

## Class Booking Conditions

### Non Members:

All classes are bookable up to seven days in advance. Full payment is required at point of booking and this payment is non-refundable. To access a class all customers must have a valid class ticket available from reception.

### Lifestyle Members and Leisure Access:

You must collect your ticket at least five minutes before the start of the class or your place will be reallocated.

### Fitness Class Guide:

All classes are designed for all abilities and allow you to exercise at your own pace. Customers are reminded that they will not be able to join the class after 10 minutes past the start time due to essential parts of the class, health screening and warm up by the the instructor being missed.

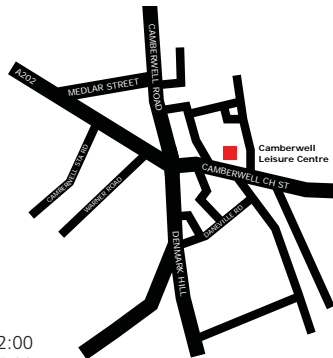
### Class Cancellation Policy:

Any class booking made in which the member can no longer attend must be cancelled in advance otherwise a 'No Show' fee will be charged to the members account.

## Where To Find Us Camberwell Leisure Centre

Artichoke Place,  
off Camberwell Church Street,  
London, SE5 8TS

Tel 020 7703 3024



## Opening Hours

Monday – Friday 07:00 – 22:00  
Saturday and Sunday 08:00 – 17:00

# Health Studio Timetable

HEALTH • VITALITY • WELLBEING

From September 2009

[www.southwark-leisure.com](http://www.southwark-leisure.com)


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[www.southwark.gov.uk](http://www.southwark.gov.uk)


## Camberwell Leisure Centre

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Class	Instructor	Location	Level
<b>Monday</b>			
10:00 – 11:30	Ashtanga Yoga	Cecylia	Yoga Room All
19:00 – 20:00	Legs, Bums & Abs	Frances	Main Hall All
19:30 – 21:00	Sivananda Yoga	Mary	Yoga Room All
20:00 – 21:00	Circuit Training	Clive	Main Hall All
<b>Tuesday</b>			
18:00 – 19:00	Pilates	Jennifer	Warwich Hall All
<b>Wednesday</b>			
19:30 – 21:00	Kundalini Yoga	Harnal	Yoga Room All
<b>Thursday</b>			
10:00 – 11:30	Ashtanga Yoga	Cecylia	Yoga Room All
19:00 – 20:00	Aerobics	Frances	Main Hall All
19:00 – 20:30	Sivananda Yoga	Mary	Yoga Room All
<b>Saturday</b>			
10:00 – 11:30	Sivananda Yoga	Mary	Yoga Room All

## Class Descriptions

### Aerobics

High / low energy based class suitable for all levels of fitness which helps build your all round fitness with strengthening exercises too.

### Ante Natal Water Aerobics

Aqua natal exercises for pregnant women. This session offers women an opportunity to exercise safely and effectively from the 20 - 40th week of pregnancy.

### Aqua Aerobics

A pool-based aerobic workout for a total body workout. Great during pregnancy or for rehabilitation.

### Ashtanga Yoga

A more dynamic style of yoga to tone and sculpt the body. Techniques combined with stretching posture and body tone definition.

### Circuits

Get ready to test your stamina in this station-based session. Working at your own level, to burn fat and get you super fit - fast.

### Kundalini Yoga

Works to increase the energy of the whole system through use of integrated breathing, vocalisation and posture.

### Legs Bums & Abs (LBA)

An aerobics focussed class designed to tone the lower body. A mix of high / low impact moves combined with floor work for muscle toning.

### Pilates

Working from a mat, exercising muscles like the lower back and abdominals. The class also improves your posture and tone through lengthening and stretching exercises.

### Sivananda Yoga

Designed to stimulate, relax and revitalise the mind and body. Sivananda is a balance between breathing and relaxation postures and useful for remedial conditions.

### Yoga

Learn to control the body through breathing and gentle posture techniques. Good for rehabilitation and flexibility. This class is also great for pre and post natal mothers.

