

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.
Body Conditioning	● 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.
Lower Body Burnout	● Variety of intense exercises targeting leg, "glutes" and core muscle groups while optimising fat burning. Improves muscle definition while feeling the burn!
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.
Pilates (Intermediate)	▲ Previously attended the Tuesday or Friday class for at least one year and have had clearance for the instructor before attending.
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.
Zumba Gold®	● Zumba Gold® is everything a traditional Zumba class is - an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party - but gentler. Focused on balance, range of motion and coordination, it is beneficial to the regular exerciser but it is specially aimed at the fitness beginner, 50+, rehabilitation, or during pregnancy.

DULWICH COLLEGE

THE SPORTS CLUB

get fit, have fun, meet people

Membership Now Includes Exercise Classes
For Cycling Studio - see new leaflet



Exercise Class & Activity Programme

Michaelmas Term 2019

1 September - 20 December 2019

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Monday		Teacher	Venue	Mem	Non Mem
09:05 to 10:05	 Body Conditioning	Imelda	TBSG Hall	FREE	£10.00
10:15 to 11:15	 Corumba	Imelda	TBSG Hall	FREE	£10.00
17:30 to 18:30	 DC Staff Zumba¹	Zaira	Club Room	FREE	Staff Only
18:00 to 21:00	 Squash Club Night	Gary S	TBSG Hall	FREE	N/A
19:00 to 20:00	 Ladies Who Lift² <i>Pre-booking Essential</i>	Mel	Free Weights Room	£9.00 ²	£9.00 ²
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	£10.00
10:15 to 11:15	 Pilates (Beginner/General)	Zaira	TBSG Hall	FREE	£10.00
Wednesday					
09:05 to 10:05	 Body Conditioning	Imelda	TBSG Hall	FREE	£10.00
10:15 to 11:15	 Zumba	Zaira	TBSG Hall	FREE	£10.00
10:15 to 11:15	 Power Walking	Imelda	TBSG	FREE	£10.00
13:20 to 14:00	 DC Staff Only Pilates¹	Zaira	Club Room	FREE	Staff Only
17:30 to 18:30	 DC Staff Only Body Conditioning¹	Orlene	Club Room	FREE	Staff Only
18:20 to 19:20	 Pilates (All welcome)	Zaira	TBSG Hall	FREE	£10.00
 19:00 to 20:15	 Yoga (Mixed)	Mark	Pavillion Salle	FREE	£10.00
19:15 to 20:00	 Aqua Zumba	Keziah	Pool	FREE	£10.00
19:30 to 20:30	 Box Fit	Orlene	TBSG Hall	FREE	£10.00
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	£10.00

Thursday continued...

 10:15 to 11:15	 Zumba Gold	Zaira	TBSG Hall	FREE	£10.00
 17:30 to 18:30	 DC Staff Badminton¹	N/A	Sports Hall	FREE	Staff Only
 18:45 to 19:45	 Lower Body Burnout	Gonzalo	TBSG Hall	FREE	£10.00
Friday					
09:05 to 10:05	 Body Conditioning	Imelda	TBSG Hall	FREE	£10.00
10:15 to 11:15	 Pilates (All welcome)	Zaira	TBSG Hall	FREE	£10.00
10:15 to 11:15	 Power Walking	Imelda	TBSG	FREE	£10.00
11:20 to 12:20	 Pilates (Intermediate)	Zaira	TBSG Hall	FREE	£10.00
19:00 to 20:00	 Ladies Who Lift² <i>Pre-booking Essential</i>	Mel	Free Weights Room	£9.00 ²	£9.00 ²
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	£10.00
09:30 to 10:30	 BodyFit Bootcamp	Amy	Sports Centre (Outdoors)	£10.00	£12.00
12:00 to 13:00	 Olympic Weightlifting	Lizzie	Free Weights Room	£12.00	£15.00
Sunday					
09:00 to 11:30	 No Strings Badminton	Richard	Sports Hall	FREE	£10.00
10:00 to 11:00	 Salsa Aerobics	Orlene	Ex Studio	FREE	£10.00
11:00 to 12:00	 Body Conditioning	Orlene	Ex Studio	FREE	£10.00

 Wellbeing
  Train
  Sports
  Dance
  Swim

NOTES:

1 "DC Staff Only" classes run during College term time only

2 Sign up for trial class at strengthambassadors.com/beginner. Pre-booking is essential

External hirer (shaded green) classes not included in membership price

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.