

Health and Fitness

We have an extensive programme to suit all tastes and abilities. Exercise your body and free your mind.

Get Qualified in Health & Fitness

YMCA Gym Instructor *	Various	10:00	15:00	Nov 08	10	2	Y	A2013	SHC	Excellent Rates	Excellent Rates
YMCA Studio Instructor	Various	Various	Various	Easter 09	Various	2	Y	C2014	SHC	Excellent Rates	Excellent Rates
CYQ Level 1 Award in Lifestyle Management *	Wed	10:15	13:15	24 Sept 08	5	1	N	A2022	SHC	£55	£20
CYQ Level 1 Award in Lifestyle Management *	Wed	10:15	13:15	25 Feb 09	5	1	N	B2023	SHC	£55	£20
CYQ Level 1 Award in Lifestyle Management *	Wed	10:15	13:15	03 June 09	5	1	N	C2021	SHC	£55	£20

Prepare to Get Qualified in Health & Fitness

Introduction to Fitness Instructing	Tues	10:15	13:45	07 Oct 08	3	Beginners	N	A2055	SHC	£28	£11
Introduction to Fitness Instructing	Tues	10:15	13:45	24 Feb 09	3	Beginners	N	B2056	SHC	£28	£11
Introduction To Fitness Instructing	Tues	10:15	13:45	09 June 09	3	Beginners	N	C2011	SHC	£28	£11

Fitness

Body Conditioning	Mon	10:15	11:15	22 Sept 08	10	All	N	A1912	SHC	£28	£11
Gym Workout*	Mon	18:00	19:00	22 Sept 08	10	All	N	A1906	SHC	£28	£11
Circuit Training*	Mon	19:00	20:00	22 Sept 008	10	All	N	A1909	SHC	£28	£11
Boxercise and Gym Circuit for Women*	Wed	10:00	11:30	24 Sept 08	10	All	N	A1503	BGC	£36	£15
Circuit Training For Women*	Wed	10:00	11:00	24 Sept 08	10	All	N	A1900	SHC	£28	£11
Ease Yourself into a Gym Workout*	Wed	11:00	12:00	24 Sept 08	10	Beginners	N	A1903	SHC	£28	£11
Legs, Bums And Tums*	Wed	18:00	19:00	24 Sept 08	10	All	N	A1918	SHC	£28	£11
Awesome Abs Workout*	Wed	19:00	20:00	24 Sept 08	10	All	N	A1921	SHC	£28	£11
Body Conditioning for Women*	Fri	10:00	11:30	26 Sept 08	10	All	N	A1501	SMS	£36	£15
Aerobics For Women*	Fri	10:15	11:15	26 Sept 08	10	All	N	A1924	SHC	£28	£11
Gym Workout*	Mon	18:00	19:00	05 Jan 09	10	All	N	B1907	SHC	£28	£11
Circuit Training*	Mon	19:00	20:00	05 Jan 09	10	All	N	B1910	SHC	£28	£11
Body Conditioning*	Mon	10:15	11:15	05 Jan 09	10	All	N	B1913	SHC	£28	£11
Boxercise and Gym Circuit for Women*	Wed	10:00	11:30	07 Jan 09	10	All	N	B1543	BGC	£36	£15
Circuit Training For Women*	Wed	10:00	11:00	07 Jan 09	10	All	N	B1901	SHC	£28	£11
Ease Yourself into Gym Workout*	Wed	11:00	12:00	07 Jan 09	10	Beginners	N	B1904	SHC	£28	£11
Legs, Bums and Tums*	Wed	18:00	19:00	07 Jan 09	10	All	N	B1919	SHC	£28	£11
Awesome Abs Workout*	Wed	19:00	20:00	07 Jan 09	10	All	N	B1922	SHC	£28	£11
Body Conditioning for Women*	Fri	10:00	11:30	09 Jan 09	10	All	N	B1541	SMS	£36	£15
Aerobics for Women*	Fri	10:15	11:15	09 Jan 09	10	All	N	B1925	SHC	£28	£11
Gym Workout*	Mon	18:00	19:00	20 April 09	10	All	N	C1908	SHC	£28	£11
Circuit Training*	Mon	19:00	20:00	20 April 09	10	All	N	C1911	SHC	£28	£11
Body Conditioning	Mon	10:15	11:15	20 April 09	10	All	N	C1914	SHC	£28	£11
Boxercise and Gym Circuit for Women*	Wed	10:00	11:30	22 April 09	10	All	N	C1574	BGC	£36	£15
Circuit Training for Women*	Wed	10:00	11:00	22 April 09	10	All	N	C1902	SHC	£28	£11
Ease yourself into a Gym Workout*	Wed	11:00	12:00	22 April 09	10	Beginners	N	C1905	SHC	£28	£11
Legs, Bums and Tums*	Wed	18:00	19:00	22 April 09	10	All	N	C1920	SHC	£28	£11
Awesome Abs Workout*	Wed	19:00	20:00	22 April 09	10	All	N	C1923	SHC	£28	£11
Body Conditioning For Women*	Fri	10:00	11:30	24 April 09	10	All	N	C1572	SMS	£36	£15
Aerobics For Women*	Fri	10:15	11:15	24 April 09	10	All	N	C1926	SHC	£28	£11

Pilates

Pilates Exercise for Women*	Tues	10:00	11:30	23 Sept 08	10	All	N	A1510	SHC	£36	£15
Pilates Exercise, Stretch and Relaxation*	Tues	18:00	19:30	23 Sept 08	10	All	N	A1511	SHC	£36	£15
Get Started in Pilates Body Conditioning*	Tues	10:00	11:30	23 Sept 08	10	Beginners	N	A3205	ISW	£36	£15

Course Title	Day	Start Time	End Time	Start Date	Weeks	Level	Advice Session	Course Code	Location	Fee (£)	Concession (£)
Improve your Pilates*	Tues	17:30	19:00	23 Sept 08	10	Intermediate	N	A3207	ISW	£40	£17
Get Started in Pilates Body Conditioning*	Wed	17:45	19:15	24 Sept 08	10	Beginners	N	A3206	ISW	£36	£15
Pilates Exercise, Stretch and Relaxation*	Thurs	18:30	20:00	25 Sept 08	10	All	N	A1513	SMS	£36	£15
Improve your Pilates*	Thurs	10:00	11:30	25 Sept 08	10	Intermediate	N	A3296	ISW	£40	£17
Pilates Exercise for Women*	Tues	10:00	11:30	06 Jan 09	10	All	N	B1550	SHC	£36	£15
Pilates Exercise, Stretch and Relaxation*	Tues	18:00	19:30	06 Jan 09	10	All	N	B1551	SHC	£36	£15
Get Started in Pilates Body Conditioning*	Tues	10:00	11:30	06 Jan 09	10	Beginners	N	B3274	ISW	£36	£15
Improve your Pilates*	Tues	17:30	19:00	06 Jan 09	10	Intermediate	N	B3276	ISW	£40	£17
Get Started in Pilates Body Conditioning*	Wed	17:45	19:15	07 Jan 09	10	Beginners	N	B3275	ISW	£36	£15
Pilates Exercise, Stretch and Relaxation*	Thurs	18:30	20:00	08 Jan 09	10	All	N	B1553	SMS	£36	£15
Improve your Pilates	Thurs	10:00	11:30	08 Jan 09	10	Intermediate	N	B3277	ISW	£40	£17
Pilates Exercise For Women*	Tues	10:00	11:30	21 April 09	10	All	N	C1587	SHC	£36	£15
Pilates Exercise, Stretch and Relaxation*	Tues	18:00	19:30	21 April 09	10	All	N	C1588	SHC	£36	£15
Pilates Exercise, Stretch and Relaxation*	Tues	18:30	20:00	23 Sept 08	10	All	N	C1590	SMS	£36	£15
Get Started in Pilates Body Conditioning	Tues	10:00	11:30	21 April 09	10	Beginners	N	C3313	ISW	£36	£15
Improve your Pilates	Tues	17:30	19:00	21 April 09	10	Intermediate	N	C3315	ISW	£40	£17
Get Started in Pilates Body Conditioning	Wed	17:45	19:15	22 April 2009	10	Beginners	N	C3314	ISW	£36	£15
Improve your Pilates	Thurs	10:00	11:30	23 April 2009	10	Intermediate	N	C3316	ISW	£40	£17
Tai Chi											
Get Started In Tai Chi (Yang Style) With Qi Gong	Mon	18:00	19:30	22 Sept 08	10	Beginners	N	A1705	BGC	£36	£15
Tai Chi (Yang Style) With Qi Gong - Intermediate	Mon	19:30	21:00	22 Sept 08	10	Intermediate	N	A1838	BGC	£40	£17
Tai Chi (Yang Style) With Qi Gong	Wed	18:00	19:30	24 Sept 08	10	Beg/Inter	N	A1706	SMS	£36	£15
Tai Chi (Yang Style) With Qi Gong - Advanced	Wed	19:30	21:00	24 Sept 08	10	Advanced	N	A1708	SMS	£40	£17
Get Started In Tai Chi (Yang Style) With Qi Gong	Sat	11:30	13:00	27 Sept 08	10	Beginners	N	A1707	BGC	£36	£15
Tai Chi (Yang Style) With Qi Gong - Intermediate	Sat	10:00	11:30	27 Sept 08	10	Intermediate	N	A1709	BGC	£40	£17
Tai Chi (Yang Style) With Qi Gong	Wed	18:00	19:30	07 Jan 09	10	Beg/Inter	N	B1754	SMS	£36	£15
Tai Chi (Yang Style) With Qi Gong - Advanced	Wed	19:30	21:00	07 Jan 09	10	Advanced	N	B1756	SMS	£40	£17
Get Started In Tai Chi (Yang Style) With Qi Gong	Mon	18:00	19:30	05 Jan 09	10	Beginners	N	B1753	BGC	£36	£15
Tai Chi (Yang Style) With Qi Gong - Intermediate	Mon	19:30	21:00	05 Jan 09	10	Intermediate	N	B1839	BGC	£40	£17
Get Started In Tai Chi (Yang Style) With Qi Gong	Sat	11:30	13:00	10 Jan 09	10	Beginners	N	B1755	BGC	£36	£15
Tai Chi (Yang Style) With Qi Gong - Intermediate	Sat	10:00	11:30	10 Jan 09	10	Intermediate	N	B1757	BGC	£40	£17
Get Started In Tai Chi (Yang Style) With Qi Gong	Mon	18:00	19:30	20 April 09	10	Beginners	N	C1804	BGC	£36	£15
Tai Chi (Yang Style) With Qi Gong - Intermediate	Mon	19:30	21:00	20 April 09	10	Intermediate	N	C1840	BGC	£40	£17
Tai Chi (Yang Style) With Qi Gong	Wed	18:00	19:30	22 April 09	10	Beg/Inter	N	C1805	SMS	£36	£15
Tai Chi (Yang Style) With Qi Gong - Advanced	Wed	19:30	21:00	22 April 09	10	Advanced	N	C1807	SMS	£40	£17
Get Started In Tai Chi (Yang Style) With Qi Gong	Sat	11:30	13:00	25 April 09	10	Beginners	N	C1806	BGC	£36	£15
Tai Chi (Yang Style) With Qi Gong - Intermediate	Sat	10:00	11:30	25 April 09	10	Intermediate	N	C1808	BGC	£40	£17
Qi Gong											
Get Started in Qi Gong	Thurs	10:00	11:30	25 Sept 08	10	Beginners	N	A1885	ISW	£36	£15
Get Started in Qi Gong	Thurs	10:00	11:30	08 Jan 09	10	Beginners	N	B1886	ISW	£36	£15
Get Started in Qi Gong	Thurs	10:00	11:30	23 April 09	10	Beginners	N	C1887	ISW	£36	£15
Shaolin Martial Arts											
Get Started in Shaolin Martial Arts	Mon	18:30	20:00	22 Sept 08	10	Beginners	N	A1613	SMS	£36	£15
Shaolin Martial Arts	Mon	19:30	21:00	22 Sept 08	10	Intermediate	N	A1614	SMS	£40	£17
Get Started in Shaolin Martial Arts	Mon	18:30	20:00	05 Jan 09	10	Beginners	N	B1555	SMS	£36	£15
Shaolin Martial Arts	Mon	19:30	21:00	05 Jan 09	10	Intermediate	N	B1556	SMS	£40	£17
Get Started in Shaolin Martial Arts	Mon	18:30	20:00	20 April 09	10	Beginners	N	C1601	SMS	£36	£15
Shaolin Martial Arts	Mon	19:30	21:00	20 April 09	10	Intermediate	N	C1602	SMS	£40	£17
Yoga											
Yoga - Chair Based	Tues	10:00	11:30	23 Sept 08	10	All	N	A1710	ISW	£36	£15
Yoga - Hatha	Tues	18:30	20:00	23 Sept 08	10	All	N	A1711	SMS	£36	£15
Yoga - Hatha*	Thurs	18:30	20:00	25 Sept 08	10	All	N	A1712	SHC	£36	£15
Yoga - Hatha (Women)*	Thurs	10:00	11:30	25 Sept 08	10	All	N	A1713	SHC	£36	£15
Yoga for people 60yrs or over	Fri	10:00	12:00	26 Sept 08	10	All	N	A1717	ISB	£40	£17
Yoga For People 60yrs or Over	Fri	13:30	15:30	26 Sept 08	10	All	N	A1718	ISB	£40	£17
Yoga - Chair Based	Tues	10:00	11:30	06 Jan 09	10	All	N	B1758	ISW	£36	£15
Yoga for people 60yrs or over	Fri	10:00	12:00	09 Jan 09	10	All	N	B1765	ISB	£40	£17

Course Title	Day	Start Time	End Time	Start Date	Weeks	Level	Advice Session	Course Code	Location	Fee (£)	Concession (£)
Yoga for people 60yrs or over	Fri	13:30	15:30	09 Jan 09	10	All	N	B1766	ISB	£40	£17
Yoga - Chair Based	Tues	10:00	11:30	21 April 09	10	All	N	C1809	ISW	£36	£15
Yoga - Hatha	Tues	18:30	20:00	06 Jan 09	10	All	N	B1759	SMS	£36	£15
Yoga - Hatha*	Thurs	18:30	20:00	08 Jan 09	10	All	N	B1760	SHC	£36	£15
Yoga - Hatha (Women)	Thurs	10:00	11:30	08 Jan 09	10	All	N	B1761	SHC	£36	£15
Yoga - Hatha	Tues	18:30	20:00	21 April 09	10	All	N	C1810	SMS	£36	£15
Yoga - Hatha*	Thurs	18:30	20:00	23 April 09	10	All	N	C1811	SHC	£36	£15
Yoga - Hatha (Women)	Thurs	10:00	11:30	23 April 09	10	All	N	C1812	SHC	£36	£15
Yoga for people 60yrs or over	Fri	10:00	12:00	24 April 09	10	All	N	C1816	ISB	£40	£17
Yoga for people 60yrs or over	Fri	13:30	15:30	24 April 09	10	All	N	C1817	ISB	£40	£17
Weight and Power Lifting											
Weight and Power Lifting	Mon	17:00	19:00	22 Sept 08	11	All	N	A1521	BGC	£40	£17
Weight and Power Lifting	Tues	17:00	19:00	23 Sept 08	11	All	N	A1523	BGC	£40	£17
Weight and Power Lifting	Tues	18:00	20:00	23 Sept 08	11	All	N	A1524	BGC	£40	£17
Weight and Power Lifting	Wed	18:00	20:00	24 Sept 08	11	All	N	A1525	BGC	£40	£17
Weight and Power Lifting	Thurs	10:30	12:30	25 Sept 08	11	All	N	A1526	BGC	£40	£17
Weight and Power Lifting	Thurs	17:00	19:00	25 Sept 08	11	All	N	A1527	BGC	£40	£17
Weight and Power Lifting	Thurs	18:00	20:00	25 Sept 08	11	All	N	A1528	BGC	£40	£17
Weight and Power Lifting	Sat	10:30	12:30	27 Sept 08	11	All	N	A1529	BGC	£40	£17
Weight and Power Lifting	Mon	18:00	20:00	05 Jan 09	11	All	N	B1560	BGC	£40	£17
Weight and Power Lifting	Tues	17:00	19:00	06 Jan 09	11	All	N	B1562	BGC	£40	£17
Weight and Power Lifting	Tues	18:00	20:00	06 Jan 09	11	All	N	B1563	BGC	£40	£17
Weight and Power Lifting	Weds	18:00	20:00	07 Jan 09	11	All	N	B1564	BGC	£40	£17
Weight and Power Lifting	Thurs	10:30	12:30	08 Jan 09	11	All	N	B1565	BGC	£40	£17
Weight and Power Lifting	Thurs	17:00	19:00	08 Jan 09	11	All	N	B1566	BGC	£40	£17
Weight and Power Lifting	Thurs	18:00	20:00	08 Jan 09	11	All	N	B1567	BGC	£40	£17
Weight and Power Lifting	Sat	10:30	12:30	10 Jan 09	11	All	N	B1568	BGC	£40	£17
Weight and Power Lifting	Mon	18:00	20:00	20 April 09	11	All	N	C1604	BGC	£40	£17
Weight and Power Lifting	Tues	17:00	19:00	21 April 09	11	All	N	C1606	BGC	£40	£17
Weight and Power Lifting	Tues	18:00	20:00	21 April 09	11	All	N	C1607	BGC	£40	£17
Weight and Power Lifting	Wed	18:00	20:00	22 April 09	11	All	N	C1608	BGC	£40	£17
Weight and Power Lifting	Thurs	10:30	12:30	23 April 09	11	All	N	C1609	BGC	£40	£17
Weight and Power Lifting	Thurs	17:00	19:00	23 April 09	11	All	N	C1610	BGC	£40	£17
Weight and Power Lifting	Thurs	18:00	20:00	23 April 09	11	All	N	C1611	BGC	£40	£17
Weight and Power Lifting	Sat	10:30	12:30	25 April 09	11	All	N	C1612	BGC	£40	£17
Swimming											
Parent and Child Swimming 3 months-23 months	Mon	16:30	17:15	22 Sept 08	10	Beginners	N	A1888	SHS	£0	£0
Parent and Child Swimming 2-4 years	Mon	17:15	18:00	22 Sept 08	10	Beginners	N	A1891	SHS	£0	£0
Mother And Child Swimming 3 Months-23 Months	Thurs	16:30	17:15	25 Sept 08	10	Beginners	N	A1894	SHS	£0	£0
Mother And Child Swimming 2-4 Years	Thurs	17:15	18:00	25 Sept 08	10	Beginners	N	A1897	SHS	£0	£0
Parent And Child Swimming 3 Months-23 Months	Mon	16:30	17:15	05 Jan 09	10	Beginners	N	B1889	SHS	£0	£0
Parent and Child Swimming 2-4 years	Mon	17:15	18:00	05 Jan 09	10	Beginners	N	B1892	SHS	£0	£0
Mother and Child Swimming 3 months-23 months	Thurs	16:30	17:15	08 Jan 09	10	Beginners	N	B1895	SHS	£0	£0
Mother and Child Swimming 2-4 years	Thurs	17:15	18:00	08 Jan 09	10	Beginners	N	B1898	SHS	£0	£0
Parent and Child Swimming 3 Months-23 Months	Mon	16:30	17:15	20 April 09	10	Beginners	N	C1890	SHS	£0	£0
Parent and Child Swimming 2-4 years	Mon	17:15	18:00	20 April 09	10	Beginners	N	C1893	SHS	£0	£0
Mother and Child Swimming 3 months-23 months	Thurs	16:30	17:15	23 April 09	10	Beginners	N	C1896	SHS	£0	£0
Mother and Child Swimming 2-4 years	Thurs	17:15	18:00	23 April 09	10	Beginners	N	C1899	SHS	£0	£0