



PURLEY SPORTS CLUB

The Ridge - Purley - Surrey CR8 3PF
Telephone / Fax 020 8660 0608

Website: www.purleysportsclub.co.uk
E-mail: office@purleysportsclub.co.uk

Incorporating

*Purley Bowls Club
Purley Bridge Club
Purley Cricket Club
Purley Hockey Club
Purley Lawn Tennis Club
Purley Squash Club*

YOGA, AEROBICS, DANCE, ZUMBA, & FITNESS CLASSES.

- Monday** 9.30 – 11.00 **Yoga for Adults – £77.00 for 11 weeks (or £10.00 per drop in session)**
Contact: Regina Kerschbaumer - 020 8660 8944 or 07876 133036
18.45 – 19.45 **Resistance, Strength & Balance Class- £5.00 per session**
Contact: Sue Burgess (level 4 Postural Stability Instructor) 020 8405 2909
20.00 – 21.00 **Ballroom Dancing – Private Class.**
- Tuesday** 9.30 – 11.00 **Yoga for Adults – £77.00 for 11 weeks (or £10.00 per drop in session)**
Contact: Regina Kerschbaumer - 020 8660 8944 or 07876 133036
19.00 - 20.00 **“Legs Bums & Tums” – £6 per session or pay for 5 get one free.**
Contact: Tina - 020 8669 7290 or 07971 608751
20.10 – 21.10 **Dancercise Private Class.**
- wednesday** **Fit & Fun-To Keep You Young 50 + exercise classes £5 per session**
Contact: Sue Burgess (level 4 Postural Stability Instructor) 020 8405 2909
9.15 - 10.15 **Fit & Fun - Intermediate Level - Total Body Workout**
10-20 –11.20 **Fit & Fun - General Level Total Body Workout incl. Strength & Balance (Full)**
11.25 - 12.25 **Fit & Fun - General Level Total Body Workout incl. Strength & Flexibility**
19-00 - 20.00 **“Fighting Fit” – £6 per session or pay for 5 get 1 free.**
Contact: Tina - 020 8669 7290 or 07971 608751
20.15 – 21.45 **Yoga for Adults - £77.00 for 11 classes (or £10.00 per drop in session)**
Contact: Regina Kerschbaumer - 020 8660 8944 or 07876 133036
- Thursday** 9.30 - 11.00 **Yoga for Adults - £77.00 for 11 classes (or £10.00 per drop in session)**
Contact: Regina Kerschbaumer - 020 8660 8944 or 07876 133036
- Friday** 9.30 -10.30 **“Legs, Bums & Tums” – £6 per session or pay for 5 get one free.**
Contact: Tina Smithers - 020 8669 7290 or 07971 608751
- Saturday** 09.00 – 10.00 **Zumba - Steps - HotSteppers - £6.00 non-members £5.00 members per session**
Contact Stephanie - 07507 559519
10.00 – 11.00 **Tone & Moan - £6.00 per session or pay for 5 get one free.**
Contact: Tina - 020 8669 7290 or 07971 608751
11.00 – 12.00 **Ballroom Dancing £6.00 per week non- members £5.00 members (Beg)**
Contact: Suzy – 07791 967657
12.00 – 13.00 **Ballroom Dancing £6.00 per week non- members £5.00 members (Int)**
Contact: Suzy – 07791 967657

NON MEMBERS ARE WELCOME TO ANY OF THESE CLASSES
PHYSIOTHERAPY & SPORTS INJURY CLINIC

Contact Tanya 07956 514175

Note- some classes do not take place during school holidays.

Feb 12