



WINCHESTER COLLEGE ENTERPRISES

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Dear All

December 2011

Please find attached the course dates for the next term. Claire, Sue, Katie and Helen will start the term week commencing Tuesday 3rd January 2012 through to Friday 30th March 2012. Chris will commence her sessions on Monday 9th January 2012.

The courses do **not** run during the half term week commencing 13th February - 19th February 2012 with the exception of circuits subject to instructor availability.

Class changes

- Pilates Wednesday evenings has now moved to Monday evenings from 6.00pm – 7.00pm with Katie
- Circuits time has changed on a Wednesday Evening: 6.15pm to 7.15pm
- Additional lunchtime class on Thursdays (12.00 – 1.00pm) – Length and Strength

NEW Classes

We are delighted to be able to offer the very popular Zumba from January 2012. This is Latin American inspired easy to follow dance fitness class – no age or fitness level required you work at the level you feel comfortable with. This will be a pay as you go class or you can purchase 11 sessions for the price of 10(voucher). So why not give it a try

- Monday evenings 7.15pm – 8.00pm
- Thursday lunch times 1.00pm - 1.45pm

All courses are subject to minimum numbers being met. It is therefore helpful, and secures your place, if you sign up as soon as possible.

Please complete the form attached and return to the above address with your cheque. Your enrolment card/vouchers will be posted to you. See accompanying timetable for terms and conditions. Please make cheques payable to **WINCHESTER COLLEGE ENTERPRISES.**

Should you have any queries please do not hesitate to contact me on either 01962 621209 or wykehamports@wincoll.ac.uk.

Please can we remind class attendees to arrive on time for the class, if you are more than 10 minutes late the instructor may not permit you to join the class as you will have not completed the correct warm up.

Kind Regards.

Helen Muir-Davies
Winchester College Enterprises

Exercise and Fitness Course Application form January 2012 – March 2012

TITLE.....NAMETEL.....MEM.NO

ADDRESS.....
.....

POSTCODE.....EMAIL.....Date.....

CHEQUE ENCLOSED FOR £.....made payable to **WINCHESTER COLLEGE ENTERPRISES**

MEMBERS FEES:	Per Term	Tick:	Tick if Beginner
YOGA Monday 7.00 pm /Chris	£66.00		
PILATES Monday 6.00pm/Katie	£66.00		
PILATES Tuesday 9.30 am/Sue	£72.00		
Length and Strength Thursday 12.00- 1.00pm/ Katie	£72.00		
PILATES Thursday 6.00 pm/Sue	£72.00		
PILATES Thursday 7.00 pm/Sue	£72.00		
PILATES Friday 9.25 am/Claire	£72.00		
AQUA-FIT Wednesday 10.40 am/Sue	£72.00		
BODY CONDITIONING Wed 9.30 am/Claire	£60.00		
BODY CONDITIONING Fri 10.45am/Claire	£60.00		
CIRCUITS (any number)	£4.00 per session		
ZUMBA	£5.00 per session		
NON-MEMBERS FEES:	Per term	Tick:	
YOGA Monday 7.00pm /Chris	£79.20		
PILATES Monday 6.00pm/Katie	£79.20		
PILATES Tuesday 9.30 am/Sue	£85.20		
Length and Strength Thursday 12.00- 1.00pm/ Katie	£85.20		
PILATES Thursday 6.00 pm/Sue	£85.20		
PILATES Thursday 7.00 pm/Sue	£85.20		
PILATES Friday 9.25 am/Claire	£85.20		
AQUA-FIT Wed 10.45am/Sue	£72.00		
BODY CONDITIONING Wed 9.30 am//Claire	£72.00		
BODY CONDITIONING Fri 10.40am/Claire	£72.00		
CIRCUITS (any number)	£5.00 per session		
ZUMBA	£5.00 per session Or 11 for price of 10 (£50)		

NON-MEMBERS PARKING: If you wish to park at the PE Centre while attending your class, you must display a valid permit on your dashboard. Please complete the box below, and a permit will be supplied.

REG. NO.

For Office use only Class		Card / Parking Permit issued	
Fee paid		Class List	