

## Class Descriptions

### 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.

### Aqua Fit

A pool based aerobic workout for a total body exercise. Great during pregnancy and for rehabilitation.

### Body Pump

Simple, safe effective resistance training providing a standardised, memorable routine. Want results – Do Body Pump.

### Latino Dance workout

This class is inspired by different Latin moves, such as meringue, salsa, mambo, samba, murga and cha cha cha.

### Body Sculpt

Medium-low impact class focusing on conditioning and toning muscles. Ideal for all.

### Yoga (Kundalini)

Works to increase the energy of the whole system through use of integrated breathing, vocalisations and postures.

### Yoga (Hatha)

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

### Yoga (Ashtanga)

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

### Pilates / Polver Pilates

This workout uses core strength to offer balance, strength and flexibility for the lower back and abdominals.

### Body Conditioning

A combination of calorie burning workouts focusing on conditioning the body and increasing muscle tone.

### MMA Conditioning

Mixed Martial Arts covers kick boxing, Thai-boxing drills in a circuit formation. Get ready to sweat. Exclusive to Seven Islands.

### Hula Hoop

Cardiovascular class using Hula Hoops to tone abs – great workout for the body.

### Zumba

Fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away.

### Gymnastics

The club provides a child/member centred, coach led programme to develop the optimum level of performance.

### Karate

A form of self defense, philosophy and physical conditioning with an emphasis on reflex development, timing and eye-hand coordination.

### Aikido

Improve your health and fitness, posture, co-ordination and confidence, as well as learning new practical skills, and body movement.

### Boxercise

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



## HEALTH • VITALITY • WELLBEING

### 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.

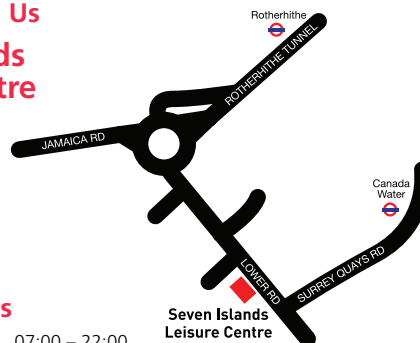
#### Class Cancellation Policy:

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

#### Seven Islands Leisure Centre

100 Lower Road,  
Rotherhithe,  
London SE16 2TU  
Tel 020 7237 3296



### Opening Hours

Monday – Friday 07:00 – 22:00  
Saturday and Sunday 08:00 – 17:30

## Available in LARGE print

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

Seven Islands 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.



## Group exercise timetable

HEALTH • VITALITY • WELLBEING

From July 2010

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



Seven Islands  
Leisure Centre

## Course and Clubs

Class / Activity	Instructor	Location	Level
<b>Monday</b>			
09:15-10:15	Body Pump	Olga Studio	All
18:30-19:30	Body Conditioning	Antoniette Studio	All
19:30-20:30	Legs/bums/abs	Angela Studio	All
20:30-21:30	Mix Martial Arts Circuit	Stephen Studio	all
20:00-21:00	Aqua Fit	Yanina Pool	All

Class / Activity	Instructor	Location	Level
<b>Tuesday</b>			
10:00-11:00	Aqua Fit	Yanina Pool	Women only
10:30-11:30	Legs, Bums, Abs	Vicky Studio	All
12:30-13:30	Yoga (Hatha)	Sarah Studio	All
18:30-19:30	Body Pump	Lolita Studio	All
19:30-20:30	Boxercise	Ricky Studio	All
20:30-21:30	Zumba	Emma Studio	All

Class / Activity	Instructor	Location	Level
<b>Wednesday</b>			
10:00-11:00	Pilates	Antoinette Studio	50+
11:00-12:00	Body Conditioning	Antoinette Studio	All
12:15-13:00	Zumba	Emma Studio	All NEW
13:00-13:45	Hula hoop Aerobics	Emma Studio	All NEW
18:30-19:30	Legs/bums/abs	Chantelle Studio	All
19:30-20:30	Body Combat	Vicky Studio	All
20:30-21:30	Boxing Circuits	Vicky Studio	All NEW

Class / Activity	Instructor	Location	Level
<b>Thursday</b>			
10:30-11:30	Body Combat	Vicky Studio	All
12:30-13:30	Power Pilates	Stephen Studio	All NEW
18:30-19:30	Body Pump	Lolita Studio	All
19:45-20:45	Zumba	Emma Studio	All
19:30-20:30	Aqua Fit	Yanina Pool	All
20:45-21:30	Hula Hoop	Emma Studio	All

Class / Activity	Instructor	Location	Level
<b>Friday</b>			
10:00-11:00	Body Conditioning	Antionette Studio	All
17:30-18:30	Latino Dance Workout	Yanina Studio	All
18:30-20:00	Yoga (Ashtanga)	Mary Studio	All

Class / Activity	Instructor	Location	Level
<b>Saturday</b>			
09:45-10:45	Pilates	Tracey Studio	All
11:00-12:00	Body Conditioning	Tracey Studio	All NEW
12:00-13:00	Body Sculpt	Charolette Studio	All
13:00-14:30	Yoga (Ashtanga)	Mary Studio	All

Class / Activity	Instructor	Location	Level
<b>Sunday</b>			
10:00-11:30	Yoga (Kundalini)	Leo Studio	All
12:00-13:00	Hula Hoops Aerobics	Emma Studio	All*
13:00-14:00	Pilates	Emma Studio	All*
14:00-15:00	Body Balance	Lolita Studio	All NEW

### Teen Gym Fit-2-Go

Class / Activity	Instructor	Location	Level
<b>Saturday</b>			
11:30-12:00	Gym Induction	Instructor Gym	14-16yrs
12:00-14:00	Gym Session	Instructor Gym	14-16yrs

Class / Activity	Instructor	Location	Level
<b>Sunday</b>			
12:00-14:00	Gym Session	Instructor Gym	14-16yrs

## Silver Active

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

Class / Activity	Instructor	Location	Level
<b>Monday</b>			
16:00 - 16:30	Gymnastics*	Jackie Main Hall	4 - 5 Yrs Girls
16:30-17:30	Gymnastics*	Jackie Main Hall	5 Yrs + Girls
17:30-19:00	Gymnastics*	Jackie Main Hall	5 Yrs + Girls
19:00-21:00	Gymnastics*	Jackie Main Hall	Squad

Class / Activity	Instructor	Location	Level
<b>Tuesday</b>			
16:00-17:00	Gymnastics*	Jackie Main Hall	6-16 Yrs Girls
17:00-18:00	Gymnastics*	Jackie Main Hall	6-16 Yrs Girls

Class / Activity	Instructor	Location	Level
<b>Wednesday</b>			
16:00-18:00	Gymnastics*	Jackie Main Hall	6-16 Yrs Boys

Class / Activity	Instructor	Location	Level
<b>Thursday</b>			
16:15-17:15	Gymnastics*	Jackie Main Hall	6-16 Yrs Girls
17:15-18:15	Gymnastics*	Jackie Main Hall	6-16 Yrs Girls
18:15-19:15	Gymnastics*	Jackie Main Hall	General
19:15-21:00	Gymnastics*	Jackie Main Hall	Squad

Class / Activity	Instructor	Location	Level
<b>Friday</b>			
16:00-16:30	Gymnastics*	Jackie Main Hall	4-5 Yrs Boys
16:30-18:30	Gymnastics*	Jackie Main Hall	6-16 Yrs Girls
19:30-20:30	Karate*	Mr Li Main Hall	6-14 Yrs Boys and Girls
20:30-21:30	Karate*	Mr Li Main Hall	Adults

Class / Activity	Instructor	Location	Level
<b>Saturday</b>			
09:30-11:00	Aikido*	David Main Hall	6-15 Yrs Boys and Girls
11:00-12:30	Aikido*	David Main Hall	Adults

\* Not included in membership and a waiting list may apply. Contact reception for more details.

