

Calorie Burning - Healthy Heart, Healthy Mind	
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.
Studio Cycling	Burn around 500 calories in 30 minutes, improve your cardiovascular fitness and muscle tone in a fun filled workout.
Zumba (Cardio)	Latin rhythm workout routine for cardio-vascular fitness and fun.
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.
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!	
Aerotone	High energy aerobics followed by upper and lower body conditioning.
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.
Tai Chi (Yang Style)	This compact & simplified form is easy to master & effective in increasing your energy, flexibility, focus & ability to relax in daily life.
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.

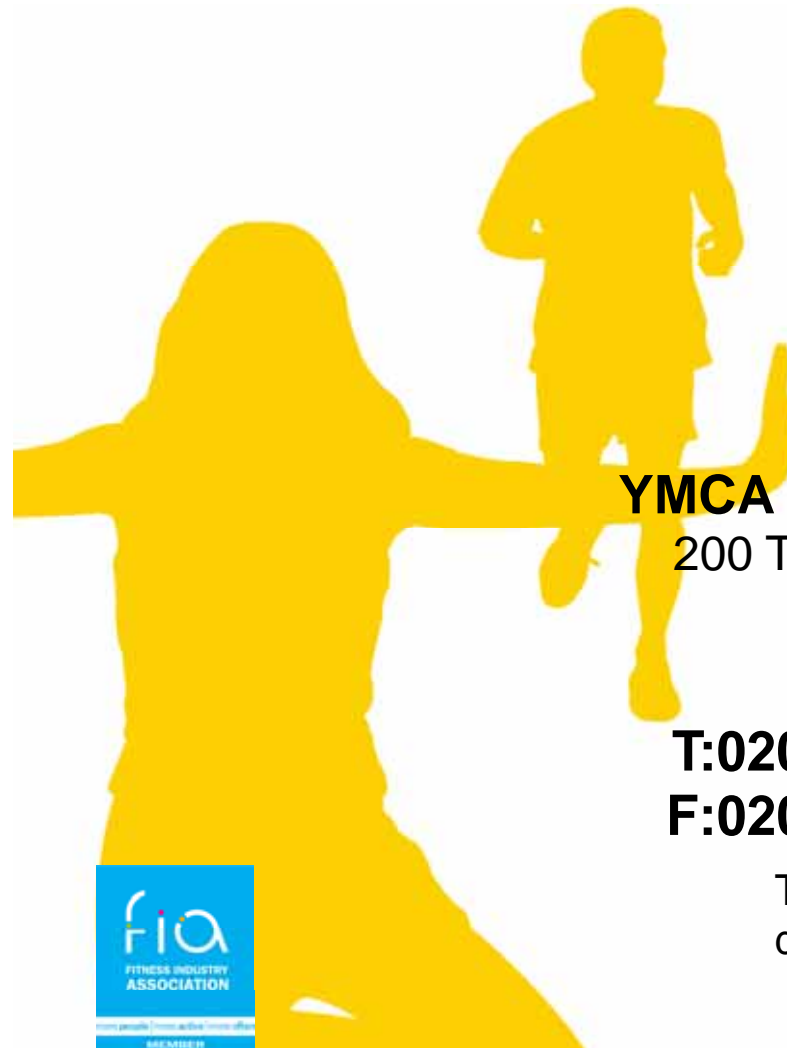
For Health and Safety reasons please arrive to the classes on time Late entry will **not** be permitted



formerly Kingston & Wimbledon YMCA

# feeling good

## health & fitness programme **New Year 2010**



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 London  
 SW19 1RY

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YMCA Wimbledon is part of YMCA LSW, a registered charity

	Start	Finish	Class	Level	Type	Room	Instructor
Monday	9.30 am	10.30 am	<b>Body Pump®*Ⓞ</b>	Int	T	S1	Nicky
	10.30 am	11.30 am	<b>Gym'n'Tonic</b>	All	CL	Gym	Gym Staff
	10.45 am	11.30 am	<b>Indoor Cycling</b>	Beg	C	S2	Nicky
	10.45 am	11.45 am	<b>Power Stretch Ⓞ</b>	All	M	S1	Sarah
	12 noon	1.00 pm	<b>Tap Dancing</b>	All	D	S1	Jill
	1.00 pm	2.00 pm	<b>Bollywood</b>	All	D	S1	Jill
	2.30 pm	3.30 pm	<b>Ballroom Dancing</b>	All	CL	S1	Linda
	6.45 pm	7.45 pm	<b>Total Body Workout</b>	All	C/T	S1	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
Tuesday	7.30 pm	8.15 pm	<b>Indoor Cycling</b>	Int	C	S2	Allan
	7.45 pm	8.45 pm	<b>Step</b>	Int	C	S1	Tracey
	8.45 pm	9.45 pm	<b>Body Pump®*</b>	Int	T	S1	Tracey
	9.30 am	10.30 am	<b>Aerotone Ⓞ</b>	Int	C/T	S1	Maria
	10.30 am	10.45 am	<b>Body Pump®Technique Ⓞ</b>	All	T	S1	Ann
	10.45 am	11.45 am	<b>Body Pump®*Ⓞ</b>	All	T	S1	Ann
	11.30 am	12.15 pm	<b>Indoor Cycling</b>	Beg	C	S2	Maria
	12 noon	1.00 pm	<b>Pilates</b>	All	M	S1	Anita
	2.00 pm	3.00 pm	<b>Gentle Exercise</b>	All	CL	S1	Nadia
	6.30 pm	7.30 pm	<b>Dance With Me</b>	All	D	S1	Ron
Wednesday	6.30 pm	7.30 pm	<b>Body Balance</b>	All	M	S2	Nicky
	7.00 pm	8.00 pm	<b>Pilates</b>	Beg	M	AC	Mandie
	7.30 pm	8.15 pm	<b>Indoor Cycling</b>	Int	C	S2	Milosz
	7.30 pm	8.30 pm	<b>Dance Exercise</b>	All	D	S1	Ron
	8.05 pm	9.05 pm	<b>Pilates</b>	All	M	AC	Mandie
	8.00 pm	10.00 pm	<b>Volleyball</b>	All	S	SH	John
	8.30 pm	9.30 pm	<b>Aerotone</b>	All	C/T	S1	Ron
	9.30 am	10.30 am	<b>Legs , Bums &amp; Tums Ⓞ</b>	All	T	S1	Nicky
	11.00 am	12 noon	<b>Body Balance®Ⓞ</b>	All	M	S1	Nicky
	1.15 pm	3.15 pm	<b>Indoor Mat Bowls</b>	All	S	SH	Stan
Thursday	2.30 pm	3.30 pm	<b>Gym'n'Tonic</b>	All	CL	Gym	Gym Staff
	6.30 pm	7.15 pm	<b>Indoor Cycling</b>	Beg	C	S2	Aaron
	6.30 pm	7.30 pm	<b>Legs, Bums &amp; Tums</b>	All	T	S1	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	S1	Maria
	7.30 pm		<b>Ceroc £</b>	Ask at	Reception for details		
	8.30 pm	9.30 pm	<b>Khai Bo</b>	All	C	S1	Ron

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

Ⓞ creche available - contact reception for more details £ additional fee

	Start	Finish	Class	Level	Type	Room	Instructor
Friday	9.15 am	10.15 am	<b>Zumba Ⓞ</b>	All	C	S1	Hannah
	11.00 am	12 noon	<b>Pilates Ⓞ</b>	Int	M	S1	Sarah
	12 noon	12.45 pm	<b>Indoor Cycling</b>	Beg	C	S2	Milosz
	12.10 pm	1.10 pm	<b>Gentle Exercise</b>	All	CL	S1	Prudie
	6.30 pm	7.15 pm	<b>Step</b>	Beg	C	S1	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	S1	Tracey
	7.45 pm	8.30 pm	<b>Indoor Cycling</b>	Int	C	S2	Asher
	8.00 pm	10.00 pm	<b>Volleyball (team session only)</b>	S	SH		Sam
Saturday	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	S1	Ron
	9.30 am	10.30 am	<b>Aerotone Ⓞ</b>	All	C/T	S1	Carly
	10.30 am	11.30 am	<b>Tai Chi (Yang Style) Ⓞ</b>	All	M	S1	Arunee
	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
	7.00 pm	8.00 pm	<b>Legs, Bums &amp; Tums</b>	All	T	S1	Tracey
	7.30 pm	8.30 pm	<b>Aikido</b>	All	S	SH	Trevor
	9.00 am	10.00 am	<b>Aerotone</b>	Int	C/T	S1	Maria
	10.00 am	11.00 am	<b>Step</b>	All	C	S1	Tracey/Charlotte
Sunday	10.15 am	11.00 am	<b>Indoor Cycling</b>	All	C	S2	Agnes
	11.00 am	12 noon	<b>Body Pump®*</b>	Int	T	S1	Nicky/Tracey
	12 noon	1.00 pm	<b>Dance Exercise</b>	All	D	S1	Ron
	9.30 am	10.30 am	<b>Total Body Workout</b>	All	C/T	S1	Prudie
	10.30 am	11.30 am	<b>Aerotone</b>	All	C/T	S1	Sarah
	10.30 am	11.30 am	<b>Body Balance</b>	All	M	S2	Nadia
	11.30 am	12.15 pm	<b>Indoor Cycling</b>	All	C	S2	Asher
	11.30 am	11.45 pm	<b>Body Pump®Technique</b>	All	T	S1	Nadia
	11.45 am	12.45 pm	<b>Body Pump®*</b>	Int	T	S1	Nadia
	6.00 pm	8.00 pm	<b>Volleyball (open session)**</b>	G	S	SH	Sam

#### Prices

Non-Members

£6.50

£3.00

£2.00

Inclusive Annual/Monthly Members

FREE

£2.00

Type: **C** - Calorie Burning **T** - Strength & Tone **M** - Mind & Body **D** - Dance

**CL** - Classic Fitness **S** - Specialised Classes

Rooms: **S1** - Studio1 **S2** - Studio2 **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

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