



WINCHESTER
COLLEGE

ENTERPRISES

WYKEHAM SPORTS CLUB EXERCISE CLASSES SPRING TERM 2019

Our Spring Term classes begin on **Monday 7th January 2018**. Please note that all courses are subject to minimum numbers being met, to secure your place please sign up as soon as possible.

Course places can be booked in advance and up to the end of term on **Friday 5th April 2019**, with a half-term break **Monday 18th - Friday 22nd February 2019**, making the full term **12 weeks in total**. (If you are going to be absent for a period of time during the term, please let us know either at the time of booking or in advance).

Yoga

Yoga classes are held on Monday morning 9.30–10.30am, a beginner's class 10.35–11.30am, in the evening 6.30–8.00pm and Friday mornings 10.15–11.15am. The classes are taken by **Susan** a well experienced Hatha Yoga teacher who has been teaching yoga for over 9 years. Her classes are lively and welcoming are comments made by students who have attended her classes.

Pilates

Different Classes run throughout the week. We have a Pilates Flow Class on Tuesdays 11.15am–12.15pm. On Wednesdays we have a 10–11am class along with our popular **Men's Intermediate Evening Pilates Class** 6.15–7.15pm. On Thursday we have a morning session 9.30–10.30am and on Friday a 10.15–11.15am class. Our team of Pilate's instructors are **Amanda, Hazel** and **Christine**, all are well qualified and bring their own personality and style to their classes.

Stretch and Strengthen

We run a short (45 mins) Stretch & Strengthen Lunchtime Pilates Class 1.05–1.50pm on Tuesdays specifically designed for those who are short of time and to encourage us to move away from our desks at lunchtime. We also run an hours' class on **Tuesday and Thursday evenings 6.15–7.15pm**.

Aqua Fit

Our popular Aqua-Fit classes are run by **Sarah**. Classes are held on Tuesdays 11.30am–12.15pm and two classes on Wednesdays 9.45–10.30am and 10.45–11.30am. 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 6.15–7.15pm and on Friday lunchtimes at 1.05–1.55pm. They are usually held in the Sports Hall but if the weather is good they can be outside.

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 – (7.30am – 2.30pm Monday to Saturday) or 01962 621209 outside of these hours. The administrators can also be contacted via email at: wykeham sports@wincoll.ac.uk

Kind regards

Helen Muir-Davies

Helen Muir-Davies

Commercial Manager – Enterprises

Monday 7 January 2018 – Friday 5 April 2019 (Half term break 18-22 February 2019)

Spring Term 2019	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 YOGA Susan
MORNING	10.35 - 11.30am Beginners Hatha Yoga Susan	11.15-12.15 Pilates Flow Christine 11.30am-12.15pm AQUA FIT/ Sarah B	10.00am- 11.00am PILATES Amanda 10.45-11.30am AQUA FIT Sarah B		
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 MEN'S INTERMEDIATE PILATES/ Hazel 6.15 - 7.15pm CIRCUITS	6.15 - 7.15pm Stretch & Strengthen Dariusz	

Exercise and Fitness Course Application form Monday 7 January – Friday 5 April 2019

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 (x12)	Tick	NON-MEMBERS: per class/term (x12)	Tick	Tick if Beginner
Hatha Yoga – Monday 9.30am/Susan	£6.50 / £78.00		£8.00 / £96.00		
BEGINNERS Hatha Yoga Monday 10.35am / Susan	£6.50 / £78.00		£8.00 / £96.00		
Hatha Yoga Monday 6.30pm-8.00pm / Susan (1.5hrs)	£9.00/£108.00		£12.00 / £144.00		
Pilates Flow – Tuesday 11.15am / Christine	£6.50 / £78.00		£8.00 / £96.00		
Aqua Fit – Tuesday 11.30am/Sarah	£6.50 / £78.00		£8.00 / £96.00		
Lunchtime Pilates Stretch & Strengthen Tuesday 1.05pm/Christine	£5.00 / £65.00		£6.00 / £72.00		
Stretch & Strengthen - Tuesday 6.15pm/ Dariusz	£6.50 / £78.00		£8.00 / £96.00		
Aqua Fit - Wednesday 9.45am/Sarah	£6.50 / £78.00		£8.00 / £96.00		
Pilates – Wednesday 10.00am/Amanda	£6.50 / £78.00		£8.00 / £96.00		
Aqua Fit - Wednesday 10.45am/Sarah	£6.50 / £78.00		£8.00 / £96.00		
Men's Intermediate Pilates Wednesday 6.15pm/Hazel	£6.50 / £78.00		£8.00 / £96.00		
Circuits - Wednesday 6.15pm	£5.00 per class		£6.00 per class		
Pilates – Thursday 9.30am/Hazel	£6.50 / £78.00		£8.00 / £96.00		
Stretch & Strengthen - Thursday 6.15pm Dariusz	£6.50 / £78.00		£8.00 / £96.00		
Yoga– Friday 10.15am/ Susan	£6.50 / £78.00		£8.00 / £96.00		
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

Please 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: _____