

Conditioning

Legs, Bums & Abs

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

Body Pump

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

Circuit Training

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

Abs Attack

A totally challenging class that concentrates on the stomach area.

Boxercise

The class is always varied and an excellent way to burn fat, increase fitness and work nearly every muscle.



Mind & Body

Hatha Yoga

Take time out from your busy lifestyle for 60 or 90 minutes to focus on mental peace, calm and relaxation, whilst stretching the limbs to improve flexibility and posture. Ideal for all ages and abilities.

Kundalini Yoga

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

Flow Yoga

Is a dynamic asana class where movement and breath become one. Develops body awareness, improves posture, flexibility, and inner strength.

Body Balance

Is the Yoga, T'ai Chi and Pilates workout that leaves you feeling long, strong, calm and centred.

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.

Bookings and Enquiries

Telephone bookings and enquiries: **020 7525 4999**

Online bookings and information: **www.southwark-leisure.com**

HEALTH • VITALITY • WELLBEING

Class Booking Conditions

Non-Members:

All classes are bookable up to six 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 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 you missing an essential part of the class, the health screening and warm up by the instructor being missed.

Class Cancellation Policy:

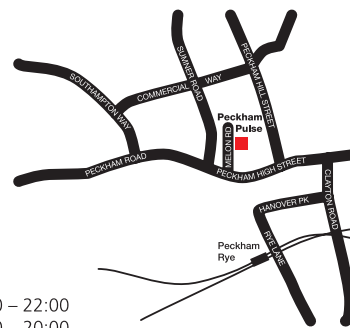
Any class booking made which a member can no longer attend must be cancelled in advance otherwise a 'no show' fee will be charged to the members account.

Where To Find Us Peckham Pulse Healthy Living Centre

10 Melon Road, Peckham,
London SE15 5QN
Tel 020 7525 4999

Opening Hours

Monday – Friday 07:00 – 22:00
Saturday and Sunday 07:00 – 20:00



Available in LARGE print

www.southwark-leisure.com

Peckham Pulse Healthy Living 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.



Group exercise timetable

HEALTH • VITALITY • WELLBEING

From July 2010

www.southwark-leisure.com



Peckham Pulse Healthy Living Centre

Class / Activity	Instructor	Location	Level
Monday			
07:45-08:45	Flow Yoga	Hamilton	Studio 1 All
10:00-11:00	Legs, Bums and Abs	Chantelle	Studio 1 All
10:00-11:00	Aqua Aerobics	Angela	Main Pool All
11:00-12:00	Senior Aerobics	Antoinette	Studio 1 50+
12:15-13:15	Pilates	Angela	Studio 1 All
18:00-19:00	Abs Attack	Chris	Studio 1 All
19:00-20:00	Circuit Training	Chris	Studio 1 All
20:00-21:00	Bollywood Boxercise	Miskha	Studio 1 All

Class / Activity	Instructor	Location	Level
Tuesday			
07:45-08:45	Pilates	Karen	Studio 1 Int/Adv
10:00-11:00	Step & Sculpt	Angela	Studio 1 All
11:00-12:00	Pilates	Karen	Studio 1 All
12:00-12:45	Aqua Rerral	Jaqueline	Hydro Pool GP referral
12:00-13:00	Aerolatino	Yanina	Studio 1 All
13:00-14:00	50+ Aqua Aerobics	Annette	Hydro Pool 50+
18:00-19:00	Body Pump	Lucille	Studio 1 All
18:45-20:00	Hatha Yoga	Maurizio	Studio 2 All
19:00-20:00	Pilates	Danal	Studio 1 All
19:00-20:00	Aqua Aerobics	Claire	Main Pool All
20:00-21:00	Legs, Bums and Abs	Justina	Studio 1 All

Class / Activity	Instructor	Location	Level
Wednesday			
07:45-08:45	Hatha Yoga	Maurizio	Studio 1 All
09:30-10:30	Swiss Ball	Jacqueline	Studio 1 All
11:00-12:00	Body Balance	Hamilton	Studio 1 All
11:00-12:00	Aqua Aerobics	Karen	Main Pool All
12:00-13:30	Hatha Yoga	Lindi	Studio 1 All
18:00-19:00	Cardio Express	Miskha	Studio 1 All
19:00-20:00	Soca Aerobics	Justina	Studio 1 All
20:00-21:00	Legs, Bums and Abs	Justina	Studio 1 All

Class / Activity	Instructor	Location	Level
Thursday			
07:45-08:45	Pilates	Angela	Studio 1 All
09:00-10:00	Pilates	Bobbie	Studio 1 GP Referral
10:00-11:00	Legs, Bums and Abs	Chantelle	Studio 1 All
11:00-12:00	Gentle Aerobics	Antoinette	Studio 1 50+
11:00-12:00	50+ Aqua Aerobics	Annette	Hydro Pool 50+
12:00-13:00	Body Pump	Yanina	Studio 1 All
14:00-16:00	Silver Gym Session		Gym 60+
18:00-19:00	Legs, Bums and Abs	Marsha	Studio 1 All
19:00-20:00	Swiss Ball	Lauren/Claire	Studio 1 All
19:00-20:00	Aqua Aerobics	Hamilton	Main Pool All
20:00-21:00	Boxercise	Marsha	Studio 1 All

Class / Activity	Instructor	Location	Level
Friday			
07:30-08:30	Body Balance	Hamilton	Studio 1 All
10:00-11:00	Body Pump	Karen	Studio 1 All
11:00-12:00	Total Stretch	Karen	Studio 1 All
12:00-13:00	Pilates	Cherron	Studio 1 All
17:30-19:00	Hatha Yoga	Lindi	Studio 1 All
19:00-20:00	Boxercise	James	Studio 1 All

Class / Activity	Instructor	Location	Level
Saturday			
08:00-09:30	Kundalini Yoga	Leo	Studio 1 All
10:30-11:30	Abs Attack	Chris	Studio 1 All
11:30-12:30	Circuit Training	Chris	Studio 1 All
12:30-13:30	Studio Strength	James	Studio 1 All
15:00-16:00	Aerolatino	Yanina	Studio 1 All

Class / Activity	Instructor	Location	Level
Sunday			
11:30-12:30	Body Pump	Karen	Studio 1 All
12:30-13:30	Body Pump	Miskha	Studio 1 All
14:00-15:30	Kundalini Yoga	Leo	Studio 1 All

Class Descriptions

Aerobic

Spin

An intensive aerobic workout on exercise bikes, focusing on the heart and lungs, but a great way to develop lower body toning to burn plenty of calories.

Soca Aerobics

A cardiovascular workout using moves and combinations to Caribbean music.

Bollywood Boxercise

A fast and furious boxercise class with a high impact routine, all to the sound of bollywood and beyond.

Cardio Express

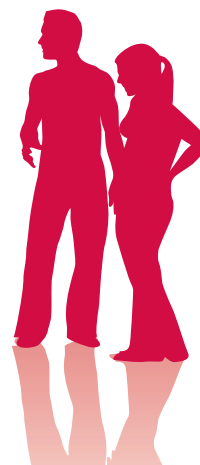
A no nonsense burner with a twist, targeting heart and lungs in an intense 60 mins workout, also including some toning and resistance work for the upper and lower body.

Aerolatino

A fitness studio class suitable for all levels. The class is inspired by different Latin moves, such as Salsa, Mambo, Samba, and Cha Cha Cha. A great cardiovascular work and fun at the same time.

Gentle Aerobics 50+

Fun routines to music improve the heart and lungs, muscle strength, balance and co-ordination.



Spinning Timetable

Class / Activity	Instructor	Location	Level
Monday			
07:15-07:45	Spin Latino (Express)	Yanina	Studio 2 All
10:00-10:45	Spin	James	Studio 2 All
12:00-12:30	Spin (Express)	Karen	Studio 2 All
18:15-19:00	Spin	Andy	Studio 2 All
19:15-20:00	Spin	Andy	Studio 2 All

Class / Activity	Instructor	Location	Level
Tuesday			
07:15-07:45	Breakfast Club Spin (Express)	James	Studio 2 All
11:00-11:45	Circuits	Jacqueline	Studio 2 GP Referral
12:00-12:45	Spin	Theo	Studio 2 All
18:00-18:45	Spin	Justina	Studio 2 All

Class / Activity	Instructor	Location	Level
Wednesday			
07:15-07:45	Breakfast Club Spin (Express)	Karen	Studio 2 All
10:15-11:00	Spin	James	Studio 2 All
18:15-19:00	Spin	James	Studio 2 All
19:15-20:00	Spin	James	Studio 2 All

Class / Activity	Instructor	Location	Level
Thursday			
07:15-07:45	Breakfast Club Spin (Express)	James	Studio 2 All
10:15-11:00	Spin	Theo	Studio 2 All
12:15-13:00	Spin	Theo	Studio 2 All
17:45-18:30	Spin	Theo	Studio 2 All
18:45-19:30	Spin	Andy	Studio 2 All
19:45-20:30	Spin	Andy	Studio 2 All

Class / Activity	Instructor	Location	Level
Friday			
10:15-11:00	Spin	Theo	Studio 2 All
13:00-13:45	Spin	James	Studio 2 All

Class / Activity	Instructor	Location	Level
Saturday			
09:30-10:15	Spin	James	Studio 2 All
10:30-11:15	Spin	James	Studio 2 All

Class / Activity	Instructor	Location	Level
Sunday			
10:30-11:15	Spin	Karen	Studio 2 All

Junior/Youth Fitness Fit-2-Go 14-16yrs, Term Time Only

Class / Activity	Instructor	Location	Level
Tuesday			
16:00-16:30	Gym Induction		Lifestyle Gym
16:30-18:00	Fitness Session		

Class / Activity	Instructor	Location	Level
Thursday			
16:00-16:30	Gym Induction		Lifestyle Gym
16:30-17:30	Fitness Session		