

Membership  
Now Includes  
Exercise Classes

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.
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*



**Exercise Class  
& Activity Programme**

**Michaelmas Term 2018**  
1 September - 21 December 2018

## Exercise Class & Activity Programme: 1 Sept - 21 Dec 2018

Monday		Teacher	Venue	Mem	Non Mem
09:05 to 10:05		Imelda	TBSG Hall	FREE	£8.00
10:15 to 11:15		Imelda	TBSG Hall	FREE	£8.00
18:00 to 21:00		Gary S	TBSG Hall	FREE	N/A
19:30 to 22:00		Dung	Sports Hall	FREE	N/A
Tuesday					
07:00 to 07:30		Imelda	Ex Studio	FREE	£5.00
09:10 to 10:10		Zaira	TBSG Hall	FREE	£8.00
10:15 to 11:15		Zaira	TBSG Hall	FREE	£9.00
18:30 to 19:30		Orlene	Ex Studio	FREE	£8.00
Wednesday					
09:05 to 10:05		Imelda	TBSG Hall	FREE	£8.00
10:15 to 11:15		Zaira	TBSG Hall	FREE	£8.00
10:15 to 11:15		Imelda	TBSG Lounge	FREE	£8.00
13:20 to 14:00		Zaira	Club Room	FREE	Staff Only
17:30 to 18:30		Orlene	Club Room	FREE	Staff Only
18:20 to 19:20		Zaira	TBSG Hall	FREE	£9.00
19:00 to 20:00		Daniel	Free Weights Room	FREE	£8.00

Wednesday (continued)		Teacher	Venue	Mem	Non
19:15 to 20:00		Keziah	Pool	FREE	£8.00
19:00 to 20:15		Mark	Old Library	FREE	£9.00
20:00 to 22:00		Duty Manager	Sports Hall	FREE	N/A
Thursday					
09:05 to 10:05		Imelda	TBSG Hall	FREE	£8.00
Friday					
09:05 to 10:05		Imelda	TBSG Hall	FREE	£8.00
10:15 to 11:15		Zaira	TBSG Hall	FREE	£9.00
10:15 to 11:15		Imelda	TBSG Lounge	FREE	£8.00
19:30 to 22:00		Duty Manager	Club Room	FREE	N/A
Saturday					
09:05 to 10:05		Kate	Ex Studio	FREE	£8.00
09:30 to 10:30		Lauren	Sports Centre (Outdoors)	£4.00	£6.00
Sunday					
09:00 to 11:30		Dung	Sports Hall	FREE	£5.00
10:00 to 11:00		Orlene	Ex Studio	FREE	£8.00
11:00 to 12:00		Orlene	Ex Studio	FREE	£8.00

NEW CLASS

NEW CLASS

 Wellbeing  Train  Sports  Dance  Swim

### NOTES:

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

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.