

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 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

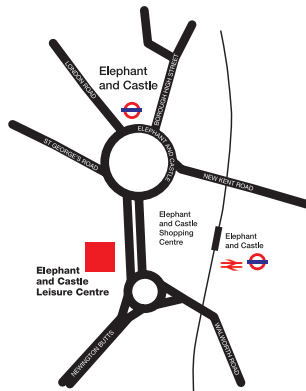
Elephant and Castle Leisure Centre

22 Elephant & Castle,
London SE1 6SQ

Tel 020 7582 5505

Opening Hours

Monday – Friday 07:00 – 22:00
Saturday and Sunday 09:00 – 17:00



Group exercise timetable

HEALTH • VITALITY • WELLBEING

From July 2010

www.southwark-leisure.com


Available in **LARGE** print

www.southwark-leisure.com

Elephant and Castle 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.



Elephant & Castle Leisure Centre

Monday	Class / Activity	Instructor	Location	Level
10:30-11:30	Body Pump	Lucille	Studio 1	All
12:30-13:30	Senior Aerobics	Lucille	Studio 1	50+
18:00-19:00	Step & Pump	Lucille	Studio 1	All
19:00-20:00	Legs, Bums and Abs	Lucille	Studio 1	All
19:00-20:30	Hatha Yoga	Maurizio	Studio 2	All
20:00-21:00	Ultra Fitness	Clive	Studio 1	All

Tuesday

09:45-10:45	Legs, Bums and Abs	Chantelle	Studio 1	All
10:00-12:00	Bowls and Badminton	Instructor	Sports Hall	50+
18:00-19:00	Aerobics	Chantelle	Studio 1	All
19:00-20:00	Dance Aerobics	Chantelle	Studio 1	All
19:00-20:30	Hatha Yoga	Leo	Studio 2	All
20:00-21:00	Pilates	Antoinette	Studio 1	All

Wednesday

10:00-11:00	Senior Aerobics	Lucille	Studio 1	50+
18:00-19:00	Legs, Bums and Abs	Antoinette	Studio 1	All
19:00-20:00	Body Conditioning	Antoinette	Studio 1	All
19:00-20:00	Pilates	Danal	Studio 2	All

Thursday

10:00-11:00	Body Pump	Angela	Studio 1	All
10:00-12:00	Bowls and Badminton	Instructor	Sports Hall	50+
12:30-13:30	Legs, Bums and Abs	Chantelle	Studio 1	All
18:00-19:00	Body Sculpt	Chantelle	Studio 1	All
19:00-20:00	Ultimate Tone	Clive	Studio 1	All

Friday

18:15-19:15	Circuit Training	Arron	Studio 1	All
19:15-20:15	Legs, Bums and Abs	Chantelle	Studio 1	All

Saturday

09:30-10:30	Pump	Mishka	Studio 1	All
10:30-11:30	Legs, Bums and Abs	Mishka	Studio 1	All

Junior Sessions

Tuesday

16:30-17:30	Fit 2 Go Induction	Instructor	Gym	14-16yrs
16:30-17:30	Fit 2 Go Session	Instructor	Gym	14-16yrs

Thursday

16:30-17:30	Fit 2 Go Induction	Instructor	Gym	14-16yrs
16:30-17:30	Fit 2 Go Session	Instructor	Gym	14-16yrs

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 and Abs

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

Body Conditioning

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

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 exercise.

Aerobics 50+

The class is low impact and a great workout for increasing fitness as well as toning and shaping the entire body.

Dance Aerobics

A cardiovascular class using funky dance moves.

Step Conditioning

A funky high/low cardiovascular workout using steps. An effective way to tone the lower body.

Circuits

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

Hatha Yoga

Designed to stimulate, relax and revitalise the mind and body. Great for beginners.

Body Pump

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

Body Sculpt

Body sculpting workouts are exercise programmes that are designed to help tone muscles in specific areas of the body.

Aerobics

A high-energy exercise class set to music. It will get your heart and lungs pumping, help you burn off body fat and improve your body's strength.

