

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 Axxess:

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 instructor being missed.

Class Cancellation Policy:

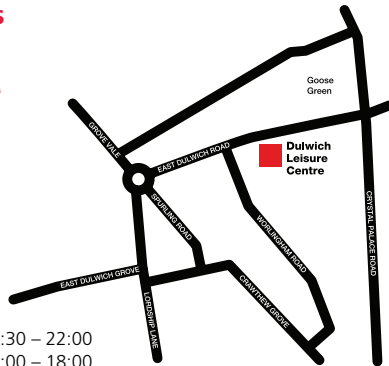
Any class booking made in which the member can no longer attend must be cancelled in advance otherwise a 'No Show' fee will be charged to the members account.

Where To Find Us

Dulwich Leisure Centre

45 East Dulwich Road,
London, SE22 9AN

Tel 020 8693 1833



Opening Hours

Monday – Friday 06:30 – 22:00
Saturday and Sunday 08:00 – 18:00

Group exercise timetable

HEALTH • VITALITY • WELLBEING

From July 2010

www.southwark-leisure.com


Available in LARGE print

www.southwark-leisure.com

Dulwich Leisure Centre is brought to you by Southwark Council, working in partnership with Fusion. As an experienced sport and leisure organisation and a registered charity, Fusion continually reinvests to improve and develop what's on offer in your community.



Dulwich Leisure Centre

Class / Activity	Instructor	Location	Level
Monday			
09:15-10:15 Pilates	Jennifer	Studio	All
10:30-11:30 50+ Circuit	Various	Studio	50 +
11:30-12:30 Boxafit	James	Studio	All
18:15-19:15 Pilates	Jennifer	Studio	All
19:15-20:15 Aerobics	Keziah	Studio	All
20:15-21:15 Body Pump	Keziah	Studio	All
Tuesday			
09:15-10:30 Hatha-Yoga	Sarah	Studio	All
10:30-11:30 Body Conditioning	Cheron	Studio	All
11:45-12:45 Pilates	Cheron	Studio	Beginner
18:15-19:15 Studio Strength	James	Studio	All
19:15-20:15 Boxafit	James	Studio	All
Wednesday			
07:15-08:15 Pilates	Jennifer	Studio	All
10:00-11:00 Senior Aerobics	Annette	Studio	All
18:30-19:30 Pilates Inspired Toning	Jennifer	Studio	All
19:30-20:30 Legs, Bums & Abs	Miska	Studio	All
Thursday			
10:00-11:00 Pilates	Cheron	Studio	Intermediate
11:00-12:00 50+ Circuit	Various	Studio	50+
18:30-19:30 Pilates	Laura	Studio	All
Friday			
07:15-08:15 Pilates	Jennifer	Studio	All
11:30-12:30 Body Blast	Theo	Studio	All
12:30-13:30 Legs, Bums & Abs	Theo	Studio	All
18:15-19:15 Body Blast	Theo	Studio	All
Saturday			
09:45-10:45 Aerobics	Theo	Studio	All
11:00-12:00 Body Pump	Keziah	Studio	All
12:00-13:00 Body Balance	Keziah	Studio	All
Sunday			
10:00-11:00 Aerobics	Cheron	Studio	All
11:00-11:45 Total Abs & Stretch	Cheron	Studio	All
12:00-13:00 Hatha-Yoga	Mary/Maurizo	Studio	Beginner
13:00-14:30 Hatha-Yoga	Mary/Maurizo	Studio	All

Silver Active



Monday	08:00 – 10:00	Silver Gym Session	Gym	60+
Tuesday	11:00 – 13:00	Silver Gym Session	Gym	60+
Wednesday	14:00 – 16:00	Silver Gym Session	Gym	60+
Thursday	14:00 – 16:00	Silver Gym Session	Gym	60+
Friday	08:00 – 10:00	Silver Gym Session	Gym	60+
Saturday	14:00 – 16:00	Silver Gym Session	Gym	60+
Sunday	14:00 – 16:00	Silver Gym Session	Gym	60+

Class Descriptions

Legs, Bums & Abs

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

Body Balance

A calm yet challenging class, using yoga and pilate moves. Encourages strength and flexibility.

Total Abs and Stretch

A challenging class that concentrates on the stomach area.

Body Blast

A cardiovascular class with attitude. Be prepared to work to high tempo beats.

Yoga

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

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.

Body Conditioning

A challenging workout using aerobic exercises. Be prepared to burn fat and get fit.

Body Pump

Utilising barbell weights, this class is good for building strength, toning muscles and burning fat.

Aerobics

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

50+ Circuit

This class has low impact workouts that are great for increasing fitness as well as toning and shaping the entire body.

Boxafit

This is a practical fitness session that involves boxing techniques, aerobic endurance and body conditioning.

Studio Strength

Whole body strength & conditioning class, combining weights bars, dumb bells & floor. Work up a sweat & develop overall muscular strength & tone.