

WYKEHAM SPORTS CLUB EXERCISE AND FITNESS COURSES TIMETABLE
January 2012 - March 2012

	Day	TIME	From	To	Half-term/other Breaks	Classes this term	Tutor	Room	Wykeham SC Member *Cost per class/per term	Non-Members *Cost per class / per term
HATHA YOGA	Mon	7.00 - 8.30 pm	Jan 9th	March 26th	13 Feb	11	Chris Wyeth	Do-Jo #	*£6.00 / £66.00	*£7.10/ £79.20
PILATES new Mon eve class	Mon	6.00 - 7.00 pm	Jan 9th	March 26th	15 Feb	11	Katie Hewson	Do-Jo #	*£6.00/ £66.00	*£7.10 / £79.20
PILATES	Tues	9.30 - 10.30 am	Jan 3rd	March 27th	14 Feb	12	Sue Cole	Do-Jo #	*£6.00/ £72.00	*£7.10 / £85.20
Length and Strength	Thurs	12.00-1.00pm	Jan 5th	March 29th	16 Feb	12	Katie Hewson	Do Jo #	*£6.00/ £72.00	*£7.10 / £85.20
PILATES	Thurs	6.00 - 7.00 pm	Jan 5th	March 29th	16 Feb	12	Sue Cole	Do-Jo #	*£6.00/ £72.00	*£7.10 / £85.20
PILATES	Thurs	7.00 - 8.00 pm	Jan 5th	March 29th	16 Feb	12	Sue Cole	Do-Jo #	*£6.00/ £72.00	*£7.10 / £85.20
PILATES	Fri	9.25-10.25 am	Jan 6th	March 30th	17 Feb	12	Claire White	Do-Jo #	*£6.00/ £72.00	*£7.10 / £85.20
AQUA-FIT	Wed	10.40 - 11.30 am	Jan 4th	March 28th	15 Feb	12	Sue Cole	Pool	£5.00/£60.00	*£6.00/ £72.00
BODY CONDITIONING	Wed	9.30 - 10.30 am	Jan 4th	March 28th	15 Feb	12	Claire White	Squash Court	*£5.00 / £60.00	*£6.00 / £72.00
BODY CONDITIONING	Fri	10.45 - 11.45 am	Jan 6th	March 30th	17 Feb	12	Claire White	Squash Court	*£5.00 / £60.00	*£6.00 / £72.00
CIRCUITS (Continuous apart from dates shown)	Wed	6.15 - 7.15 pm	Jan 4th	continuous			Helen Moseley	Main Hall	*£4.00	*£5.00
	Fri	1.00 - 2.00 pm	Jan 6th	continuous				Main Hall	*£4.00	*£5.00
NEW ZUMBA										
Evening	Mon	7.15pm - 8.00pm	Jan 9th	March 26th	13-Feb	11	Katie Hewson	Main Hall	*£5.00	
lunchtime class	Thurs	1.00pm - 1.45pm	Jan 5th	March 29th	16-Feb	12	Katie Hewson	Main Hall	or 11 sessions for 10 £50.00 if pre booked	
# DO JO: Footwear is prohibited & personal items may not be deposited on the floor. Please secure valuable in lockers keys available from front desk										
It is essential that anyone undertaking physical exercise be in appropriately good health. Please consult your doctor if you are in any doubt.										
Apply using the application form provided: enquiries to Wykeham Sports Club at Enterprises Office, 73 Kingsgate Street, SO23 9PE - 01962 621209, email: wykehamsports@wincoll.ac.uk										
HATHA YOGA / PILATES / AQUA-FIT / BODY CONDITIONING / YOGA/PILATES										
ATTENDANCE AT THE ABOVE CLASSES MUST BE SUPPORTED BY A VALID ENROLMENT CARD USING AN APPLICATION FORM.										
CIRCUITS and ZUMBA:										
Payment for Circuits and Zumba can either be cash or by prepaid Vouchers. VOUCHERS CAN BE PURCHASED FROM The Wykeham Sports Club at ENTERPRISES OFFICE.										
THERE IS NO RESTRICTION ON THE NUMBER OF VOUCHERS THAT MAY BE PURCHASED BUT DO HAVE AN EXPIRY DATE Cheques should be made payable to Winchester College Enterprises.										
You may join any of these classes at any time during the term, subject to the Instructor's discretion on class numbers. All classes have minimum/maximum attendance levels.										
If you are joining after the beginning of term, you may deduct the cost of the number of classes you have missed.										
Payment is by cheque (made payable to Winchester College Enterprises) or cash to the Enterprises Office, and not to the Instructor.										
Classes are held at the PE Centre, Kingsgate Road (Opposite Science School, near Queen Inn). Parking is only permitted following application for a permit to The Wykeham Sports Club.										
TO COMPLY WITH THE COLLEGE CHILD PROTECTION POLICY MEMBERS MUST NOT ENTER CHANGING ROOMS BEFORE THE ADVERTISED TIMES & MUST HAVE LEFT BY THE END OF THE SESSION										