

| 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. |
| Circuit Training | ● A body conditioning session which will aim to target the whole body using bodyweight exercises with progressions and regressions to accommodate all abilities. It will be a great alternative to a typical training session in a gym or a new way to have fun whilst training with continuous changes to avoid boredom. |
| HIP Pilates | ● Dynamic, Precise, High Intensity/Low Impact Pilates workout, combining core strength, balance and coordination. With an energetic cardiovascular element and using hand weights, HIP Pilates incorporates squats, lunges, planks as well as traditional Pilates exercises for a flowing 'feel good' class. |
| Jump Fit | ● This is FUN! Jump Fit is an exercise class involving bouncing on rebound boots to mood-busting music. Reduces body fat, increases agility and improves fitness, but best of all, it makes you smile. |
| 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



Exercise Class & Activity Programme

Summer Term 2019
29 April - 31 July 2019

Exercise Class & Activity Programme: 29 Apr - 31 Jul 2019

| 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 | |
| NEW CLASS 12:00 to 13:00 | ● | Lizzie | TBSG Hall | £12.00 | £15.00 | |
| 17:30 to 18:30 | ■ | N/A | Sports Hall | FREE | Staff Only | |
| 18:00 to 21:00 | ■ | Gary S | TBSG Hall | FREE | N/A | |
| NEW CLASS 19:00 to 20:00 | ● | Mel | Free Weights Room | £9.00 | £9.00 ² | |
| 19:30 to 22:00 | ■ | Gary D | Sports Hall | FREE | N/A | |
| Tuesday | | | | | | |
| 09:10 to 10:10 | ◆ | Zaira | TBSG Hall | FREE | £8.00 | |
| 10:15 to 11:15 | ▲ | Zaira | TBSG Hall | FREE | £9.00 | |
| NEW CLASS 19:00 to 20:00 | ● | Rachel | TBSG Hall | £6.00 | £8.00 ³ | |
| 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 | 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 20:15 | ▲ | Mark | Old Library | FREE | £9.00 | |
| 19:15 to 20:00 | ~ | Keziah | Pool | FREE | £8.00 | |
| 19:30 to 20:30 | ● | Orlene | TBSG Hall | FREE | £8.00 | |
| 20:00 to 22:00 | ■ | Duty Manager | Sports Hall | FREE | N/A | |
| Thursday | | | | | | |
| 09:05 to 10:05 | ● | Imelda | TBSG Hall | FREE | £8.00 | |

| Thursday continued... | | | | | | |
|--------------------------|---|--------------|--------------------------|--------|--------------------|--|
| NEW CLASS 10:15 to 11:15 | ● | Rachel | TBSG Hall | £6.00 | £8.00 ³ | |
| NEW CLASS 11:30 to 12:30 | ◆ | Zaira | TBSG Hall | FREE | £8.00 | |
| NEW CLASS 17:30 to 18:30 | ● | Sunil | TBSG Hall | £8.00 | £10.00 | |
| NEW CLASS 18:45 to 19:45 | ● | Karen | 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 | FREE | £8.00 | |
| NEW CLASS 11:20 to 12:20 | ▲ | Zaira | TBSG Hall | FREE | £8.00 | |
| 19:00 to 20:00 | ● | Mel | Free Weights Room | £9.00 | £9.00 ² | |
| 20:00 to 22:00 | ■ | Duty Manager | Club Room | FREE | N/A | |
| Saturday | | | | | | |
| 09:05 to 10:05 | ◆ | Kate | Ex Studio | FREE | £8.00 | |
| NEW CLASS 09:30 to 10:30 | ● | Amy | Sports Centre (Outdoors) | £10.00 | £12.00 | |
| 12:00 to 13:00 | ● | Lizzie | Free Weights Room | £12.00 | £15.00 | |
| Sunday | | | | | | |
| 09:00 to 11:30 | ■ | Richard | 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 | |

▲ 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

3 Pre-booking essential at jumpfituk.com

4 Starts 2 May

External hirer 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.