

Calorie Burning - Healthy Heart, Healthy Mind

Hi/Lo Aerobics	Hi and low intensity routines to raise your heart rate and burn calories.
Khai-Bo	Non-contact movements combine the dynamic punching and kicking of martial arts with western boxing. The ultimate aerobic workout.
Step	Mixed intensity of moves to improve cardio-vascular fitness using a step platform.

Strength And Tone – Change Your Body Shape

Body Pump®	A highly motivating workout with weights, targeting specific muscle groups. Burn up to 600 calories per class for fat loss.
Gliding™	Gliding™ exercises allow you to do smooth, graceful movements that firm, tone and sculpt long, lean beautiful muscles.
LBT	Legs, Bums and Tums focus using different exercise styles to change the shape of those troublesome areas.

Calorie Burning + Strength And Tone = All Systems Go!

Box fit	For the enthusiastic exerciser with non-contact boxing moves in a circuit format.
Circuit Training / Aero Circuits	Achieving all-round fitness through short bursts of different exercises and intensities.
Total Body	Hi/lo aerobics, followed by body conditioning and a great stretch section to finish. A real total body experience.

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

Body Balance®	Blended mix of yoga, tai chi and Pilates, this class will leave you feeling long, strong, centred and calm.
Pilates	Promotes body awareness, core stability and joint mobility. Pilates can also help correct postural alignment relieving back problems.
Power Stretch	Increase your strength and flexibility a good stress buster class. <b>Please note this class will become Body Balance from June 08</b>
Yoga	Hatha style yoga based on a series of poses rather than exercises, yoga will help to promote flexibility, good posture mental well being and calm.

Dance – Get Those Feet Moving

Dance Exercise	More complex choreography than Dance with Me.
Dance with Me	Stay active learning fun dance routines.
Ceroc	This fusion of Jive and Salsa is easy to learn, sociable and fun, and can be danced to any music.

Specialist – Try Something Different

Aikido	A gentle, yet dynamic martial art, based on the principle of keeping mind and body co-ordinated.
Football	Social lunchtime game.
Volleyball	Invented by the YMCA, Volleyball is a fun way of exercising aerobically

Classic Fitness – Young At Heart!

Ballroom	No partners required! A social way to stay active in this style of partner dance.
Gentle Exercise	Designed to improve stamina, mobility and co-ordination through light aerobics, toning and exercise.
Gym 'N' Tonic	Be guided through a safe and comfortable supervised gym workout. enhance flexibility, strength and co-ordination.
Indoor Mat Bowls	Popular indoor version of bowls miniaturised to play easily inside. A great social activity.

Kingston & Wimbledon **YMCA**

# feeling good

health & fitness programme  
starting on 6th May 2008



**YMCA Wimbledon**

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[www.kwymca.org.uk](http://www.kwymca.org.uk)

KWYMCA is a registered charity (charity no: 1041923)



	Start	Finish	Class	Level	Type	Room	Instructor
Monday	9.30 am	10.30 am	<b>Body Pump® * ☉</b>	Int	T	ST	Nicky
	10.30 am	11.30 am	<b>Gym'n'Tonic</b>	All	CL	Gym	Gym Staff
	10.45 am	11.45 am	<b>Power Stretch</b>	All	M	ST	Sarah
	2.30 pm	3.30 pm	<b>Ballroom Dancing</b>	All	CL	ST	Linda
	6.45 pm	7.45 pm	<b>Total Body Workout</b>	All	C/T	ST	Prudie
	7.00 pm	8.00 pm	<b>Circuit Training</b>	Adv	C/T	SH	Danny
	7.00 pm	8.30 pm	<b>Yoga</b>	All	M	AC	Laura
	7.45 pm	8.45 pm	<b>Step</b>	Int	C	ST	Tracey
	8.45 pm	9.45 pm	<b>Body Pump® *</b>	Int	T	ST	Tracey
Tuesday	9.30 am	10.30 am	<b>Hi/Lo Aerobics ☉</b>	Int	C	ST	Maria
	10.30 am	10.45 am	<b>Body Pump®Technique ☉</b>	All	T	ST	Ann
	10.45 am	11.45 am	<b>Body Pump® * ☉</b>	All	T	ST	Ann
	12.15 pm	1.15 pm	<b>Pilates</b>	All	M	ST	Sarah
	2.00 pm	3.00 pm	<b>Gentle Exercise</b>	All	CL	SH	Nadia
	6.30 pm	7.30 pm	<b>Dance With Me</b>	All	D	ST	Ron
	7.00 pm	8.00 pm	<b>Pilates</b>	Beg	M	AC	Elizabeth
	7.30 pm	8.30 pm	<b>Dance Exercise</b>	All	D	ST	Ron
	8.00 pm	9.00 pm	<b>Pilates</b>	Adv	M	AC	Elizabeth
Wednesday	8.00 pm	10.00 pm	<b>Volleyball</b>	All	S	SH	John
	8.30 pm	9.30 pm	<b>Hi/Lo Aerobics</b>	All	C	ST	Ron
	9.30 am	10.30 am	<b>Legs , Bums &amp; Tums ☉</b>	All	T	ST	Nicky
	11.00 am	12 noon	<b>Body Balance ☉</b>	All	M	ST	Nicky
	1.15 pm	3.15 pm	<b>Indoor Mat Bowls</b>	All	S	SH	Stan
	2.30 pm	3.30 pm	<b>Gym'n'Tonic</b>	All	CL	Gym	Gym Staff
	6.30 pm	7.30 pm	<b>Legs, Bums &amp; Tums</b>	All	T	ST	Prudie
	7.30 pm	9.00 pm	<b>Yoga</b>	All	M	AC	Ian
	7.30 pm	8.30 pm	<b>Body Pump® *</b>	Int	T	ST	Maria
7.30 pm		<b>Ceroc £</b>	Ask at		Reception for details		
8.30 pm	9.30 pm	<b>Khai Bo</b>	All	C	ST	Ron	

\* need to have attended a Body Pump Technique before taking part in class

☉ creche available - contact reception for more details

£ additional fee

For Health and Safety reasons please arrive to the classes on time  
Late entry will **not** be permitted

Want affordable fitness? If your coming to classes at least twice a week ask reception on your next visit about inclusive health and fitness membership and get unlimited gym and class usage (exception of Ceroc).

	Start	Finish	Class	Level	Type	Room	Instructor	
Thursday	9.30 am	10.30 am	<b>Gliding™ ☉</b>	All	T	ST	Katie	
	10.45 am	11.00 am	<b>Pilates Technique ☉</b>	All	M	ST	Sarah	
	11.00 am	12 noon	<b>Pilates ☉</b>	Int	M	ST	Sarah	
	1.45 pm	2.45 pm	<b>Gentle Exercise</b>	All	CL	ST	Prudie	
	5.45 pm	6.30 pm	<b>Gliding™</b>	All	T	ST	Gina	
	6.30 pm	7.15 pm	<b>Step</b>	Beg	C	ST	Prudie	
	6.45 pm	7.45 pm	<b>Boxfit</b>	Int/Adv	C/T	SH	Dave	
	7.15 pm	8.15 pm	<b>Power Stretch</b>	All	M	AC	Sarah	
	7.15 pm	8.15 pm	<b>Step</b>	Int/Adv	T	ST	Tracey	
	8.00 pm	10.00 pm	<b>Volleyball (team session only)</b>	S		SH	Sam	
	8.15 pm	9.15 pm	<b>Pilates</b>	All	M	AC	Sarah	
	8.15 pm	9.15 pm	<b>Dance Exercise</b>	All	D	ST	Ron	
	Friday	9.30 am	10.30 am	<b>Hi/Lo Aerobics ☉</b>	All	C	ST	Nadia
		12.30 pm	1.40 pm	<b>Football</b>	All	S	SH	John
2.00 pm		4.00 pm	<b>Indoor Mat Bowls</b>	All	CL	SH	Alan	
7.30 pm		8.30 pm	<b>Gliding™</b>	All	T	ST	Tracey	
7.30 pm		8.30 pm	<b>Aikido</b>	All	S	SH	Trevor	
Saturday	9.00 am	10.00 am	<b>Hi/Lo Aerobics</b>	Int	C	ST	Maria	
	10.00 am	11.00 am	<b>Step</b>	All	C	ST	Tracey/ Charlotte	
	11.00 am	12 noon	<b>Body Pump® *</b>	Int	T	ST	Nicky/Tracey	
	12 noon	1.00 pm	<b>Dance Exercise</b>	All	D	ST	Ron	
Sunday	9.30 am	10.30 am	<b>Total Body Workout</b>	All	C/T	ST	Prudie	
	10.30 am	11.30 am	<b>Aero Circuits</b>	All	C/T	ST	Nadia	
	11.30 am	11.45 am	<b>Body Pump®Technique</b>	All	T	ST	Nadia	
	11.45 am	12.45 am	<b>Body Pump® *</b>	Int	T	ST	Nadia	
	5.00 pm	8.00 pm	<b>Volleyball (open session)</b>	G		SH	Sam	

Sessions may not run when "Away Matches" are fixed - check with Reception

Prices	Non-Members	Inclusive Annual/Monthly Members
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<b>Classes</b>	£6.50	FREE
<b>Indoor Bowls</b>	£3.00	
<b>Football</b>	£2.00	£2.00

Type: **C** - Calorie Burning **T** - Strength & Tone **M** - Mind & Body **D** - Dance  
**CL** - Classic Fitness **S** - Specialised Classes

Rooms: **ST** - Studio **SH** - Sports Hall **G** - Gym **AC** - Activity Centre

Level: **Beg** - Total beginner to class **Int** - Medium choreography / intensity / skill level  
**Adv** - High choreography / intensity / skill level **All** - Class is adaptable for all levels