



WINCHESTER
COLLEGE

ENTERPRISES

WYKEHAM SPORTS CLUB EXERCISE CLASSES – AUTUMN TERM 2018

Our Autumn Term classes begin on **Monday 10th September 2018 – Friday 14th December 2018**. Course places can be booked and paid for in advance during the summer until **Friday 24 August 2018**. The half-term break is between **Monday 22 October - Friday 26 October 2018**, making the full term **13 weeks**. If you are going to be absent for a period of time during the term, please let us know.

Pilates Flow/Lunchtime Pilates – Tuesday 11.15 am to 12.15 pm with Christine

Pilates Flow combines traditional Pilates moves with more dynamic exercises. Each sequence of exercises flow together to give a challenging class which will improve posture, strength, coordination and balance.

Hatha Yoga – Monday morning and evening with Susan

Hatha Yoga is a classic and traditional form of Yoga practice for both mind and body. The postures that Susan teaches in her classes are specifically designed to help strengthen and tone the muscles to help maintain healthy body and also for calmness of mind. Susan teaches beginners and intermediate level students. Her classes are highly recommended by her students.

Pilates/Yoga – Wednesday & Friday morning with Leanne

Fitness Pilates combines functional fitness variations with traditional Pilates movements. It still utilises all of the fundamental movements, principles and techniques of traditional Pilates Mat work but offers more diverse modifications and updated exercise prescriptions to provide a controlled body conditioning class which is appropriate for 'the healthy adult' of all fitness levels. It integrates fitness principles with Pilates learning and is not intended to be remedial, clinical or designed for rehabilitation. It is a modern, forward thinking approach to mindful group exercise. This particular class helps build a strong core from which of which the positions or exercises flow and centres around control and precision, aiding a healthy and fit lifestyle, while also remaining mindful in every act of movement you perform in a modern yet non-intimidating and easy to follow way.

Pilates with Hazel – Men's Pilates(intermediate) and Thursday morning class

Pilates is an exercise method that builds core strength from the inside. It was created by Joseph Pilates in the 1920s, to strengthen both the mind and the body. Working through a series of exercises, with adjustments or alternatives given to suit the individual if required, the emphasis is placed on the quality and precision of movement as opposed to the quantity of repetitions.

Benefits from regular Pilates practice can include:

- Increased muscle strength and flexibility;
- Improved posture, balance, coordination, body alignment and joint mobility;
- A reduction in back pain;
- Greater body awareness;
- A reduction in levels of stress;
- Relaxation;

- An increased sense of general wellbeing.

Lunchtime Stretch & Strengthen - Tuesday with Christine

This is a short (45 mins) class based on Pilates techniques to Stretch and Strengthen. This class is specifically designed for those who are short of time and to encourage us to move away from our desks at lunchtime.

Stretch and Strengthen – Tuesday & Thursday evening with Dariusz

Aqua Fit

Our popular Aqua-Fit classes are run by **Sarah**. Classes are held on Tuesdays 11.30am-12.15pm and Wednesdays 9.45am-10.30am and 10.45am-11.30am. This is a great form of exercise minus the impact or stress on joints; most of all it is **FUN!**

Circuits

The Circuit classes are our only drop in classes. You do not have to pre-book or pre-pay. Classes are taken by **PE Centre staff** on a Wednesday evening 6.15pm-7.15pm and on Friday lunchtimes at 1.05pm-1.55pm. They are usually held in the Sports Hall but if the weather is good they can be outside.

Parking

Parking is extremely limited at the College and spaces are not always available when using the facilities. In the first instance, members are asked to park on the basketball court. Sports Club Members **and class attendees** are also requested not to leave their car at the Centre when they are not in making use of the facilities. Parking around the College is at a premium for both staff and visitors.

Enrolment on Classes

Please complete the attached form and return it to the **Winchester College PE Centre reception on Kingsgate Road, SO23 9QP along with your payment**. Confirmation of your place on the course and receipt of your payment will come via e-mail. Please ensure that we have your up-to-date e-mail address by including it on the application form.

Classes can be paid for by cheque payable to: **WINCHESTER COLLEGE TRADING COMPANY LTD**, alternatively we are able to take payments using World Pay secure online payments. Should you have any queries please do not hesitate to contact the Sports Club Administrators; 01962 621399 – (7.30am – 2.30pm Monday to Saturday) or 01962 621209 outside of these hours. The administrators can also be contacted via email at: wykehamports@wincoll.ac.uk

Please note that all courses are subject to minimum numbers being met, to secure your place please sign up as soon as possible. Classes are paid for on a block booking basis. Blocks range from 10-13 weeks and run in line with the school holidays. Sadly due to small group numbers (max 12), and tailoring lesson plans for injuries, we cannot accept drop-ins except for circuits.

You can make two session swaps per block booking if necessary (joining another class that week/another week as a make-up, **space permitting**). If necessary, you can also take 2 weeks 'holiday' per block booking if notified in advance, the holiday session will not be charged and your space will continue to be reserved for you. **Participants arriving more than 5 minutes after the class start time may not be allowed entry.**

**Monday 10th September 2018 – Friday 14th December (13 weeks)
(Half term break 22nd – 28th October 2018).**

Autumn Term 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY MORNING	9.30 - 10.30am Hatha Yoga/ Susan		9.45 – 10.30am Aqua Fit/Sarah B	9.30 - 10.30am Pilates/Hazel	10.15 - 11.15am Pilates/Leanne
MORNING	10.35 - 11.30am Beginners Hatha Yoga/ Susan	11.15 – 12.15 Pilates Flow/ Christine 11.30am-12.15pm Aqua Fit Sarah B	10.45-11.30am Aqua Fit/Sarah B 10.00am- 11.00am Yoga/Leanne		
LUNCH TIME		1.05-1.50pm Stretch and Strengthen (Pilates)/Christine			1.05 – 1.55pm Circuits
EVENING	6.30-8.00pm Hatha Yoga/ Susan	6.15 - 7.15pm Stretch & Strengthen/ Dariusz	6.15 - 7.15pm Circuits 6.15-7.15pm Men's Intermediate Pilates/Hazel	6.15 - 7.15pm Stretch & Strengthen/ Dariusz	

Class Rates from September 2018

CLASS	Member rate	Non Member Rate
Monday evening HathaYoga (1½ hours)	£8.50 per class	£11.00 per class
Pilates, Pilates Flow, Aqua Fit, Stretch & Strengthen & Hatha Yoga & Yoga	£6.50 per class	£8.00 per class
Circuits Pay as you Go	£5.00 per class	£6.00 per class

Exercise and Fitness Course Application form - 10th September 2018 – Friday 14th December

TITLE.....NAME.....

TEL.....MEM.NO.....

ADDRESS.....

POSTCODE..... EMAIL.....

CHEQUE ENCLOSED FOR £.....payable to: **WINCHESTER COLLEGE TRADING CO LIMITED**

CLASSES – 13 weeks	MEMBERS: per class/term	Tick	NON-MEMBERS: per class/term	Tick	Tick if Beginner
Hatha Yoga – Monday 9.30am/Susan	£6.50/£84.50		£8.00/£104.00		
BEGINNERS Hatha Yoga Monday 10.35am/Susan	£6.50/£84.50		£8.00/£104.00		
Hatha Yoga Monday 6.30pm-8.00pm/Susan(1.5hrs)	£8.50/£110.00		£11.00/£143.00		
Pilates Flow – Tuesday 11.15am/Christine	£6.50/£84.50		£8.00/£104.00		
Aqua Fit – Tuesday 11.30am/Sarah	£6.50/£84.50		£8.00/£104.00		
Lunchtime Pilates Stretch & Strengthen Tuesday 1.05pm/Christine	£5.00/£65.00		£6.00/£78.00		
Stretch & Strengthen - Tuesday 6.15pm/ Dariusz	£6.50/£84.50		£8.00/£104.00		
Aqua Fit - Wednesday 9.45am/Sarah	£6.50/£84.50		£8.00/£104.00		
Yoga – Wednesday 10.00am/Leanne	£6.50/£84.50		£8.00/£104.00		
Aqua Fit - Wednesday 10.45am/Sarah	£6.50/£84.50		£8.00/£104.00		
Men’s Intermediate Pilates Wednesday 6.15pm/Hazel	£6.50/£84.50		£8.00/£104.00		
Circuits - Wednesday 6.15pm	£5.00 per class		£6.00 per class		
Pilates – Thursday 9.30am/Hazel	£6.50/£84.50		£8.00/£104.00		
Stretch & Strengthen - Thursday 6.15pm Dariusz	£6.50/£84.50		£8.00/£104.00		
Pilates – Friday 10.15am/Leanne	£6.50/£84.50		£8.00/£104.00		
Circuits - Friday 1.05pm	£5.00 per class		£6.00 per class		

NON-MEMBERS PARKING: If you wish to park at the PE Centre while attending your class, please insert your details below so that we can contact you if there is a problem. **PARKING IS ONLY PERMITTED DURING CLASS DURATION.**

CAR REGISTRATION.....

For Office use only

CLASS		CLASS LIST	
FEE PAID		DATE	

Pease complete **PHYSICAL ACTIVITY READINESS QUESTIONNAIRE**

If you are planning to take part in physical activity or an exercise class and you are new to exercise, start by answering the questions below. If you are between the ages of 15 and 69 the questionnaire will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

ALL INFORMATION CONFIDENTIALLY WILL BE TREATED CONFIDENTIALLY

Please circle

- 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? YES NO
- 2. Do you ever feel pain in your chest when you do physical activity? YES NO
- 3. Have you ever had chest pain when you are not doing physical activity? YES NO
- 4. Do you ever feel faint or have spells of dizziness? YES NO
- 5. Do you have a joint problem that could be made worse by exercise? YES NO
- 6. Have you ever been told that you have high blood pressure? YES NO
- 7. Are you currently taking any medication of which the instructor should be made aware of? YES NO

If so what? _____

- 8. Are you pregnant or have you had a baby in the last 6 months? YES NO
- 9. Is there any other reason why you should not participate in physical activity? YES NO

If so what? _____

IF YOU HAVE ANSWERED YES TO ONE OR MORE QUESTIONS

Talk to your doctor by phone or in person before you start becoming more physically active. Tell your doctor about the questionnaire and which question you answered YES to.

You may be able to do any activity you want – as long as you build up slowly and gradually. Or you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activity you wish to participate in and follow his/her advice.

IF YOU HAVE ANSWERED NO TO ALL QUESTIONS

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme. Remember to begin slowly and build up gradually.

PLEASE NOTE

If your health changes so that subsequently you answer YES to any of the above questions, inform your instructor immediately and seek advice from your GP about the suitability of your exercise program. If you feel unwell because of a temporary illness such as cold or flu – delay becoming more active and wait until you are better.

WHAT ARE YOUR MOTIVES FOR EXERCISING?

**I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE.
I HAVE FOLLOWED THE ADVICE OF MY GP AND HAPPY THAT THIS IS A SUITABLE EXERCISE PROGRAMME FOR ME.**

Name: _____ Signature: _____

Address: _____ Phone: _____ Date: _____

EMERGENCY CONTACT NAME AND PHONE NO: _____