



WINCHESTER COLLEGE
ENTERPRISES

Wykeham Sports Club

WYKEHAM SPORTS CLUB EXERCISE CLASSES

SPRING TERM (COMMON TIME) 2020

Monday 6th January – Friday 3rd April 2020

We run a variety of exercise courses at the Wykeham Sports Club during term-time and throughout the school holidays and we encourage people of all skill levels to come and try out our wide selection of activities.

Course places can be booked in advance and up to the end of term on **Friday 3rd April 2020**, with a Half Term break between **Monday 17th – Friday 21st February 2020**, making the full term **12 weeks in total (13 weeks for Circuits)**. If you are going to be absent during the term, please let us know either at the time of booking or in advance).

YOGA

Yoga classes are held on Monday morning 9.15am - 10.15am, with a beginner's class at 10.20am -11.20am, and a class in the evening at 6.30pm - 8.00pm. The classes are taken by **Susan**, an experienced Hatha Yoga teacher who has been teaching yoga for over 9 years, and her classes have been described as lively and welcoming by participants!

PILATES

Different Classes run throughout the week. On Tuesday there are two Lunchtime Pilates sessions tailored specifically to those short of time but looking to get away from their desks on their lunch break, one running from 12.05pm – 12.55pm and another from 1.05pm – 1.55pm. On Wednesdays we have a 10.00am - 11.00am class, a 5.00pm - 6.00pm class, and our popular Men's Intermediate Evening Pilates Class from 6.15pm - 7.15pm. Our team of Pilates instructors are **Amanda, Christine** and **Hazel**; they are all well qualified and each brings their own personality and style to their classes.

STRETCH AND STRENGTHEN

On Tuesday why not join our Stretch and Strengthen class held by our instructor Dariusz? We run an hours' class on Tuesday evening from 6.15pm - 7.15pm

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 6.15 - 7.15pm and on Friday lunchtimes at 1.05 - 1.55pm. They are usually held in the Sports Hall but if the weather is sufficiently pleasant they can be held outside. Circuits normally runs through the Half Term holidays.

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.

*We do allow for up to two weeks absence (to be pre notified at the beginning of term) so you will not be charged for these missed classes. Please note we do not offer refunds for any other missed classes. Catch-up classes must be booked with prior approval from the instructor and where possible taken **in the same week**. If you are unable to make a class for any reason, it is helpful to let us know so we can inform the instructor. Participants arriving more than 5 minutes after the class start time may not be allowed entry.*

Classes can be paid for by cheque payable to: **WINCHESTER COLLEGE TRADING COMPANY LTD**, alternatively we are able to take payments using WorldPay secure online payments. Should you have any queries please do not hesitate to contact the Sports Club Administrators; 01962 621399 – (8am - 2.30pm Monday, Wednesday, Thursday and Saturday) or 01962 621209 outside of these hours. The administrators can also be contacted via email at: wykehamsports@wincoll.ac.uk

Kind regards

Helen Muir-Davies

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Commercial Manager – Enterprises

EXERCISE CLASSES SPRING TERM (COMMON TIME) 2020

Monday 6th January – Friday 3rd April 2020

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY MORNING	9.15 - 10.15am INTERMEDIATE YOGA Susan				
MORNING	10.20 - 11.20am BEGINNERS HATHA YOGA Susan		10.00 - 11.00am PILATES - Amanda		
LUNCH TIME		12.05 - 12.55pm PILATES Christine 1.05pm – 1.55pm PILATES Christine			1.05 - 1.55pm CIRCUITS Instructor Varies
EVENING	6.30 - 8.00pm HATHA YOGA Susan	6.15 - 7.15pm STRETCH AND STRENGTHEN Dariusz	5.00 – 6.00pm PILATES - Hazel --- 6.15 - 7.15pm MENS' INTERMEDIATE PILATES - Hazel --- 6.15 - 7.15pm CIRCUITS - Instructor Varies		

Application Form for Exercise Course **SPRING TERM (Common Time) 2020**

Please ensure that you provide adequate contact information so that we can contact you in the case of a last-minute cancellation.

Name: Telephone:

E-mail Address: Postcode:

Address:

Membership Number (If existing member):

I have enclosed a cheque for £..... payable to: **WINCHESTER COLLEGE TRADING CO LIMITED**

CLASSES (12/13 WEEKS)	MEMBERS: Session/Total	Tick	NON-MEMBERS: Session/Total	Tick
HATHA YOGA (INTERMEDIATE) Monday 9.15 – 10.15am / Susan – 12 sessions	£6.50 / £78.00		£8.00 / £96.00	
HATHA YOGA (BEGINNERS' SESSION) Monday 10.20 – 11.20am / Susan – 12 sessions	£6.50 / £78.00		£8.00 / £96.00	
HATHA YOGA Monday 6.30-8.00pm / Susan (1h 30m) – 12 sessions	£9.00 / £108.00		£12.00 / £144.00	
PILATES Tuesday 12.05-12.55pm/Christine – 12 sessions	£5.00 / £60.00		£6.00 / £72.00	
PILATES Tuesday 1.05-1.55pm/Christine – 12 sessions	£5.00 / £60.00		£6.00 / £72.00	
STRETCH & STRENGTHEN Tuesday 6.15-7.15pm/Dariusz – 12 sessions	£6.50 / £78.00		£8.00 / £96.00	
PILATES Wednesday 10.00-11.00am/Amanda – 12 sessions	£6.50 / £78.00		£8.00 / £96.00	
PILATES Wednesday 5.00-6.00pm/Hazel – 12 sessions	£6.50 / £78.00		£8.00 / £96.00	
MEN'S' PILATES Wednesday 6.15-7.15pm/Hazel – 12 sessions	£6.50 / £78.00		£8.00 / £96.00	
CIRCUITS Wednesday 6.15-7.15pm/Instructor Varies – 13 sessions	£5 pay on day		£6 pay on day	
CIRCUITS Friday 1.05-1.55pm/Instructor Varies – 13 sessions	£5 pay on day		£6 pay on day	

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 issue you with a permit. **PARKING IS ONLY PERMITTED DURING CLASS DURATION.**

CAR REGISTRATION

For Office use only

CLASS		CLASS LIST	
FEE PAID		DATE	

**Please note that there will be no parking on site until January 18th 2020
Pedestrian access will be via Romans Road**

