

Health and Fitness

We have an extensive programme to suit all tastes and abilities. Exercise your body and free your mind. Many of our fitness courses have crèche support. For details of our accredited courses contact Denise Henley on 020 7364 2652

Qualify in Health & Fitness											
Studio Instructor CYQ Level 2 Certificate in Fitness Instructing with YMCAfit	Sat	10:00	17:00	17 Oct 2009	20	Level 2	Yes	A2014	SHC	£530	£80
GYM Instructor CYQ Level 2 in Fitness Instructing YMCAfit	Tues, Wed, Thurs	10:00	16:30	19 Jan 2010	7	Level 2	Yes	B2013	SHC	£530	£80
Fitness											
Awesome Abs Workout	Wed	19:00	19:45	23 Sep 2009	10	All Levels		A1921	SHC	£31	£12
Awesome Abs Workout	Wed	19:00	19:45	13 Jan 2010	10	All Levels		B1922	SHC	£31	£12
Awesome Abs Workout	Wed	19:00	19:45	21 Apr 2010	10	All Levels		C1923	SHC	£31	£12
Body Conditioning for Women	Fri	10:00	11:30	25 Sep 2009	10	All Levels		A1501	BGC	£40	£17
Body Conditioning for Women	Fri	10:00	11:30	15 Jan 2010	10	All Levels		B1541	BGC	£40	£17
Body Conditioning for Women	Fri	10:00	11:30	23 Apr 2010	10	All Levels		C1572	BGC	£40	£17
Boxercise and Fitness Training for Women	Wed	10:00	11:30	23 Sep 2009	10	All Levels		A1503	BGC	£40	£17
Boxercise and Fitness Training for Women	Wed	10:00	11:30	13 Jan 2010	10	All Levels		B1543	BGC	£40	£17
Boxercise and Fitness Training for Women	Wed	10:00	11:30	21 Apr 2010	10	All Levels		C1574	BGC	£40	£17
Exercise for the Terrified	Mon	18:00	19:30	21 Sep 2009	10	Beginners		A1906	SHC	£40	£17
Exercise for the Terrified	Mon	18:00	19:30	11 Jan 2010	10	Beginners		B1907	SHC	£40	£17
Exercise for the Terrified	Mon	18:00	19:30	19 Apr 2010	10	Beginners		C1908	SHC	£40	£17
Exercise Taster Legs, Bums & Tums, Aerobics, Step, Body Conditioning for Women	Fri	10:00	11:30	25 Sep 2009	10	All Levels		A1924	SHC	£40	£17
Exercise Taster Legs, Bums & Tums, Aerobics, Step, Body Conditioning for Women	Fri	10:00	11:30	15 Jan 2010	10	All Levels		B1925	SHC	£40	£17
Exercise Taster Legs, Bums & Tums, Aerobics, Step, Body Conditioning for Women	Fri	10:00	11:30	23 Apr 2010	10	All Levels		C1926	SHC	£40	£17
Learn how to defy the attention of Father Time - Exercise for Health	Wed	10:30	12:00	23 Sep 2009	10	Beginners		A2175	ISW	£40	£17
Learn how to defy the attention of Father Time - Exercise for Health	Wed	10:30	12:00	13 Jan 2010	10	Beginners		B2176	ISW	£40	£17
Learn how to defy the attention of Father Time - Exercise for Health	Wed	10:30	12:00	21 Apr 2010	10	Beginners		C2177	ISW	£40	£17
Learn how to Get Fit and Lose Weight (Women)	Mon	10:00	11:30	21 Sep 2009	10	All Levels		A1912	SHC	£40	£17
Learn how to Get Fit and Lose Weight (Women)	Mon	10:00	11:30	11 Jan 2010	10	All Levels		B1913	SHC	£40	£17
Learn how to Get Fit and Lose Weight (Women)	Mon	10:00	11:30	19 Apr 2010	10	All Levels		C1914	SHC	£40	£17
Learn how to use the Gym and Improve Your Health	Wed	10:00	11:30	23 Sep 2009	10	All Levels		A1900	SHC	£40	£17
Learn how to use the Gym and Improve Your Health	Wed	10:00	11:30	13 Jan 2010	10	All Levels		B1901	SHC	£40	£17
Learn how to use the Gym and Improve Your Health	Wed	10:00	11:30	21 Apr 2010	10	All Levels		C1902	SHC	£40	£17
Legs, Bums and Tums (Women)	Wed	18:00	19:00	23 Sep 2009	10	All Levels		A1918	SHC	£31	£12
Legs, Bums and Tums (Women)	Wed	18:00	19:00	13 Jan 2010	10	All Levels		B1919	SHC	£31	£12
Legs, Bums and Tums (Women)	Wed	18:00	19:00	21 Apr 2010	10	All Levels		C1920	SHC	£31	£12
Pilates											
Get Started in Pilates Body Conditioning	Tues	10:00	11:30	22 Sep 2009	10	Beginners		A3205	ISW	£40	£17
Get Started in Pilates Body Conditioning	Wed	17:45	19:15	23 Sep 2009	10	Beginners		A3206	ISW	£40	£17
Get Started in Pilates Body Conditioning	Tues	10:00	11:30	12 Jan 2010	10	Beginners		B3274	ISW	£40	£17
Get Started in Pilates Body Conditioning	Wed	17:45	19:15	13 Jan 2010	10	Beginners		B3275	ISW	£40	£17
Get Started in Pilates Body Conditioning	Tues	10:00	11:30	20 Apr 2010	10	Beginners		C3313	ISW	£40	£17
Get Started in Pilates Body Conditioning	Wed	17:45	19:15	21 Apr 2010	10	Beginners		C3314	ISW	£40	£17
Pilates Body Conditioning	Tues	17:45	19:15	22 Sep 2009	10	Intermediate		A3207	ISW	£44	£19
Pilates Body Conditioning	Thurs	10:00	11:30	25 Sep 2009	10	Intermediate		A3296	ISW	£44	£19
Pilates Body Conditioning	Tues	17:45	19:15	12 Jan 2010	10	Intermediate		B3276	ISW	£44	£19
Pilates Body Conditioning	Thurs	10:00	11:30	14 Jan 2010	10	Intermediate		B3277	ISW	£44	£19
Pilates Body Conditioning	Tues	17:45	19:15	20 Apr 2010	10	Intermediate		C3315	ISW	£44	£19

Course Title	Day	Start Time	End Time	Start Date	Weeks	Course Level	Advice required before enrolment?	Course Code	Venue	Full Fee (£)	Concessionary Fee (£)
Pilates Body Conditioning	Thurs	10:00	11:30	22 Apr 2010	10	Intermediate		C3316	ISW	£44	£19
Pilates Exercise for Women	Tues	10:00	11:30	22 Sep 2009	10	All Levels		A1510	SHC	£40	£17
Pilates Exercise for Women	Tues	10:00	11:30	12 Jan 2010	10	All Levels		B1550	SHC	£40	£17
Pilates Exercise for Women	Tues	10:00	11:30	20 Apr 2010	10	All Levels		C1587	SHC	£40	£17
Pilates Exercise, Stretch and Relaxation	Tues	18:00	19:30	22 Sep 2009	10	All Levels		A1511	SHC	£40	£17
Pilates Exercise, Stretch and Relaxation	Thurs	18:30	20:00	24 Sep 2009	10	All Levels		A1513	SMS	£40	£17
Pilates Exercise, Stretch and Relaxation	Tues	18:00	19:30	12 Jan 2010	10	All Levels		B1551	SHC	£40	£17
Pilates Exercise, Stretch and Relaxation	Thurs	18:30	20:00	14 Jan 2010	10	All Levels		B1553	SMS	£40	£17
Pilates Exercise, Stretch and Relaxation	Tues	18:00	19:30	20 Apr 2010	10	All Levels		C1588	SHC	£40	£17
Pilates Exercise, Stretch and Relaxation	Thurs	18:30	20:00	22 Apr 2010	10	All Levels		C1590	SMS	£40	£17
Shaolin Martial Arts											
Shaolin Martial Arts and Self Defence	Mon	18:30	20:30	21 Sep 2009	10	Begin / Inter		A1613	SMS	£44	£19
Shaolin Martial Arts and Self Defence	Mon	18:30	20:30	11 Jan 2010	10	Begin / Inter		B1555	SMS	£44	£19
Shaolin Martial Arts and Self Defence	Mon	18:30	20:30	19 Apr 2010	10	Begin / Inter		C1601	SMS	£44	£19
Swimming											
Mother and Child Swimming 2-4 Years (One child per parent)	Thurs	17:15	18:00	24 Sep 2009	10	Beginners		A1897	SHS	£0	£0
Mother and Child Swimming 2-4 years (One child per parent)	Thurs	17:15	18:00	14 Jan 2010	10	Beginners		B1898	SHS	£0	£0
Mother and Child Swimming 2-4 years (One child per parent)	Thurs	17:15	18:00	22 Apr 2010	10	Beginners		C1899	SHS	£0	£0
Mother and Child Swimming 3 Months-23 Months (One child per parent)	Thurs	16:30	17:15	24 Sep 2009	10	Beginners		A1894	SHS	£0	£0
Mother and Child Swimming 3 months-23 months (One child per parent)	Thurs	16:30	17:15	14 Jan 2010	10	Beginners		B1895	SHS	£0	£0
Mother and Child Swimming 3 months-23 months (One child per parent)	Thurs	16:30	17:15	22 Apr 2010	10	Beginners		C1896	SHS	£0	£0
Parent and Child Swimming 2-4 years (One child per parent)	Mon	17:15	18:00	21 Sep 2009	10	Beginners		A1891	SHS	£0	£0
Parent and Child Swimming 2-4 years (One child per parent)	Mon	17:15	18:00	11 Jan 2010	10	Beginners		B1892	SHS	£0	£0
Parent and Child Swimming 2-4 years (One child per parent)	Mon	17:15	18:00	19 Apr 2010	10	Beginners		C1893	SHS	£0	£0
Parent and Child Swimming 3 months-23 months (One child per parent)	Mon	16:30	17:15	21 Sep 2009	10	Beginners		A1888	SHS	£0	£0
Parent and Child Swimming 3 Months-23 Months (One child per parent)	Mon	16:30	17:15	11 Jan 2010	10	Beginners		B1889	SHS	£0	£0
Parent and Child Swimming 3 Months-23 Months (One child per parent)	Mon	16:30	17:15	19 Apr 2010	10	Beginners		C1890	SHS	£0	£0
Tai Chi											
Get Started in Tai Chi (Yang Style) with Qi Gong	Sat	11:30	13:00	26 Sep 2009	10	Beginners		A2105	BGC	£40	£17
Get Started in Tai Chi (Yang Style) with Qi Gong	Sat	11:30	13:00	16 Jan 2010	10	Beginners		B2106	BGC	£40	£17
Get Started in Tai Chi (Yang Style) with Qi Gong	Sat	11:30	13:00	24 Apr 2010	10	Beginners		C2107	BGC	£40	£17
Tai Chi with Qi Gong - All Levels	Wed	18:30	20:30	23 Sep 2009	11	All Levels		A2108	SMS	£44	£19
Tai Chi with Qi Gong - All Levels	Wed	18:30	20:30	13 Jan 2010	10	All Levels		B2109	SMS	£44	£19
Tai Chi with Qi Gong - All Levels	Wed	18:30	20:30	21 Apr 2010	10	All Levels		C2110	SMS	£44	£19
Tai Chi (Yang Style) with Qi Gong	Mon	18:00	20:00	21 Sep 2009	10	Begin / Inter		A2099	BGC	£44	£19
Tai Chi (Yang Style) with Qi Gong	Mon	18:00	20:00	11 Jan 2010	10	Begin / Inter		B2100	BGC	£44	£19
Tai Chi (Yang Style) with Qi Gong	Mon	18:00	20:00	19 Apr 2010	10	Begin / Inter		C2101	BGC	£44	£19
Tai Chi (Yang Style) with Qi Gong - Intermediate	Sat	10:00	11:30	26 Sep 2009	10	Intermediate		A2102	BGC	£44	£19
Tai Chi (Yang Style) with Qi Gong - Intermediate	Sat	10:00	11:30	16 Jan 2010	10	Intermediate		B2103	BGC	£44	£19
Tai Chi (Yang Style) with Qi Gong - Intermediate	Sat	10:00	11:30	24 Apr 2010	10	Intermediate		C2104	BGC	£44	£19
Yoga											
Yoga - Hatha	Mon	18:00	19:30	21 Sep 2009	10	All Levels		A2093	ISW	£40	£17
Yoga - Hatha	Tues	18:30	20:00	22 Sep 2009	10	All Levels		A2120	SMS	£40	£17
Yoga - Hatha	Thurs	18:30	20:00	24 Sep 2009	10	All Levels		A2114	SHC	£40	£17
Yoga - Hatha	Mon	18:00	19:30	11 Jan 2010	10	All Levels		B2094	ISW	£40	£17
Yoga - Hatha	Tues	18:30	20:00	12 Jan 2010	10	All Levels		B2121	SMS	£40	£17
Yoga - Hatha	Thurs	18:30	20:00	14 Jan 2010	10	All Levels		B2115	SHC	£40	£17
Yoga - Hatha	Mon	18:00	19:30	19 Apr 2010	10	All Levels		C2095	ISW	£40	£17

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Yoga - Hatha	Tues	18:30	20:00	20 Apr 2010	10	All Levels		C2122	SMS	£40	£17
Yoga - Hatha	Thurs	18:30	20:00	22 Apr 2010	10	All Levels		C2116	SHC	£40	£17
Yoga - Hatha (Women)	Thurs	10:00	11:30	24 Sep 2009	10	All Levels		A2117	SHC	£40	£17
Yoga - Hatha (Women)	Thurs	10:00	11:30	14 Jan 2010	10	All Levels		B2118	SHC	£40	£17
Yoga - Hatha (Women)	Thurs	10:00	11:30	22 Apr 2010	10	All Levels		C2119	SHC	£40	£17
Yoga - Pre and Post Natal	Mon	10:00	11:30	21 Sep 2009	5	All Levels		A2096	ISW	£0	£0
Yoga - Pre and Post Natal	Mon	10:00	11:30	02 Nov 2009	5	All Levels		A2172	ISW	£0	£0
Yoga - Pre and Post Natal	Mon	10:00	11:30	11 Jan 2010	5	All Levels		B2097	ISW	£0	£0
Yoga - Pre and Post Natal	Mon	10:00	11:30	22 Feb 2010	5	All Levels		B2173	ISW	£0	£0
Yoga - Pre and Post Natal	Mon	10:00	11:30	19 Apr 2010	5	All Levels		C2098	ISW	£0	£0
Yoga - Pre and Post Natal	Mon	10:00	11:30	07 Jun 2010	5	All Levels		C2174	ISW	£0	£0
Yoga for people 60yrs or over	Fri	10:00	11:30	25 Sep 2009	10	All Levels		A2111	ISB	£40	£17
Yoga for people 60yrs or over	Fri	10:00	11:30	15 Jan 2010	10	All Levels		B2112	ISB	£40	£17
Yoga for people 60yrs or over	Fri	10:00	11:30	23 Apr 2010	10	All Levels		C2113	ISB	£40	£17
Weight and Power Lifting											
Weight and Power Lifting	Mon	18:00	20:00	21 Sep 2009	10	All Levels		A1521	BGC	£44	£19
Weight and Power Lifting	Tues	10:30	12:30	22 Sep 2009	10	All Levels		A2090	BGC	£44	£19
Weight and Power Lifting	Tues	18:00	20:00	22 Sep 2009	10	All Levels		A1524	BGC	£44	£19
Weight and Power Lifting	Wed	18:00	20:00	23 Sep 2009	10	All Levels		A1525	BGC	£44	£19
Weight and Power Lifting	Thurs	10:30	12:30	24 Sep 2009	10	All Levels		A1526	BGC	£44	£19
Weight and Power Lifting	Thurs	18:00	20:00	24 Sep 2009	10	All Levels		A1528	BGC	£44	£19
Weight and Power Lifting	Sat	10:30	12:30	26 Sep 2009	10	All Levels		A1529	BGC	£44	£19
Weight and Power Lifting	Mon	18:00	20:00	11 Jan 2010	10	All Levels		B1560	BGC	£44	£19
Weight and Power Lifting	Tues	10:30	12:30	12 Jan 2010	10	All Levels		B2091	BGC	£44	£19
Weight and Power Lifting	Tues	18:00	20:00	12 Jan 2010	10	All Levels		B1563	BGC	£44	£19
Weight and Power Lifting	Wed	18:00	20:00	13 Jan 2010	10	All Levels		B1564	BGC	£44	£19
Weight and Power Lifting	Thurs	10:30	12:30	14 Jan 2010	10	All Levels		B1565	BGC	£44	£19
Weight and Power Lifting	Thurs	18:00	20:00	14 Jan 2010	10	All Levels		B1567	BGC	£44	£19
Weight and Power Lifting	Sat	10:30	12:30	16 Jan 2010	10	All Levels		B1568	BGC	£44	£19
Weight and Power Lifting	Mon	18:00	20:00	19 Apr 2010	10	All Levels		C1604	BGC	£44	£19
Weight and Power Lifting	Tues	10:30	12:30	20 Apr 2010	10	All Levels		C2092	BGC	£44	£19
Weight and Power Lifting	Tues	18:00	20:00	20 Apr 2010	10	All Levels		C1607	BGC	£44	£19
Weight and Power Lifting	Wed	18:00	20:00	21 Apr 2010	10	All Levels		C1608	BGC	£44	£19
Weight and Power Lifting	Thurs	10:30	12:30	22 Apr 2010	10	All Levels		C1609	BGC	£44	£19
Weight and Power Lifting	Thurs	18:00	20:00	22 Apr 2010	10	All Levels		C1611	BGC	£44	£19
Weight and Power Lifting	Sat	10:30	12:30	24 Apr 2010	10	All Levels		C1612	BGC	£44	£19