

Class Descriptions		
Aqua Zumba	~	Burn calories, lose weight fast and have fun in the pool with Aqua Zumba. The class incorporates all the fun of Zumba high-intensity dance movements with a gentle support of the water.
Badminton Club Night	■	A fun session for Sports Club members of all abilities to play Badminton against each other.
Barbell Fitness	●	Run by a Level 1 Crossfit Instructor, this class will focus on high intensity functional movements. You will learn new skills like Olympic Lifting all while following constantly varied workouts, never letting your body adapt. This class will get you results!! This class can be scaled to anybody, any age, and any level of fitness.
Body Conditioning	●	Uses resistance and weights to improve muscular strength and tone, aerobic exercise to accelerate calorie burning and improve cardiovascular fitness, and body weight exercises to strengthen & tone abdominals. This class is set to great music, is fun, challenging, and combines all elements of fitness, giving you the ultimate full body workout.
Box Fit	●	Challenge and seriously accelerate your level of fitness with this high energy workout. Uses boxing techniques, shuffle-jab combos, kicks and elements of MMA, improving coordination and agility.
Cardio Conditioning	●	Combining cardio work with exercises ideal for toning and shaping your physique. A full-body workout for all ability levels.
Corumba	◆	An aerobic dance class with all the fun steps of Zumba but focusing on moves to strengthen the core. Zumba toning sticks will be provided. Be prepared to raise the heart rate and whittle down the waist.
HIIT Cardio	●	Interval training class targeting strength and cardiovascular fitness. Alternates between anaerobic intervals and recovery periods. Some mat work and strength training is incorporated into the class.
No Strings Badminton	■	A fun Badminton social open to members and non-members. Meet new people and get a few tips from our qualified coach.
Pilates	▲	Pilates floor work exercises provide a safe and gentle regime to tone all the muscles of the body, particularly the deep inner core muscles important for posture and general health.
Power Walking	●	Softer on the joints than jogging but still provides all the cardiovascular (heart and lungs) benefits of a workout. Light dumbbells & bands exercises may be used during the walk and there will be some light stretching, too. Enjoy the benefits of walking out in the open with company, come rain or shine!
Salsa Aerobics	◆	Move your feet, shake your hips like you never thought you could! A calorie burning workout that will get you dancing and moving.
Squash Club Night	■	A fun session for Sports Club members of all abilities to play matches against each other.
Table Tennis	■	A fun session for Sports Club members of all abilities to play a friendly game of Table Tennis against each other.
Yoga	▲	Yoga is very much about quieting the mind. It is more about being than doing, of letting go and just being yourself. It is really an act of concentration, a meditation, of being present with the breath and movement.
Zumba	◆	Zumba is the fun way to work out. It combines cardio, muscle conditioning, balance and flexibility. Once the Latin and World rhythms take over you'll see why Zumba classes are often called exercise in disguise.

## DULWICH COLLEGE

### THE SPORTS CLUB

*get fit, have fun, meet people*

Membership  
Now Includes  
Exercise Classes



## Exercise Class & Activity Programme

**Lent Term 2019**  
7 January - 12 April 2019

## Exercise Class & Activity Programme: 7 Jan - 12 Apr 2019

Monday		Teacher	Venue	Mem	Non Mem
09:05 to 10:05	●	Body Conditioning	Imelda	TBSG Hall	FREE £8.00
10:15 to 11:15	◆	Corumba	Imelda	TBSG Hall	FREE £8.00
NEW CLASS 17:30 to 18:30	■	DC Staff Badminton*	N/A	Sports Hall	FREE Staff Only
18:00 to 21:00	■	Squash Club Night	Gary S	TBSG Hall	FREE N/A
19:30 to 22:00	■	Badminton Club Night 1	Gary D	Sports Hall	FREE N/A
Tuesday					
09:10 to 10:10	◆	Zumba	Zaira	TBSG Hall	FREE £8.00
10:15 to 11:15	▲	Pilates (Beginner/General)	Zaira	TBSG Hall	FREE £9.00
Wednesday					
09:05 to 10:05	●	Body Conditioning	Imelda	TBSG Hall	FREE £8.00
10:15 to 11:15	◆	Zumba	Zaira	TBSG Hall	FREE £8.00
10:15 to 11:15	●	Power Walking	Imelda	TBSG	FREE £8.00
13:20 to 14:00	▲	DC Staff Only Pilates*	Zaira	Club Room	FREE Staff Only
17:30 to 18:30	●	DC Staff Only	Orlene	Club Room	FREE Staff Only
18:20 to 19:20	▲	Pilates (All welcome)	Zaira	TBSG Hall	FREE £9.00
19:00 to 20:00	●	Barbell Fitness	Daniel	Free Weights Room	FREE £8.00
19:00 to 20:15	▲	Yoga (Mixed)	Mark	Old Library	FREE £9.00
19:15 to 20:00	~	Aqua Zumba	Keziah	Pool	FREE £8.00
NEW CLASS 19:30 to 20:30	●	Box Fit	Orlene	TBSG Hall	FREE £8.00

Wednesday (continued)			Teacher	Venue	Mem	Non Mem
20:00 to 22:00	■	Badminton Club Night 2	Duty Manager	Sports Hall	FREE	N/A
Thursday						
09:05 to 10:05	●	Cardio Conditioning	Imelda	TBSG Hall	FREE	£8.00
NEW CLASS 18:45 to 19:15	●	HIIT Cardio**	Imelda	TBSG Hall	FREE	£5.00
NEW CLASS 19:15 to 19:45	●	HIIT Cardio**	Imelda	TBSG Hall	FREE	£5.00
Friday						
09:05 to 10:05	●	Body Conditioning	Imelda	TBSG Hall	FREE	£8.00
10:15 to 11:15	▲	Pilates (All welcome)	Zaira	TBSG Hall	FREE	£9.00
10:15 to 11:15	●	Power Walking	Imelda	TBSG	FREE	£8.00
20:00 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	FREE	N/A
Saturday						
09:05 to 10:05	◆	Zumba	Kate	Ex Studio	FREE	£8.00
09:30 to 10:30	●	BodyFit Bootcamp	Amy	Sports Centre (Outdoors)	£10.00	£12.00
Sunday						
09:00 to 11:30	■	No Strings Badminton	Richard	Sports Hall	FREE	£5.00
10:00 to 11:00	◆	Salsa Aerobics	Orlene	Ex Studio	FREE	£8.00
11:00 to 12:00	●	Body Conditioning	Orlene	Ex Studio	FREE	£8.00

 Wellbeing
  Train
  Sports
  Dance
  Swim

### NOTES:

\* "DC Staff Only" classes run during College term time only

\*\* Starting 28 February 2019

There are no classes during August and a 2 week break at Easter and Christmas.  
For the latest programme details, please see the website timetable.