

Class Descriptions		
Aqua Aerobics	🌊	Burn calories, lose weight fast and have fun in the pool with Aqua Aerobics. The class incorporates all the fun of aerobics 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.
Basketball Club Night	■	Drop in and enjoy some Basketball action, all ages welcome. Members only.
Barre	●	Barre only – no floor work. A class that uses basic ballet moves designed to specifically target the legs and glute muscles but with the added benefit of working the arms too in this endurance workout. The overall target is long, lean, firm and defined muscles.
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.
Bodyblast Conditioning	●	Bodyblast Conditioning is an all-round body workout for all levels. You'll be pushed to do your best through the 3 stages of the class: Fast-paced cardio, dumbbells section, core conditioning. Looking to improve your cardiovascular system and muscular endurance? This is the class for you.
Boxing	●	A 45min Boxing fitness and conditioning class: Heavy bag work, Boxing conditioning drills, pad work with coach, Offence/Defence techniques. All fitness and boxing experience welcome.
MyKindaYoga	▲	A yoga class for everyone. For all levels and all abilities and where you fit the pose to your body. Using breath, poses and yoga flows, we open, strengthen and stretch the body in a way that suits you. Each month we have a different focus which you can take off your mat into your life, creating balance on and off the mat. We make it Your Kind of Yoga.
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.
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.
Stretch It	▲	Stretches should be part of your daily routine like your cuppa! Stretching keeps the muscles flexible, strong, and healthy. We incorporate some fundamental Yoga principles during the class that will ease physical and mental tension. See you there!
Table Tennis	■	A fun session for Sports Club members of all abilities to play a friendly game of Table Tennis against each other.
The Cardio DanceFit Method®	🔴	A full body workout created for those who want to Get Fit, Burn Calories, Tone Up and Lose Weight in a positive motivating and fun environment. High and Low-Intensity moves that exhaust the small and large muscle groups whilst delivering amazing results using light hand weights and ankle weights. Created specifically to target all the stubborn areas: Abs – Arms – Legs – Booty. No Sets! No Reps! No Rules! No Dance Experience Needed!
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. Specially aimed at the fitness beginner, 50+, rehabilitation, or during pregnancy.

## DULWICH COLLEGE THE SPORTS CLUB

*get fit, have fun, meet people*



## Exercise Class & Activity Programme

1 September to 16 December 2022

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Monday			Teacher	Venue	A Card	Bookable
09:05 - 10:05	●	Body Conditioning	Imelda	TBSG Hall	£10	Yes
10:15 - 11:15	●	Body Conditioning	Imelda	TBSG Hall	£10	Yes
17:30 - 18:15	◆	DC Staff Zumba <sup>1</sup>	Zaira	Club Room	N/A	No
18:00 - 21:00	■	Squash Club Night	Gary S	TBSG	N/A	Yes
19:00 - 19:45	●	Bodyblast Conditioning	Nathaniel	Club Room	£10	Yes
19:30 - 22:00	■	Badminton Club Night 1	Gary D	Sports Hall	N/A	Yes
Tuesday						
09:05 - 09:55	◆	Zumba	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
18:00 - 18:45	●	Barre	Paula	Ex Studio	£10	Yes
19:00 - 19:45	▲	Pilates (All welcome)	Paula	Club Room	£10	Yes
Wednesday						
09:05 - 10:05	●	Bodyblast Conditioning	Nathaniel	TBSG Hall	£10	Yes
10:15 - 11:15	◆	Zumba	Zaira	TBSG Hall	£10	Yes
13:20 - 14:00	▲	DC Staff Only Pilates <sup>1</sup>	Zaira	Club Room	N/A	No
18:20 - 19:20	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
19:15 - 20:00	~	Aqua Aerobics	Keziah	Pool	£8	Yes
19:45 - 21:00	▲	Yoga (Mixed)	Paula	TBSG Hall	£12	Yes
19:30 - 22:00	■	Badminton Club Night 2	Rob	Sports Hall	N/A	Yes

▲ Wellbeing   ● Train   ■ Sports   ◆ Dance   ~ Pool

Thursday						
09:05 - 10:05	▲	Yoga	Paula	TBSG Hall	£10	Yes
10:15 - 11:15	◆	Zumba Gold	Zaira	TBSG Hall	£10	Yes
18:00 - 19:00	▲	Stretch It	Paula	Club Room	£10	Yes
19:15 - 20:00	●	Boxing	Kwame	Club Room	£8	Yes
Friday						
08:00 - 08:55	●	Bodyblast Conditioning	Nathaniel	TBSG Hall	£10	Yes
09:05 - 10:00	▲	Pilates (Beginner)	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates (Intermediate)	Zaira	TBSG Hall	£10	Yes
20:00 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	N/A	Yes
Saturday						
09:00 - 09:55	◆	Zumba	Kate	Ex Studio	£10	Yes
11:45 - 12:45	▲	MyKindaYoga	Alison B	Club Room	£10	Yes
14:00 - 15:00	●	Boxing	Kwame	Club Room	£10	Yes
Sunday						
09:00 - 09:55	◆	The Cardio DanceFit Method®	Paulette	Ex Studio	£10	Yes
09:00 - 11:30	■	No Strings Badminton	Kris	Sports Hall	£5	Yes
10:10 - 11:00	◆	Salsa Aerobics	Orlene	Ex Studio	£10	Yes
11:10 - 12:00	●	Body Conditioning	Orlene	Ex Studio	£10	Yes
19:00 - 21:00	■	Basketball Club Night	Duty Manager	Sports Hall	N/A	Yes

### NOTES:

<sup>1</sup> "DC Staff Only" classes run during College term time only.

Classes must be booked in advance online or by telephone.

Non-members must register for an A Card to book.

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.