

Ferndale Community Sports Centre
0845 130 8998 – Textphone users add prefix 18001

MONDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
10am-12pm	Club Dance	Gina	55+ Years	Studio
5pm-6pm	<i>NEW</i> Yoga	Leo	All	Studio
7.30pm-9pm	Capoeira	Edielson	All	Studio
TUESDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
6.30pm-7.30pm	<i>NEW</i> Power Pump	Rachid	All	Studio
7.30pm-8.30pm	<i>NEW</i> Circuits	Joel	All	Studio
WEDNESDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
11am-12.30pm	<i>NEW</i> Yoga	Leo	All	Studio
THURSDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
11am-12pm	<i>NEW</i> Yoga	Tamara	55+ Years	Studio
8.30pm-9.30pm	<i>NEW</i> Yoga	Leo	All	Studio
FRIDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
10am-11am	<i>NEW</i> Body Conditioning	Lucille	All	Studio
SATURDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
10.30am-11.30am	<i>NEW</i> Bums, Tums & Thighs	Rachid	All	Studio
11.30am-12.30pm	<i>NEW</i> BoxFit	Joel	Level 2-3	Studio

Flaxman Sports Centre
020 7926 1054 – Textphone users add prefix 18001

TUESDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
7.15pm-8.45pm	Circuits	Roy	All	Sports Hall
WEDNESDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
8pm-9pm	<i>NEW</i> Power Pump	Joel	All	Sports Hall
THURSDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
7.15pm-8.45pm	Circuits	Roy	All	Sports Hall
SUNDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
12.15pm-1.45pm	<i>NEW</i> Body Conditioning	Joel	All	Sports Hall




Visit www.gll.org for further details

1 Brixton Recreation Centre
27 Brixton Station Road,
London SW9 8QQ
Carew Road
London SE5 9DF
t. 020 7926 9779

2 Ferndale Community Sports Centre
Nursery Road
London SW9 8BP
t. 0845 130 8998

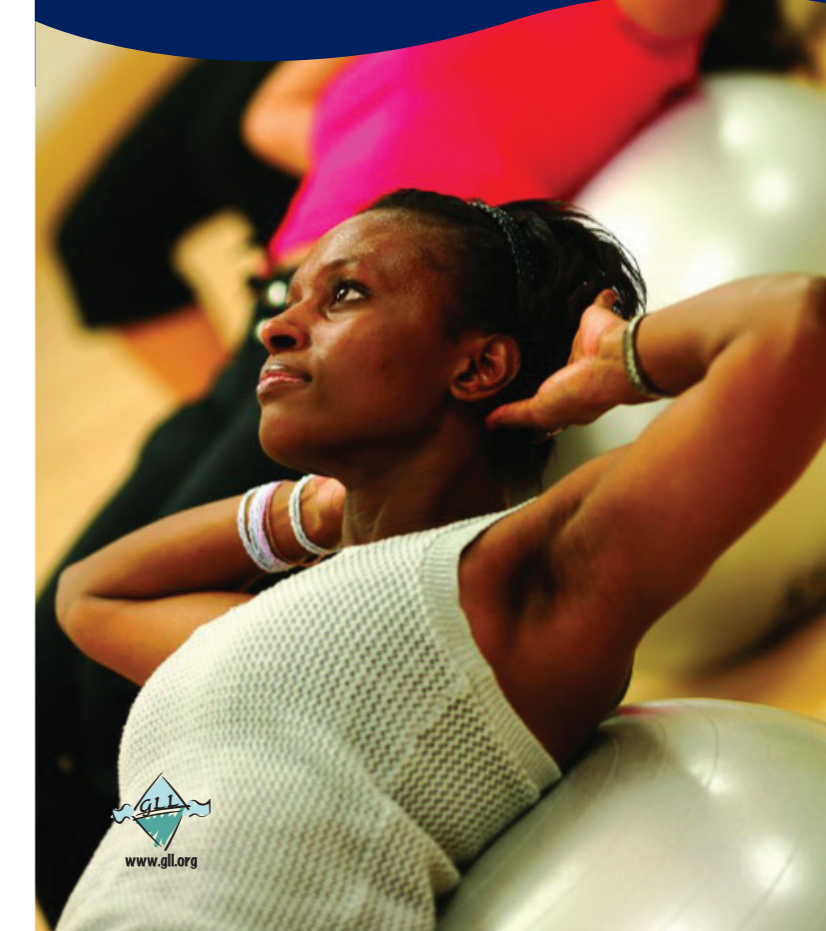
3 Flaxman Sports Centre
Carew Road
London SE5 9DF
t. 020 7926 1054



Group Exercise Programme

February to March 2010

Lambeth



- Aero Tone**
A combination of aerobics and body conditioning without the use of a platform. Enjoy high & low impact aerobic moves designed to get your heart pumping in a fun environment.
- Aerobics**
A class combining indoor cycling, body conditioning and core stability - a complete body workout!
- Aerobiking**
A fun and unusual way to exercise, an energetic workout. An overall body conditioning class hitting the parts that other classes don't hit....
- Body Conditioning**
Using focus pads and gloves to enhance an excellent aerobic workout. The name says it all!
- Boxfit**
A Brazilian form of movement. Cardio Blast High Energy, High Motivation, High Impact. No coordination required in this fun action packed multi station group exercise class.
- Circuits**
Exercises to strengthen your core postural muscles and improve body alignment.
- Plates Based Exercise**
If you want results fast, look no further. A group exercise class using Bar Bells, and Hand Weights.
- Power Pump**
A class for over 55 year olds, covering a whole range of dances for you to learn and enjoy.
- Club Dance**
Enjoyment and creativity in a dance style aerobic class
- Soca Aerobics**
A low impact, high intensity class using a step platform for a great workout.
- Step & Sculpt**
Aerobics, Step & Conditioning – this class does what it says on the tin... a complete body workout.
- Street Beat**
An exciting high-energy hour where children can learn choreographed dance routines and moves to the latest chart sounds. A session definitely with (the right) attitude!
- Water Workout**
An invigorating workout in the pool that allows you to exercise without excess pressure on the joints.
- Yoga**
A traditional class that combines postures that relax the mind and strengthen the body

Class Descriptions

Class Level Info

- Level 1** Beginner - these classes are ideal for anyone who is new to fitness or returning to exercise after a break.
 - Level 2** Intermediate - these classes are specifically aimed at customers who are confident at beginner level and want to try a more challenging workout.
 - Level 3** Advanced - these classes are of a higher intensity with more complicated and advanced choreography
- Group Exercise classes are 50 minute duration
- Key**
- C** = Crèche available
 - ♀** = Women Only

MONDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
9.15am-10.15am	<i>NEW</i> Cardio Blast C	Mark	All	Studio 1
10.30am-11.30am	<i>NEW</i> Aerobics C	Carol	All	Studio 1
12pm-12.45pm	<i>NEW</i> Water Workout C	Wioletta	All	Main Pool
6pm-7pm	<i>NEW</i> Body Conditioning C	Wioletta	All	Studio 1
6.15pm-7pm	Aerobiking C	Marta	Level 1-2	Aerobiking Studio
7pm-8pm	Soca Aerobics C	Shantelle	All	Studio 1
7.15pm-8pm	Aerobiking C	Marta	Level 2-3	Aerobiking Studio
8pm-9.15pm	Boxfit	Joel	Level 2-3	Studio 1
TUESDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
10am-11am	<i>NEW</i> Body Conditioning C	Lucille	All	Studio 1
10am-11am	Water Workout C	Wioletta	All	Main Pool
11am-12pm	Yoga C	Lynne	55+ Years	Studio 2
12.15pm-1.45pm	Yoga C	Lynne	All	Studio 2
6pm-6.45pm	Aerobiking	Camilla	Level 1-2	Aerobiking Studio
6.15pm-7pm	Circuits	Joel	Level 2-3	Main Hall
6.45pm-7.30pm	Aerobiking	Jenny	Level 2-3	Aerobiking Studio
7pm-8pm	Cardio Blast	Mark	All	Studio 1
7.15pm-8.15pm	Street Beat	Keeza	Level 1-2	Studio 2
8.15pm-9pm	Street Beat	Keeza	Level 2-3	Studio 2
WEDNESDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
9.30am-10.30am	Power Pump C	Adeama	All	Studio 1
10.45am-11.45am	<i>NEW</i> Step n Sculpt C	Carol	All	Studio 1
12pm-12.45pm	<i>NEW</i> Water Workout C	Wioletta	All	Main Pool
1pm-2.30pm	Yoga C	Pablo	Level 1-2	Studio 2
6pm-6.45pm	Aerobiking	Jenny	Level 1-2	Aerobiking Studio
6pm-7pm	<i>NEW</i> Aerotone	Joel	All	Studio 1
6.45pm-7.30pm	<i>NEW</i> Aerobiking	Jenny	Level 3	Aerobiking Studio
7pm-8pm	Step	Karen	All	Studio 1
7.30pm-8.30pm	<i>NEW</i> Water Workout	Wioletta	All	Main Pool
7.30pm-8.30pm	Pilates Based Exercise	Patrizia	Level 1-2	Studio 2
8pm-9pm	Bums, Tums & Thighs	Karen	All	Studio 1
THURSDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
9.15am-10.15am	<i>NEW</i> Body Conditioning C	Mark	All	Studio 1
10.30am-11.30am	<i>NEW</i> Bums, Tums & Thighs C	Carol	All	Studio 1
12pm-1.30pm	Yoga C	Pablo	Level 1-2	Studio 2
6pm-7pm	Power Pump	Patrizia	All	Studio 1
6.15pm-7.15pm	Yoga	Pablo	All	Studio 2
6.15pm-7pm	Aerobiking	Doni	All	Aerobiking Studio
7pm-8pm	Bums, Tums & Thighs	Karen	All	Studio 1
7.15pm-8.15pm	Pilates Based Exercise	Patrizia	Level 3	Studio 2
8pm-9pm	Aerotone	Karen	All	Studio 1
FRIDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
10.30am-11.30am	<i>NEW</i> Aerobics C	Wioletta	All	Studio 1
12pm-12.45pm	Aerobiking C	Marta	All	Aerobiking Studio
12pm-2pm	Club Dance	Trevor	55+ Years	Studio 1
6.15pm-7pm	Aerobiking	Ramune	Level 1-2	Aerobiking Studio
6.30pm-7.30pm	Power Pump	Patrizia	All	Studio 1
6.30pm-7.30pm	Water Workout (WO)	Wioletta	All	Main Pool
7pm-8.30pm	Yoga	Stephen	All	Studio 2
7.15pm-8pm	Aerobiking	Ramune	Level 2-3	Aerobiking Studio
7.30pm-8.45pm	Boxfit	Joel	Level 2-3	Studio 1

SATURDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
8am-8.45am	Aerobiking C	Sheila	Level 1-2	Aerobiking Studio
8.45am-9.30am	Aerobiking C	Sheila	Level 2-3	Aerobiking Studio
10am-11am	Power Pump C	Donna	All	Studio 1
11am-12pm	Cardio Blast C	Donna	Level 2-3	Studio 1
11.30pm-1pm	Yoga C	Stephen	All	Studio 2
12.15pm-1.15pm	Belly Dancing C 🎶	Malika	Level 1	Studio 1
1.15pm-2.15pm	Belly Dancing 🎶	Malika	Level 2	Studio 1
2.45pm-4.15pm	Yoga	Stephen	All	Studio 2
SUNDAY	CLASS	INSTRUCTOR	LEVEL	LOCATION
8am-8.45am	Aerobiking	Sheila	Level 1-2	Aerobiking Studio
8.45am-9.30am	Aerobiking	Sheila	Level 2-3	Aerobiking Studio
10am-11am	Cardio Blast	Mark	Level 2-3	Studio 1
11am-12pm	Body Conditioning	Mark	All	Studio 1
12pm-1pm	<i>NEW</i> Step	Lucille	All	Studio 1
1.15pm-2.15pm	Power Pump	Donna	All	Studio 1

Group Exercise Prices

£		 Wellness	 Wellness Concessionary	 Standard	 Concessionary	Non Member*
Brixton 60 minute classes	Peak	Inclusive	£4.40	£4.40	£4.40	£5.90
	Off - Peak	Inclusive	Inclusive	£3.25	£2.65	£5.90
Brixton 90 minute classes	Peak	Inclusive	£4.40	£4.40	£4.40	£5.90
	Off - Peak	Inclusive	Inclusive	£3.25	£2.65	£5.90
Ferndale 60 minute classes	Peak	Inclusive	£4.40	£4.40	£4.40	£5.90
	Off - Peak	Inclusive	Inclusive	£3.25	£2.65	£5.90
Ferndale 90 minute capoeira	Peak	Inclusive	£5.05	£5.05	£5.05	£6.70
	Off - Peak	Inclusive	Inclusive	£3.70	£3.00	£6.70
Flaxman 60 minute classes	Peak	Inclusive	£3.55	£3.55	£3.55	£4.75
	Off - Peak	Inclusive	Inclusive	£2.60	£2.15	£4.75

Off-peak times

Monday to Friday: 9am-5pm (last entry 4.15pm)
Saturday and Sunday: After 1pm
Peak prices apply at all times, including bank holidays.