

Calorie Burning - Healthy Heart, Healthy Mind

Khai-Bo	Non-contact movements combine the dynamic punching and kicking of martial arts with western boxing. The ultimate aerobic workout.
Step	Mixed intensity of moves to improve cardio-vascular fitness using a step platform.
Studio Cycling	Burn around 500 calories in 30 minutes, improve your cardiovascular fitness and muscle tone in a fun filled workout.

Strength And Tone – Change Your Body Shape

Body Pump®	A highly motivating workout with weights, targeting specific muscle groups. Burn up to 600 calories per class for fat loss.
LBT	Legs, Bums and Tums focus using different exercise styles to change the shape of those troublesome areas.

Calorie Burning + Strength And Tone = All Systems Go!

Aerotone	High energy aerobics followed by upper and lower body conditioning.
Box fit	For the enthusiastic exerciser with non-contact boxing moves in a circuit format.
Circuit Training / Aero Circuits	Achieving all-round fitness through short bursts of different exercises and intensities.
Total Body	Hi/lo aerobics, followed by body conditioning and a great stretch section to finish. A real total body experience.

Mind & Body – Relax, Re-Focus And Re-Energise

Body Balance®	Blended mix of yoga, tai chi and Pilates, this class will leave you feeling long, strong, centred and calm.
Pilates	Promotes body awareness, core stability and joint mobility. Pilates can also help correct postural alignment relieving back problems.
Power Stretch	Increase your strength and flexibility a good stress buster class.
Tai Chi (Yang Style)	This compact & simplified form is easy to master & effective in increasing your energy, flexibility, focus & ability to relax in daily life.
Yoga	Hatha style yoga based on a series of poses rather than exercises, yoga will help to promote flexibility, good posture mental well being and calm.

Dance – Get Those Feet Moving

Dance Exercise	More complex choreography than Dance with Me.
Dance with Me	Stay active learning fun dance routines.
Ceroc	This fusion of Jive and Salsa is easy to learn, sociable and fun, and can be danced to any music.

Specialist – Try Something Different

Aikido	A gentle, yet dynamic martial art, based on the principle of keeping mind and body co-ordinated.
Football	Social lunchtime game.
Volleyball	Invented by the YMCA, Volleyball is a fun way of exercising aerobically

Classic Fitness – Young At Heart!

Ballroom	No partners required! A social way to stay active in this style of partner dance.
Gentle Exercise	Designed to improve stamina, mobility and co-ordination through light aerobics, toning and exercise.
Gym 'N' Tonic	Be guided through a safe and comfortable supervised gym workout. enhance flexibility, strength and co-ordination.
Indoor Mat Bowls	Popular indoor version of bowls miniaturised to play easily inside. A great social activity.

For Health and Safety reasons please arrive to the classes on time
Late entry will **not** be permitted

Kingston & Wimbledon **YMCA**

feeling good

health & fitness programme



YMCA Wimbledon
200 The Broadway
London
SW19 1RY

T:020 8542 9055
F:020 8542 1086

Textphone users
dial **18001** prefix

www.kwymca.org.uk

KWYMCA is a registered charity (charity no: 1041923)



	Start	Finish	Class	Level	Type	Room	Instructor
Monday	9.30 am	10.30 am	Body Pump®* ☉	Int	T	S1	Nicky
	10.30 am	11.30 am	Gym'n'Tonic	All	CL	Gym	Gym Staff
	10.45 am	11.30 am	Indoor Cycling	Beg	C	S2	Nicky
	10.45 am	11.45 am	Power Stretch ☉	All	M	S1	Sarah
	12 noon	1.00 pm	Tap Dancing	All	D	S1	Jill
	1.00 pm	2.00 pm	Bollywood	All	D	S1	Jill
	2.30 pm	3.30 pm	Ballroom Dancing	All	CL	S1	Linda
	6.45 pm	7.45 pm	Total Body Workout	All	C/T	S1	Prudie
	7.00 pm	8.00 pm	Circuit Training	Adv	C/T	SH	Danny
	7.00 pm	8.30 pm	Yoga	All	M	AC	Laura
7.30 pm	8.15 pm	Indoor Cycling	Int	C	S2	Allan	
7.45 pm	8.45 pm	Step	Int	C	S1	Tracey	
8.45 pm	9.45 pm	Body Pump®*	Int	T	S1	Tracey	
Tuesday	9.30 am	10.30 am	Aerotone ☉	Int	C/T	S1	Maria
	10.30 am	10.45 am	Body Pump®Technique ☉	All	T	S1	Ann
	10.45 am	11.45 am	Body Pump®* ☉	All	T	S1	Ann
	10.45 am	11.30 pm	Indoor Cycling	Beg	C	S2	Maria
	12 noon	1.00 pm	Pilates	All	M	S1	Anita
	2.00 pm	3.00 pm	Gentle Exercise	All	CL	S1	Nadia
	6.30 pm	7.30 pm	Dance With Me	All	D	S1	Ron
	6.30 pm	7.30 pm	Body Balance	All	M	S2	Nicky
	7.00 pm	8.00 pm	Pilates	Beg	M	AC	Mandie
	7.30 pm	8.15 pm	Indoor Cycling	Int	C	S2	Milosz
7.30 pm	8.30 pm	Dance Exercise	All	D	S1	Ron	
8.00 pm	9.00 pm	Pilates	All	M	AC	Mandie	
8.00 pm	10.00 pm	Volleyball	All	S	SH	John	
8.30 pm	9.30 pm	Aerotone	All	C/T	S1	Ron	
Wednesday	9.30 am	10.30 am	Legs , Bums & Tums ☉	All	T	S1	Nicky
	11.00 am	12 noon	Body Balance® ☉	All	M	S1	Nicky
	1.15 pm	3.15 pm	Indoor Mat Bowls	All	S	SH	Stan
	2.30 pm	3.30 pm	Gym'n'Tonic	All	CL	Gym	Gym Staff
	6.30 pm	7.15 pm	Indoor Cycling	Beg	C	S2	Aaron
	6.30 pm	7.30 pm	Legs, Bums & Tums	All	T	S1	Prudie
	7.30 pm	9.00 pm	Yoga	All	M	AC	Ian
	7.30 pm	8.30 pm	Body Pump®*	Int	T	S1	Maria
	7.30 pm		Ceroc £	Ask at Reception for details			
	8.30 pm	9.30 pm	Khai Bo	All	C	S1	Ron

* need to have attended a Body Pump Technique before taking part in class
 ☉ creche available - contact reception for more details £ additional fee

	Start	Finish	Class	Level	Type	Room	Instructor
Thursday	9.30 am	10.30 am	Step ☉	Beg	C	S1	Diony
	10.30 am	11.15 am	Indoor Cycling	Beg	C	S2	Milosz
	11.00 am	12 noon	Pilates ☉	Int	M	S1	Sarah
	1.45 pm	2.45 pm	Gentle Exercise	All	CL	S1	Prudie
	6.30 pm	7.15 pm	Step	Beg	C	S1	Prudie
	6.45 pm	7.45 pm	Boxfit	Int/Adv	C/T	SH	Dave
	7.15 pm	8.15 pm	Power Stretch	All	M	AC	Sarah
	7.15 pm	8.15 pm	Step	Int/Adv	T	S1	Tracey
	7.45 pm	8.30 pm	Indoor Cycling	Int	C	S2	Asher
	8.00 pm	10.00 pm	Volleyball (team session only)	S	SH		Sam
8.15 pm	9.15 pm	Pilates	All	M	AC	Sarah	
8.15 pm	9.15 pm	Dance Exercise	All	D	S1	Ron	
Friday	9.30 am	10.30 am	Aerotone ☉	All	C/T	S1	Diony
	10.30 am	11.30 am	Tai Chi (Yang Style) ☉	All	M	S1	Arunee
	12.30 pm	1.40 pm	Football	All	S	SH	John
	2.00 pm	4.00 pm	Indoor Mat Bowls	All	CL	SH	Alan
	7.00 pm	8.00 pm	Legs, Bums & Tums	All	T	S1	Tracey
	7.30 pm	8.30 pm	Aikido	All	S	SH	Trevor
Saturday	9.00 am	10.00 am	Aerotone	Int	C/T	S1	Maria
	10.00 am	11.00 am	Step	All	C	S1	Tracey/Charlotte
	10.15 am	11.00 am	Indoor Cycling	All	C	S2	Allan
	11.00 am	12 noon	Body Pump®*	Int	T	S1	Nicky/Tracey
12 noon	1.00 pm	Dance Exercise	All	D	S1	Ron	
Sunday	9.30 am	10.30 am	Total Body Workout	All	C/T	S1	Prudie
	10.30 am	11.30 am	Aerotone	All	C/T	S1	Sarah
	10.30 am	11.30 am	Body Balance	All	M	S2	Nadia
	11.30 am	12.15 pm	Indoor Cycling	All	C	S2	Asher
	11.30 am	11.45 pm	Body Pump®Technique	All	T	S1	Nadia
	11.45 am	12.45 pm	Body Pump®*	Int	T	S1	Nadia
6.00 pm	8.00 pm	Volleyball (open session)**	G	S	SH	Sam	

Prices	Classes	Indoor Bowls	Football
Non-Members	£6.50	£3.00	£2.00
Inclusive Annual/Monthly Members	FREE		£2.00

Type: **C** - Calorie Burning **T** - Strength & Tone **M** - Mind & Body **D** - Dance
CL - Classic Fitness **S** - Specialised Classes
 Rooms: **S1** - Studio1 **S2** - Studio2 **SH** - Sports Hall **G** - Gym **AC** - Activity Centre
 Level: **Beg** - Total beginner to class **Int** - Medium choreography / intensity / skill level
Adv - High choreography / intensity / skill level **All** - Class is adaptable for all levels

** Sessions may not run when "Away Matches" are fixed - check with Reception