

Cardio - Healthy Heart, Healthy Mind

100% Aerobics / 100% Step	A great fat burning aerobic work-out that's easy to follow - designed to shape and tone bottoms & thighs
Body Combat B.T.S.	A series of choreographed punches, kicks & blocks set to music. An excellent calorie burner and stress buster!
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!

Toning – Change Your Body Shape

Abs Blast	Flat abs take more than just crunches. So we developed a simple, time-efficient solution to give you the midsection you want.
Body Pump B.T.S.	Weight training workout with aerobic conditioning. It will tone and condition your body shape in record time.
Legs, Bums and Tums	Aerobic warm-up followed by lower body conditioning exercises to target your hips, thighs and buttocks to great music.

Cardio/Toning – A Full Workout

Circuit Mix	A combination of strength, cardio and stamina work using different exercise stations in the studio or gym.
Khai-Bo	A powerful non-contact oriental martial art class combining dynamic punching, kicking and western boxing with relaxation, core strengthening Yoga, Tai Chi and Pilates.
Dance Conditioning	Dance Conditioning incorporates all of the best dance movements into an original dance choreography set to the latest musical hits. This is a fun, exhilarating and unique body workout that will infuse an energy buzz.

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

Body Balance B.T.S.	A Tai Chi, Yoga and Pilates based stretch programme that leaves you feeling toned, relaxed and renewed.
Gentle Exercise	This class focuses more attention to participant's special needs the class is slower with the use of chairs.
Pilates	The pilates method is a conditioning programme that improves muscle control, flexibility, coordination, strength and tone.
Yoga	Develop a better understanding of how to use yoga techniques to improve flexibility.

Dance – Get Those Feet Moving

Bollywood Class	A new and vibrant way to keep fit with a fusion of Asian and Modern Jazz. A combination of cardiac exercise developing into a choreographed routine. An exhilarating and lively class that will infuse an energy buzz.
Jazz Dance	A rhythmic, percussive form of dance as seen in musicals, dance revues and music videos. A blend of European and African traditional social dances, with the elegance of ballet. This is a vibrant and expressive dance style, suitable for all levels.
Kids Hip Hop	Kid's Hip Hop is a high energy class consisting of energetic and fun Hip Hop movements to popular music. Your kids will be inspired to learn, create, and perform choreography in a fun, relaxed atmosphere. No previous dance experience is required
Latin Rhythms	Latin Rhythms is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class! It combines high energy and motivating music with unique moves and combinations making for a "feel happy" workout that is great for the body and mind!
Tap Dancing	If you love show tunes, you'll love this. Let us take you to 42nd Street for a fun filled hour that just happens to be good exercise!

General Fitness – Try Something Different

Karate	Zanshin Kai are members of the British Karate Association and are registered with the English Karate governing body.
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Gentle – Gently Move, Gently Tone, Gently Stretch

Fit 4 life	This class is a gentle class for those who want to improve stamina and mobility through light aerobics, toning and relaxation.
Gym & Tonic	Be guided through a safe and comfortable gym workout under supervision, for overall flexibility and strength (Senior and Exercise Referral)

feeling good

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



YMCA Surbiton
49 Victoria Road
Surbiton
KT6 4NG

020 8339 7083

www.ymcalsw.org



Monday	Start	Finish	Class	Type	Level	Room	Instructor
	9.15 am	10.15 am	100% Step	C	All	S1	Debby
	10.15 am	11.15 am	Body Pump	T	All	S1	Pat
	11.30 am	12.30 pm	Fit 4 Life	G	Gentle	S1	Prudie
	12.30 pm	1.30 pm	Circuit Mix	C/T	All	S1	Daniel
	6.30 pm	7.15pm	Indoor Cycling	C	Int	S2	Daniel
	6.30 pm	7.30 pm	Legs, Bums & Tums	T	All	S1	Annie
	7.00 pm	7.15 pm	Abs Blast	T	All	Gym	Gym Team
	7.30 pm	8.30 pm	Body Pump	T	All	S1	Annie
	7.30 pm	8.30 pm	Jazz Dancing	Postponed until September			
8.30 pm	9.30 pm	Tap Dancing	Postponed until September				
8.30 pm	9.30 pm	Body Combat	C	All	S1	Barbara	
Tuesday	9.30 am	10.30 am	Legs, Bums & Tums	C/T	All	S1	Ron
	10.30 am	11.30 am	Pilates	M	Int	S1	Debby
	11.00 am	12 noon	Gym'n'Tonic	G	All	S2	Gym Team
	11.30 am	12.30 pm	Fit 4 Life	G	Gentle	S1	Prudie
	12.00 noon	1.00 pm	Pilates	M	Beg	S2	Barbara
	6.30 pm	7.15pm	Indoor Cycling	C	Int	S2	Damian
	6.30 pm	7.30 pm	100% Step	C	Int	S1	Gina
	7.00 pm	7.15 pm	Abs Blast	T	All	Gym	Gym Team
	7.30 pm	8.30 pm	Body Pump	T	All	S1	Gina
	8.30 pm	9.30 pm	Jazz Dancing	Postponed until September			
8.30 pm	9.30 pm	Body Balance	M	All	S1	Barbara	
Wednesday	9.15 am	10.15 am	Body Pump	T	All	S1	Barbara
	10.30 am	11.30 am	Pilates	M	All	S1	Debby
	10.30 am	11.30 am	Tap Dancing	Postponed until September			
	11.30 am	12.30 pm	Fit 4 Life	G	Gentle	S1	Lou
	1.00 pm	1.45 pm	Indoor Cycling	C	Beg	S2	Damian
	6.15 pm	7.15 pm	Legs, Bums & Tums	C/T	All	S1	Annie
	6.30 pm	7.15 pm	Indoor Cycling	C	Beg	S2	Daniel
	7.15 pm	8.15 pm	Body Combat	C	All	S1	Clare
	7.30 pm	8.30 pm	Yoga	M	All	S2	Anjana
	8.15 pm	9.15 pm	Pilates	M	All	S1	Barbara

Thursday	Start	Finish	Class	Type	Level	Room	Instructor	
	9.30 am	10.30 am	Body Combat	C	All	S1	Pat	
	10.30 am	11.30 am	Body Balance	M	All	S1	Pat	
	11.30 am	12.30 pm	Gentle Exercise	G	Gentle	S1	Jean	
	12.30 pm	1.30 pm	Circuit Mix	C/T	All	Gym	Gym Team	
	6.20 pm	7.20 pm	Pilates	M	All	S2	Barbara	
	6.30 pm	7.30 pm	100% Aerobic	C	All	S1	Gina	
	7.30 pm	8.30 pm	Circuit Mix	C/T	All	S2	Victor	
	7.30 pm	8.30 pm	Bollywood	Postponed until September				
	8.30 pm	9.30 pm	Latin Rhythms Dance	Postponed until September				
Friday	9.00 am	10.00 am	Yoga	M	All	S1	Laura	
	10.30 am	11.30 am	Dance Conditioning	C/T	All	S1	Ron	
	11.30 am	12.30 pm	Pilates	M	All	S1	Barbara	
	11.30 am	12.30 pm	Gentle Exercise	M	Gentle	S2	Jean	
	6.30 pm	7.30 pm	Body Pump	T	All	S1	Maria	
	7.30 pm	8.30 pm	Karate	Postponed until September				
	Saturday	8.30 am	9.15 am	Kids Hip Hop	D	All	S1	Debby
		9.00 am	10.00 am	Yoga	M	All	S2	Anjali
		9.30 am	10.30 am	100% Step	C	All	S1	Debby
		10.30 am	11.30 am	Legs, Bums & Tums	C/T	All	S1	Gina
10.30 am		11.15.am	Indoor Cycling	C	All	S2	Damian	
11.30 am		12.30 pm	Body Combat	C	All	S1	Barbara	
Sunday		9.30 am	10.30 am	Pilates	M	All	S1	Debby
		10.30 am	11.30 am	Pilates	M	All	S1	Debby
		11:30am	12.15 pm	Indoor Cycling	C	All	S2	Barbara
		5.00 pm	6.00 pm	Khai Bo	C/T	All	S1	Ron

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

Prices	Pay As You Go	Snr Pay As You Go	Active Kingston Card	Snr Members
Classes	£5.50	£4.80	£4.00	£3.60
Yoga	£6.00	£5.00	£4.20	£4.80
Pilates	£7.50	£5.70	£5.40	£5.70