



WINCHESTER  
COLLEGE

ENTERPRISES

December 2015

## WYKEHAM SPORTS CLUB EXERCISE CLASSES – SPRING TERM 2016

Please find below details of next term's classes which begin on **Monday 4<sup>th</sup> January 2016**. Please note that all courses are subject to minimum numbers being met. It is therefore helpful, and secures your place, if you sign up as soon as possible.

Course places can be booked and paid for in advance up to the end of term on **Thursday 24<sup>th</sup> March 2016**, with a half-term break **Monday 15<sup>th</sup> – Friday 19<sup>th</sup> February**, making the full term 11 weeks in total (except for Friday classes, 10 weeks). If you are going to be absent for a period of time during the term, please let us know.

### Yoga

Yoga classes are held on Monday evenings 6.30pm – 8.00pm. The instructor, **Susan Abraham**, is an experienced teacher having been teaching Yoga for over 6 years, taking classes in Southampton including the David Lloyd Leisure Club. ***Why not give this relaxing class a try?***

### Pilates

We are pleased to welcome **Ali Thompson** as a new Pilates instructor this term, joining **Katie Hewson** and **Ady Vlaeva-Smith**. Classes run throughout the week including a new class aimed especially at **Beginners (Mondays 10.35am-11.30am)** and a **Stretch Pilates (Thursdays 10.30am-11.35am)** for those with some experience who wish to take things at a slower pace. We also have a popular Men's Pilates Class – please see the timetable for further details.

**\*NEW\* Lunchtime Class (Mondays 1.05pm-1.50pm) – this is a short (45 mins) class based on Pilates techniques to Stretch and Strengthen. Designed specifically for those short of time and to encourage us to move away from our desks at lunchtime - why not start the new year with a new exercise class!**

### Aqua Fit

Our popular Aqua Fit classes are run by **Sarah Bevan**. Classes are held on Tuesdays 11.30am-12.15pm and Wednesdays 9.45am-10.30am and 10.45am-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 and pay for. Classes are taken by **PE Centre staff** on a Wednesday evening 6.15pm-7.15pm and on Friday lunchtimes at 1.05pm-1.55pm. They are usually held in the Sports Hall but if the weather is good they can be outside.

Winchester College Enterprises, 73 Kingsgate Street, Winchester, SO23 9PE  
Email: [wykehamsports@wincoll.ac.uk](mailto:wykehamsports@wincoll.ac.uk) Tel: +44 (0) 1962 621399

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## Enrolment on Classes

Please complete the attached form and return it to the Winchester College PE Centre reception on Kingsgate Road, SO23 9QP or Enterprise Office, **73 Kingsgate Street**, SO23 9PE 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) where you will not be charged for these missed classes. Please note we do not offer refunds for any other missed classes. You can catch-up a missed class by attending another session with prior approval from the instructor. If you are unable to make a class for any reason, it is helpful to let us know so we can inform the instructor.*

Classes can be paid for by cheque payable to: **WINCHESTER COLLEGE TRADING COMPANY LTD**, alternatively we are now also able to take payments using WorldPay secure online payments. Should you have any queries please do not hesitate to contact the Sports Club Administrator; Sue Churchill, on 01962 621399 - 7.30am – 2.30pm or 01962 621209 outside of these hours. The administrator can also be contacted via email at: [wykehamports@wincoll.ac.uk](mailto:wykehamports@wincoll.ac.uk)

Kind regards

*Helen Muir-Davies*

Helen Muir-Davies

**Commercial Manager – Enterprises**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY MORNING	9.30 - 10.30 PILATES/Ali		9.45 – 10.30 AQUA FIT/Sarah	9.30 - 10.30 PILATES/Ady	10.15 - 11.15 PILATES/Ady
MORNING	10.35 - 11.30 Beginners PILATES/Ady	11.30-12.15 AQUA FIT/ Sarah	10.45-11.30 AQUA FIT/Sarah	10.30 - 11.30 Stretch PILATES/ADY	
LUNCH TIME	1.05-1.50 Stretch and Strengthen (Pilates)/Ady				1.05 – 1.55 CIRCUITS
EVENING	6.30pm-8.00pm YOGA/Sue	6.05 - 7.05 PILATES/Katie	6.15 - 7.15 CIRCUITS  6.15-7.15 MEN'S PILATES/ Ady	6.05 - 7.05 PILATES/Ady	

### Class Rates Sept 2015

CLASS	Member rate	Non Member Rate
Yoga (1 ½ hours)	£8.00 per class	£9.60 per class
Pilates & Aqua Fit	£6.50 per class	£7.80 per class
Circuits Pay as you Go	£5.00	£6.00

Spring Term 2016

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**Exercise and Fitness Course Application form**  
**Monday 4<sup>th</sup> January 2016- Thursday 24<sup>th</sup> March 2016**

TITLE.....NAME.....

TEL.....MEM.NO.....

ADDRESS.....

POSTCODE.....EMAIL.....

CHEQUE ENCLOSED FOR £.....made payable to: **WINCHESTER COLLEGE TRADING CO LIMITED**

<b>CLASSES</b>	<b>MEMBERS:</b> Per class/per term (11 weeks)	<b>Tick</b>	<b>NON-MEMBERS:</b> Per class/per term (11 weeks)	<b>Tick</b>	<b>Tick if Beginner</b>
YOGA–Monday 6.30pm-8.00pm/Sue (1.5hrs)	£8.00/£88.00		£9.60/£105.60		
PILATES – Monday 9.30am/Ali	£6.50/£71.50		£7.80/£85.80		
<b>BEGINNERS</b> PILATES –Monday 10.35am/Ady	£6.50/£71.50		£7.80/£85.80		
<b>NEW –Lunchtime Pilates Stretch &amp; Strengthen – Monday 1.05pm/ Ady</b>	£6.50/71.50		£7.80/85.80		
PILATES - Tuesday 6.05pm/Katie	£6.50/£71.50		£7.80/£85.80		
MENS PILATES – Wednesday 6.15pm/Ady	£6.50/£71.50		£7.80/£85.80		
PILATES – Thursday 9.30am/Ady	£6.50/£71.50		£7.80/£85.80		
<b>STRETCH</b> PILATES–Thursday 10.30am/Ady	£6.50/£71.50		£7.80/£85.80		
PILATES - Thursday 6.05pm/Ady	£6.50/£71.50		£7.80/£85.80		
PILATES – Friday 10.15/Ady (10 weeks)	£6.50/£65.00		£7.80/£78.00		
AQUA-FIT – Tuesday 11.30am/Sarah	£6.50/£71.50		£7.80/£85.80		
AQUA-FIT - Wednesday 9.45am/Sarah	£6.50/£71.50		£7.80/£85.80		
AQUA-FIT - Wednesday 10.45am/Sarah	£6.50/£71.50		£7.80/£85.80		
CIRCUITS - Wednesday 6.15pm/ Friday 1.05pm	<b>£5.00 per session</b>		<b>£6.00 per session</b>		

**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**

<b>CLASS</b>		<b>CLASS LIST</b>	
<b>FEE PAID</b>		<b>DATE</b>	

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