



**PURLEY**  
SPORTS

**Purley Sports Club**  
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**Incorporating**  
Purley Bowls Club  
Purley Cricket Club  
Purley Hockey Club  
Purley Lawn Tennis Club  
Purley Squash & Racketball Club

## *Dance Studio & Classes Timetable*

### **MONDAY**

#### **9.30-10.30am Strength and Balance Class with Sue - Mixed Ability Class**

Cardio & Strength training session. Please call 07842 126119 or email suebfitness@gmail.com to book. £8 pay as you go.

#### **5.45-6.45pm Men's Strength and Balance Circuit Training with Sue - Beginners & Improvers Ability Class**

Gentler strength training circuits. Suitable for beginners and improvers. Please call 07842 126119 or email suebfitness@gmail.com to book. £8 pay as you go.

#### **7.00-8.00pm Total Body Workout with Sue – Intermediate Ability Class**

Power moves to increase every aspect of fitness. Please call 07842 126119 or email suebfitness@gmail.com to book. £8 pay as you go.

### **TUESDAY**

#### **10.00-11.00am Pilates with Amy – Beginners Class**

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Pre-booking required. Call 07725 349104 or email amytriz@hotmail.co.uk. Block booking arrangement £63 for seven weeks, or £10 pay as you go.

#### **11.15am-12.15pm Pilates with Amy – Mixed Ability Class**

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Pre-booking required. Call 07725 349104 or email amytriz@hotmail.co.uk. Block booking arrangement £63 for seven weeks, or £10 pay as you go.

#### **7.00-8.00pm Legs, Bums and Tums with Tina – Mixed Ability Class**

Legs, bums, and tums is a full body aerobic workout that aims to tone up areas of your thighs, bums and stomach, great for those who want to lose weight or to improve their fitness levels. Please call 07971 608751 to book. £7.50 pay as you go.

### **WEDNESDAY**

#### **9.30-10.30am Men's Pilates with Amy – Mixed Ability Class**

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Pre-booking required. Call 07725 349104 or email amytriz@hotmail.co.uk. Block booking arrangement £63 for seven weeks, or £10 pay as you go.

**4.30-5.30pm Under 18's Boot Camp with Chris – Mixed Ability Class** High-intensity interval training based outside with bursts of intense activity alternated with intervals of lighter activity. Held outdoors at PSC near the cricket/tennis pavilion. Call Chris Ryan on 07968950052 to book or walk-ins welcome – 10 sessions for £90 or £11 pay as you go.

#### **7.00-8.00pm Yoga with Abby (ABS Yoga) – Mixed Ability Class**

ABS yoga focuses on Awareness, Balance and Stillness aiming move your body into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness. - men and women are welcome. Call Abby on 07876 333222 to book - £8 pay as you go.

**7.00-8.00pm Circuit Training & Stretching Class with the Gym Team – Mixed Ability Class**

Functional, Stretching and High-intensity interval training based inside with bursts of intense activity alternated with intervals of lighter activity. Call Harry Sims on 07986 324696 to book or walk-ins welcome. £7 pay as you go.

**THURSDAY**

**7.00-8.00pm Pilates with Amy - Mixed Ability Class**

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Pre-booking required. Call 07725 349104 or email amytriz@hotmail.co.uk. Block booking arrangement £48 for five weeks, or £10 pay as you go.

**FRIDAY**

**9.30-10.30am Legs, Bums, and Tums with Tina – Mixed Ability Class**

Legs, bums, and tums is a full body aerobic workout that aims to tone up areas of your thighs, bums, and stomach, great for those who want to lose weight or to improve their fitness levels. Please call 07971 608751 to book. £7.50 pay as you go.

**10.45-11.45am Pilates with Amy – Mixed Ability Class**

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Pre-booking required. Call 07725 349104 or email amytriz@hotmail.co.uk. Block booking arrangement £63 for seven weeks, or £10 pay as you go.

**SATURDAY**

**9.30-10.30am Boot Camp with Chris – Mixed Ability Class**

High-intensity interval training based outside with bursts of intense activity alternated with intervals of lighter activity. Held outdoors at PSC near the cricket/tennis pavilion. Call Chris Ryan on 07968 950052 to book or walk-ins welcome £70 for 10 sessions or £8 pay as you go.