



















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	 All levels – exercises to tone and shape; perfect for sculpting the body.
Cardio Conditioning	 A full body workout for all abilities. Combining exercises ideal for shaping and toning your figure.
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.
Freedom Football	 A fun session for Sports Club members of all abilities to enjoy an hour of football. Non members also welcome for just £5 a week.
HIIT Cardio	 Interval training class targeting strength and cardiovascular fitness. Alternates between anerobic intervals and recovery periods.
Kettlebell Circuits	 Consists of whole-body movement exercises that deliver cardio, strength, and flexibility. Kettlebells come in a range of off-centered weights and a workout includes different movements such as the deadlift, swing, clean and press, and snatch.
No Strings Badminton	 Sessions are part of the Badminton England programme. Fun session with an Instructor present to help improve your game!
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. Enjoy the benefits of walking out in the open with company, come rain or shine!
Rise and Shine	 High Intensity full body training combining cardio and functional exercise. Get energised for the weekend.
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 a dance based fitness workout that promises to be so much fun! The warm-up section of the class is vital for a safe workout therefore if you turn up to class more than 15 minutes late unfortunately you will not be allowed to participate.

DULWICH COLLEGE
THE SPORTS CLUB
get fit, have fun, meet people



**Exercise Class
 & Activity Programme**

Michaelmas Term 2017
 1 September - 15 December

Exercise Class & Activity Programme: 1 September - 15 December 2017

Monday					Class Pass	Mem	NM
09:05 to 10:05		Body Conditioning	Imelda	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Corumba	Imelda	TBSG Hall	FOC	£5.00	£8.00
17:30 to 18:30		DC Staff Only Zumba*	Zaira	Club Room	FOC	£5.00	Staff Only
18:00 to 21:00		Squash Club Night	Gary S	TBSG Hall	FOC	FOC	N/A
19:00 to 21:00		Freedom Football	Duty Manager	Main Astro	Mem £3, NM £5 or cheaper by DD!! -Details from Reception		
19:30 to 22:00		Badminton Club Night	Gary D	Sports Hall	FOC	FOC	N/A
Tuesday							
07:00 to 07:30		HIIT Cardio	Imelda	Ex Studio	FOC	£3.00	£5.00
09:10 to 10:10		Zumba	Zaira	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Pilates (Beginner/General)	Zaira	TBSG Hall	FOC	£6.00	£9.00
18:30 to 19:30		Salsa Aerobics	Orlene	Ex Studio	FOC	£4.00	£6.00
19:00 to 20:00		Kettlebell Circuits	Lauren	Club Room	£4.00	£4.00	£6.00
Wednesday							
09:05 to 10:05		Body Conditioning	Imelda	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Zumba	Zaira	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Power Walking	Imelda	TBSG Lounge	FOC	£5.00	£8.00
13:20 to 14:00		DC Staff Only Pilates*	Zaira	Club Room	FOC	£5.00	Staff Only
17:30 to 18:30		DC Staff Only Body Conditioning*	Andrea	Club	FOC	£5.00	Staff Only
18:20 to 19:20		Pilates	Zaira	TBSG Hall	FOC	£6.00	£9.00

Wednesday (continued)					Class Pass	Mem	NM
19:00 to 20:00		Barbell Fitness	Daniel	Free Weights Room	FOC	£5.00	£8.00
19:15 to 20:00		Aqua Zumba	Keziah	Pool	FOC	£5.00	£8.00
19:30 to 20:45		Yoga (Mixed)	Mark	TBSG Hall	FOC	£6.00	£9.00
Thursday							
09:05 to 10:05		Cardio Conditioning	Imelda	TBSG Hall	FOC	£5.00	£8.00
Friday							
07:00 to 08:00		Rise and Shine	Giulia	Ex Studio	FOC	£5.00	£8.00
09:05 to 10:05		Body Conditioning	Imelda	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Pilates (All welcome)	Zaira	TBSG Hall	FOC	£6.00	£9.00
10:15 to 11:15		Power Walking	Imelda	TBSG Lounge	FOC	£5.00	£8.00
19:30 to 22:00		Table Tennis Club Night	Duty Manager	Club Room	FOC	FOC	N/A
Saturday							
09:05 to 10:05		Zumba	Kate	Ex Studio	FOC	£5.00	£8.00
10:15 to 11:15		BodyFit Bootcamp	Lauren	PE Centre	£4.00	£4.00	£6.00
Sunday							
09:00 to 11:30		No Strings Badminton	Dung	Sports Hall	FOC	FOC	£5.00
11:00 to 12:00		Salsa Aerobics	Orlene	Ex Studio	FOC	£5.00	£8.00

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

Wellbeing Train Sports Dance Swim

Class Pass Information: All classes are pay-as-you-go. You can save money by paying a monthly DD for a Class Pass - unlimited classes! **There are no classes during the calendar month of August.** Class Pass holders are not charged. NB: Shaded classes are run by external hirers & not included in Class Pass membership. Power Walking is based at TBSG but will involve Dulwich Park. Indoors in extreme weather.