

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuits 7.00 - 7.30am				Circuits 7.00 - 7.30am		
Yoga 9.00 - 10.00am	BODYPUMP™ 9.15 - 10.15am	BODYVIVE 3.1™ 9.20 - 10.20am	BODYPUMP™ 9.30 - 10.30am	Pilates 8.30 - 9.30am	BODYPUMP™ 8.50 - 9.50am	BODYPUMP™ 9.00 - 9.45am
Legs, Bums & Tums 9.30 - 10.30am	Yoga 9.15 - 10.15am	Pilates ^I 9.30 - 10.30am	Pilates 9.30 - 10.30am	Aerotone 9.30 - 10.30am		
Jazz Dancing ^B 10.00 - 11.00am	West End Jazz 10.15 - 11.15am	Pilates ^B 10.30 - 11.30am	BODYBALANCE™ 10.30 - 11.30am	Pilates 9.30 - 10.30am	Indoor Cycling 9.55 - 10.25am	Insanity 10.00 - 10.50am
	BODYBALANCE™ 10.20 - 11.20am	Yoga 10.30 - 11.30am	Punch Workshop 10.30 - 11.00am	Bone Build Pilates 9.15 - 10.15am	Legs, Bums & Tums 10.00 - 11.00am	Karate 10.00 - 10.55am
Line Dancing ^{IL} 11.15am - 12.15pm		Supported gym ^{IL} 10.30 - 11.30am	Tap Dancing 10.30 - 11.30am	Pilates 10.30 - 11.30am	Indoor Cycling 10.30 - 11.15am	
Bollywood 11.00am - 12.00pm	Gentle Exercise ^G 11.15am - 12.15pm	Line Dancing ^{IL} 11.30am - 12.30pm	Punch Workshop ^B 11.00 - 11.30am	Inclusive Zumba ^{IL} 11.00am - 12.00pm	Pilates 11.00am - 12.00pm	BODYBALANCE™ 11.00am - 12.00pm
Pilates 11.00am - 12.00pm			Latin Rhythms 11.30am - 12.30pm	Yoga 11.30am - 12.30pm	Zumba Gold 11.00 - 12.00pm	
Pilates 12.00 - 1.00pm	Tap Dancing ^B 12.15 - 1.15pm	Gentle Exercise ^G 12.00 - 1.00pm	Inclusive Zumba ^{IL} 12.30 - 1.30pm	Danceability ^{IL} 12.30 - 1.30pm	Yoga 12.00 - 1.00pm	Pilates 12.00 - 1.00pm
Inclusive Yoga ^{IL} 12.45 - 1.45pm	Zumba 12.15 - 1.15pm	West End Jazz 1.00 - 2.00pm		Bollywood 12.30 - 1.30pm		
Zumba Gold 1.30 - 2.30pm	Line Dancing ^B 1.15 - 2.15pm					
		Karate ^C 6.00 - 7.00pm		Karate ^C 6.00 - 7.00pm		
Indoor Cycling 6.30 - 7.15pm	Pilates 6.30 - 7.30pm	Indoor Cycling 6.30 - 7.30pm	Yoga 6.30 - 7.30pm	BODYBALANCE™ 6.45 - 7.30pm		BODYPUMP™ 6.00 - 7.00pm
Pilates 6.30 - 7.30pm	Fit & Functional 6.30 - 7.15pm	Karate 7.00 - 8.00pm	Fit & Functional 6.40 - 7.25pm	Karate 7.00 - 8.00pm		
BODYVIVE 3.1™ 7.30 - 8.30pm	BODYPUMP™ 7.20 - 8.20pm	Yoga 7.30 - 8.30pm				
Pilates 7.30 - 8.30pm	Indoor Cycling 7.30 - 8.15pm		BODYPUMP™ 7.30 - 8.15pm			
BODYBALANCE™ 8.30 - 9.30pm	Zumba 8.30 - 9.30pm	Karate 8.00 - 9.00pm	Core 8.15 - 8.45pm	Karate 8.00 - 9.00pm		

For more information or prices:
ymcalsw.org/wellbeing

^G Gentle ^I Intermediate
^B Beginner ^{IL} Inclusive Lives*
^C Children

*Inclusive Lives provides more support to those with additional needs

Classes

Cardio

Healthy heart, healthy mind

Insanity A total-body conditioning programme that pushes you to new training heights. Based on the principles of MAX Interval Training.

Indoor Cycling Bringing outdoor cycling techniques indoors with a great soundtrack to motivate you.

Les Mills™

certified classes

BODYVIVE 3.1™ An optimal mix of strength, cardio and core training utilising resistance bands.

BODYPUMP™ Using barbells and free weights this class will sculpt, tone and strengthen your entire body, fast!

BODYBALANCE™ A mix of yoga, Tai Chi & Pilates that'll leave you feeling strong, centred & calm.

Toning

Change your body shape

Legs, Bums and Tums Lower body conditioning exercises to target your lower half.

Fit & Functional Provides a functional and adaptable workout for conditioning the whole body.

Core A workout using resistance equipment aimed at improving your core strength and helping prevent injuries.

Mind and Body

Relax, re-focus, re-energise

Pilates A conditioning programme that improves muscle control, flexibility, coordination.

Bone Build Pilates Incorporating small equipment, balance challenges and functional movements to improve bone health, posture and proprioception.

Yoga Hatha-style yoga based on a series of poses to promote flexibility, good posture, mental wellbeing and calm.

Dance

Get those feet moving!

Zumba A dynamic, exciting and effective workout to the sounds of Latin American and international music.

Bollywood A vibrant way to keep fit with a fusion of Asian and Modern Jazz. An exhilarating and lively class that will infuse an energy buzz.

Latin Rhythms A fusion of Latin and international music that creates a dynamic and exciting, yet easy-to-follow class.

West End Jazz A fun way to learn the routines from the West End with great choreography whilst keeping fit.

Tap Dancing If you love show tunes, you'll love this. Let us take you to 42nd Street for a fun-filled hour that just happens to be good exercise.

Jazz Dancing Learn exciting dance choreography, to upbeat music with jazz technique and moves.

Martial Arts

Karate Encompassing self-defence, respect and confidence and promoting physical/mental discipline in a fun and friendly environment.

Senior

Zumba Gold A gentler class for the active older participant.

Gentle Exercise For those who want to improve stamina and mobility through light aerobics, toning and relaxation.

Inclusive Lives

Line Dancing A friendly, fun class that offers a great way to keep fit – Old West style!

Inclusive Yoga A slower, adaptive form of Hatha yoga techniques designed to improve flexibility, posture and strength.

Supported Gym Get active with the help of a friendly personal trainer on hand each week for any questions or support.

Multisports Try out new activities each week in a friendly environment.

DanceAbility A fun way of exercising where you learn a variety of dances and get to share your moves with us.

Inclusive Zumba A gentler and adaptive class set to Latin music

Why not take out membership for unlimited classes and use of gym?

Contact us now

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E info.hawker@ymcalsw.org

ymcalsw.org/wellbeing  

YMCA London South West is a registered charity.



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.