















## 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.   |
| 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!  |
| 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

Summer Term 2017  
24 April - 31 July



DULWICH COLLEGE SPORTS CLUB  
London, SE21 7LD  
Telephone: 020 8299 9292  
Email: [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk)  
Web: [www.dcsportsclub.co.uk](http://www.dcsportsclub.co.uk)

## Exercise Class & Activity Programme: 24 April - 31 July 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        |   |                            |              |             |  |       |            |
| 9:10 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      |
| 19:00 to 20:00 | ● | Body Fit Bootcamp          | Lauren       | Club Room   | £4.00  | £4.00 | £6.00      |
| 20:05 to 21:05 | ◆ | Zumba                      | Zaira        | 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                      | 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*     | Brigit       | Club Room   | FOC  | £5.00 | Staff Only |
| 18:20 to 19:20 | ▲ | Pilates                    | Zaira        | TBSG Hall   | FOC  | £6.00 | £9.00      |
| 19:00 to 20:15 | ▲ | Yoga (Mixed)               | Mark         | Club Room   | 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      |
| 17:30 to 18:30        | ● | DC Staff Only Body Conditioning* | Andrea       | Club Room         | FOC   | £5.00 | Staff Only |
| Thursday              |   |                                  |              |                   |       |       |            |
| 09:05 to 10:05        | ● | Cardio Conditioning              | Imelda       | TBSG Hall         | FOC   | £5.00 | £8.00      |
| Friday                |   |                                  |              |                   |       |       |            |
| 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                |   |                                  |              |                   |       |       |            |
| 9:00 to 11:30         | ■ | No Strings Badminton             | Dung         | Sports Hall       | FOC   | FOC   | £5.00      |
| 11:00 to 12:00        | ◆ | Zumba                            | Zaira        | 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.