

Specialist Option

Those eligible for specialist membership include:

- 16 to 18 year olds
- Medical referrals
- Students with NUS cards
- Senior Citizens
- Leisure Card Holders

3 Site option

Enjoy access to all three KWYMCA sites - YMCA Wimbledon, Kingston Hawker Centre and YMCA Surbiton.

Day Passes

If you do not wish to join, we offer a day pass that entitles you to use the gym for **£6.50**. The fee to get started is **£25** if you are new to the centre. Classes are available on a PAYG option.

finally...

If after a tough session in the gym or a challenging step class, you have worked up an appetite, remember that YMCA Wimbledon has a café/restaurant. The menu changes daily and serves a selection of hot dishes, salads and snacks, as well as a range of speciality coffees.

The perfect place to relax after a class!

If you would like to join YMCA Wimbledon or would like more information, please ask Reception or call us

About the YMCA

YMCA Wimbledon is part of Kingston & Wimbledon YMCA, which operates 3 hostels, 3 care homes, 3 gyms and 3 café/restaurants.

There are over 130 YMCAs in the UK and 14,000 worldwide. The YMCA is the largest provider of safe, secure and affordable housing for young people in England. Every night over 7,000 people stay at a YMCA, including students and young working people.

Sport, nutrition and exercise are core interests of the YMCA. The movement is the largest single voluntary sector organisation, providing health and fitness programmes and facilities across England.



KWYMCA is a registered charity

Kingston & Wimbledon **YMCA**

belong

join or 'pay as you go'



YMCA Wimbledon
200 The Broadway
London
SW19 1RY

T: 020 8542 9055

F: 020 8542 1086

www.kwymca.org.uk

belong...

At YMCA Wimbledon you will find everything you need to achieve and maintain a healthy lifestyle. Our qualified and enthusiastic instructors will help make exercise a regular and enjoyable part of your life. The gym is light, air-conditioned and equipped with up-to-date cardiovascular and resistance equipment. We have a studio and sports hall, offering a wide range of sports, fitness and dance classes. Our programmes are updated regularly to bring you the latest fitness trends and offer variety.

YMCA Wimbledon is friendly and all are welcome. We have something for all ages and every level of fitness. Some of our equipment is suitable for wheelchair users and our staff are experienced in training speciality groups.

We offer a range of membership options. Regular users will save money by joining or you can 'pay as you go'.

we offer...

- **Unlimited use of the gym**
- **Unlimited fitness classes**
- **Use of changing facilities, showers and sauna**
- **The Get Started Programme** (5 steps to fitness)

Step 1 Health profile (lifestyle questionnaire)

A consultation to take measurements, set goals and talk about the best programme for you to attain them.

Step 2 Personal exercise programme

The instructor will take you through each piece of equipment to make sure you get the most out of your training programme and check your technique is safe.

Step 3 Supervised workout

During this session, maximise effectiveness with a shadow workout.

Step 4 Nutritional consultation or supervised workout

Eating and exercise go hand in hand, learn more through this healthy eating session.

Step 5 Monthly Review

After 4 to 6 weeks you should feel and notice the difference. The instructor will take your measurements and set the next stage of your exercise programme.

Our ongoing commitment to you

Have any part of your programme reviewed on a monthly basis, please book at reception.

for everyone...

YMCA Wimbledon welcomes the whole family, with a wide range of activities for ages 2 to 60+ years including:

- Pilates & Yoga
- Body Pump
- Step & Classic Aerobics
- Volleyball (Junior & Adults)
- Khai Bo
- Aikido (Junior & Adults)
- BoxFit
- Dance Exercise
- Gentle Exercise
- Circuit Mix
- Body Balance
- Junior Basketball

Full programmes are available from Reception or call: **020 8542 9055**

open...

We are open seven days a week and most Bank Holidays (reduced hours on public holidays).

Monday - Friday 6.30 am - 10.00 pm
Weekends 8.00 am - 8.00 pm

value...

YMCA Wimbledon offers excellent value and there are a number of membership options to choose from.

	Monthly	Annual
Specialist	£32	£320
Individual	£40	£363
3 Site	£50	£500
Day Pass	£25	Get Started Fee £6.50 per visit
Student	£80	term £199 annual
Senior Social	£10	per annum
Junior Membership	£10	per annum
Club 1316	£10	initial payment £3 per session

Monthly Option

A £25 fee is required for the 'Get Started' programme, this includes an initial health check, which is part of our **health and safety requirements**.

Annual Option

Annual memberships offer the best value for money and are non-refundable. A £25 fee is required for the Get Started programme.

