



















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.
Circuits		Get seriously fit and in the shape of your life with circuit training sessions - these fun and intense sessions will change the way you exercise. Get fit fast - lose inches, reduce body fat, and improve your endurance, energy and fitness!
S & C Circuits		This is a high intensity circuit class with a strength and conditioning bias. This class will get you strong and fit while having fun in the process.
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.
GLOW Fitness-Food -Friends		Suitable for all ages and levels. The key is to have fun and feel great at the end of each class, and before long you will be fitter, slimmer and healthier.
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.
No Strings Badminton		Sessions are part of the Badminton England programme. Fun session with an Instructor present to help improve your game!
Physio Pilates		Led by specialist Physiotherapist Laura, this class is aimed at strengthening your core, re-training your posture and helping you to reach your goals. Physiotherapy Pilates can help to rehabilitate the body after injury, pain or surgery. Prior Pilates consultation essential. Please contact Laura directly laura@fusionphysiotherapy.com
Pilates (Beg /General & Intermediate)		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. All levels.
Pilates (Beginner/ Rehabilitation)		Special session for those recovering from injury. This session is now run as a course. Please see the Course Directory for details.
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!
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.
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.



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DULWICH COLLEGE THE SPORTS CLUB




Exercise Class & Activity Programme

Michaelmas Term 2014
 1 September – 21 December

Exercise Class & Activity Programme - 1 September – 21 December

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
18:00 to 21:00		Squash Club Night	Gary S	TBSG Hall	FOC	FOC	N/A
19:00 to 21:00		Freedom Football	Cameron	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
20:20 to 21:20		S & C Circuits	Stephen	Ex Studio	FOC	£5.00	£8.00
Tuesday							
9:10 to 10:10		Zumba	Various	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Pilates (Beg/General)	Victoria	TBSG Hall	FOC	£6.00	£9.00
19:00 to 20:00		Physio Pilates (2)	Laura	Club Room	£10.00	£10.00	£12.50
20:10 to 21:10		Body Conditioning	Andrea	Club Room	FOC	£5.00	£8.00
Wednesday							
09:05 to 10:05		Body Conditioning	Imelda	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Zumba	Vikki	TBSG Hall	FOC	£5.00	£8.00
10:15 to 11:15		Power Walking	Imelda	TBSG Lounge	FOC	£5.00	£8.00
18:00 to 19:00		Pilates (Beg/Rehab)	Kirsty	TBSG Hall	See courses leaflet		
19:00 to 20:00		Barbell Fitness	Daniel	Sports Hall	FOC	£5.00	£8.00
19:00 to 20:15		Yoga (Mixed)	Mark	Club Room	FOC	£6.00	£9.00
19:10 to 20:10		Pilates (Interm.)	Kirsty	TBSG Hall	FOC	£6.00	£9.00
19:15 to 20:00		Aqua Zumba	Keziah	Pool	FOC	£5.00	£8.00

Wednesday (continued)					Class Pass	Mem	NM
19:00 to 21:00		Freedom Football	Ceri	Track Astro	Mem £3, NM £5 or cheaper by DD!! - Details from Reception		
20:15 to 21:15		Circuits	Daniel	Ex Studio	FOC	£5.00	£8.00
Thursday							
09:05 to 10:05		Cardio Conditioning	Imelda	TBSG Hall	FOC	£5.00	£8.00
10:30 to 12:00 18:45 to 20:15		GLOW Fitness-Food -Friends	Jenny	TBSG Hall	£6.00	£6.00	£6.00
18:00 to 20:00		No Strings Badminton	Wayne	Sports Hall	FOC	FOC	£5.00
Friday							
09:05 to 10:05		Body Conditioning	Imelda	TBSG Hall	FOC	£5.00	£8.00
10:15-11:15 11:20-12:20		Pilates (All welcome)	Wendy	TBSG Hall	£7.00	£7.00	£10.00
10:15 to 11:15		Power Walking	Imelda	TBSG Lounge	FOC	£5.00	£8.00
18:00 to 21:00		Table Tennis Club Night	Duty Manager	Ex Studio	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							
9:00 to 12:00		No Strings Badminton	Dung	Sports Hall	FOC	FOC	£5.00
11:00 to 12:00		Zumba	Zaira	Ex Studio	£7.00	£7.00	£7.00

 Wellbeing
  Train
  Sports
  Dance
  Swim

Class Pass Information: All classes are pay-as-you-go (except courses). 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. (1) Diet and Fitness Club initial registration fee £10.00. (2) A 30 minute physio consultation required prior to joining (£30).