoms & thighs
<b>Indoor Cycling</b>	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!

**Toning – Change Your Body Shape**

<b>100% Toning</b>	A 60 minute full-body approach class to sculpt and tone your entire body
<b>Body Pump</b>	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!
<b>Legs Bums &amp; Tums/ HiLo LBT</b>	Aerobic warm-up, followed by lower body conditioning exercises to target your hips, thighs and bottom
<b>Power Ball Abs</b>	Use the Power Ball to strengthen and tone abs and back. A small class allowing individual instruction.
<b>XTrainer</b>	A combination of aerobics and body conditioning.

**Cardio/Toning – A Full Workout**

<b>Boxercise Circuit</b>	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.
<b>Circuits</b>	A combination of strength, cardio and stamina work using different exercise stations in the studio.
<b>Workout Fusion</b>	Best of three! A combination of workout moves taken from aerobics, conditioning and step to give you real results.

**Mind & Body – Relax, Re-Focus And Re-Energise**

<b>Body Balance</b>	A Tai Chi, Yoga and Pilates based stretch programme that leaves you feeling toned relaxed and renewed
<b>Pilates</b>	The Pilates method is a conditioning programme that improves muscle control, flexibility, coordination, strength and tone
<b>Yoga</b>	Hatha Yoga techniques to improve flexibility, posture and strength. Promotes relaxation and calm.

**Dance – Get Those Feet Moving**

<b>Latin Rhythms Dance</b>	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!
<b>Line Dancing</b>	Friendly, fun and a great way of keeping fit!
<b>Salsa</b>	Fun and flirty and a great way to exercise! Learn to dance with Latin spirit. Bring a partner or come along on your own
<b>Tap Dancing</b>	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.
<b>West End Jazz Class</b>	A fun way to learn the routines from the West End with great choreography whilst keeping fit

**General Fitness – Try Something Different**

<b>Karate</b>	A martial art used for self defence, with emphasis on self discipline and a positive attitude.
<b>Tennis Club Night</b>	All levels welcome, a great way to meet new friends and improve tennis skills in an informal environment

**Gentle – Gently Move, Gently Tone, Gently Stretch**

<b>Classic Fitness</b>	This is a gentle class for those who want to improve stamina and mobility through light aerobics toning and relaxation.
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# feeling good

health & fitness programme **Summer 2010**  
programme starts on Monday 26th July



**YMCA Hawker Centre**

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KT2 5BH

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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	Samantha	All	60	MH	
	10.35 am	Power Ball Abs ☺	T	Gym Team	All	15	S1	
	11.00 am	Pilates ☺	M	Debby	All	60	MH	
	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	S2	
	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	
	7.30 pm	100% Aerobic	C	Samantha	All	60	MH	
8.30 pm	Body Pump	T	Zoe	All	60	MH		
Tuesday	9.30 am	Body Pump ☺	T	Jenny	All	60	MH	
	10.00 am	West End Jazz ☺	Postponed until September					
	10.30 am	Body Balance ☺	M	Jenny	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	
	7.25 pm	Body Balance	M	Catherine	All	60	S2	
	7.30 pm	Circuits	C/T	Damian	Int-Adv	60	MH	
	8.30 pm	Body Pump	T	Catherine	All	60	MH	
Wednesday	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	
	7.00 pm	Karate	G	Sat	Junior	60	MH	
	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	Adult	60	MH	
	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

**Studio List:** MH - Main Hall S1 - Studio 1 S2 - Studio 2 Courts - Tennis Courts  
RES - Restaurant

	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	Postponed until September				
	11.30 am	Latin Rhythms Dance	Postponed until September				
	6.30 pm	Indoor Cycling	C	Damian	All	45	S2
	6.30 pm	Boxercise Circuit	C/T	Nicola	All	60	S1
	7.30 pm	100% Step	C	Zoe	All	60	MH
	7.30 pm	Pilates	M	Samantha	Beg	60	S2
	7.30 pm	Running Club	C	Stragglers	All	Varies	Out-side
8.30 pm	Body Pump	T	Zoe	All	60	MH	
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
	7.00 pm	Karate	G	Sat	Mix	60	MH
	7.30 pm	Salsa	D	Jeff	Beg	60	S1
	8.00 pm	Karate	G	Sat	Adult	60	MH
	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
	11.00 am	Body Balance	M	Catherine	All	75	MH
Saturday	9.30 am	Body Pump	C/T	Toni	All	60	S1
	9.45 am	Karate	G	Sat	Junior	60	MH
	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, C/T - Cardio/Toning, D - Dance  
G - General Fitness G - Gentle

Class Prices	PAYG	Seniors	Active Kingston Card
<b>Fitness Classes</b>	£5.60	£4.50	£4.00
<b>Pilates</b>	£7.50	£5.70	£5.30