



**Purley Sports Club**  
The Ridge, Purley, Surrey CR8 3PF  
Tel/Fax 020 8660 0608  
office@purleysportsclub.co.uk  
www.purleysportsclub.co.uk

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

# PILATES, DANCE, FITNESS, YOGA & AEROBICS

## Monday

- 9.30 – 11.00 Yoga for Adults** – £120.00 for 12 weeks (or £13.00 per drop in session)  
Contact: Regina Kerschbaumer - 07876 133036 [regik@yogaorchid.com](mailto:regik@yogaorchid.com)
- 11.15 – 12.15 Aerobic Energy, Strength & Balance – Low Impact High Intensity!**  
£6.00/session. Contact: Sue Burgess – 078842126119 [suebfittness@gmail.com](mailto:suebfittness@gmail.com)
- 17.45 – 18.45 “Stronger for Longer” Circuit Sessions - £6.00 per session**  
Contact Sue Burgess: 0208 405 2909 – [suebfittness@gmail.com](mailto:suebfittness@gmail.com)
- 19.00 – 20.00 Power Hour** – Core strength Training Session - £6.00 per session  
Contact: Sue Burgess – 020 8405 2909 [suebfittness@gmail.com](mailto:suebfittness@gmail.com)
- 20.15 – 21.30 Yoga for Adults** – £120.00 for 12 weeks (or £13.00 per drop in session)  
Contact: Regina Kerschbaumer - 07876 133036 [regik@yogaorchid.com](mailto:regik@yogaorchid.com)

## Tuesday

- 9.30 – 11.00 Yoga for Adults** – £120.00 for 12 weeks (or £13.00 per drop in session)  
Contact: Regina Kerschbaumer - 07876 133036 [regik@yogaorchid.com](mailto:regik@yogaorchid.com)
- 11.15 – 12.15 Pilates** - £42.00 for 6 weeks or £8 per session  
Contact: Amy Trislan – 07725 349104 [amytriz@hotmail.co.uk](mailto:amytriz@hotmail.co.uk)
- 17.45 – 18.45 Total Body Workout (includes aerobics)** - all abilities – £6.00 per class  
Contact: Tash Trelford – 07801 812331 or e mail [tash.trelford@gmail.com](mailto:tash.trelford@gmail.com)
- 19.00 - 20.00 “Legs Bums & Tums”** – £7 per session or pay for 5 get one free.  
Contact: Tina – 01293 863528 or 07971 608751
- 20.10 – 21.10 Ballroom & Latin Dancing**- Intermediate class - £8.00 per week  
Contact: Suzy – 07791 967657 or [suzyesmith@hotmail.co.uk](mailto:suzyesmith@hotmail.co.uk)

## wednesday

- Fit & Fun**- exercise classes £6 per session  
Contact: Sue Burgess (level 4 Postural Stability Instructor) 020 8405 2909  
[suebfittness@gmail.com](mailto:suebfittness@gmail.com)
- 09.30 - 10.30 Fit & Fun Low Impact Cardio - Intermediate Level**
- 10-30 –11.30 Fit & Fun – 50 + Exercise Session - Gentle**
- 11.30 - 12.30 Fit & Fun – Low Impact Cardio – Intermediate Level**
- 19-00 - 20.00 “Fighting Fit”** – £7 per session or pay for 5 get 1 free.  
Contact: Tina – 01293 863528 or 07971 608751

## Thursday

- 9.30 – 11.00 Yoga for Adults** - £120.00 for 12 classes (or £13.00 per drop in session)  
Contact: Regina Kerschbaumer - 07876 133036 [regik@yogaorchid.com](mailto:regik@yogaorchid.com)
- 11.15 – 12.15 Fitness Pilates** – Cost £6.50 per class (or buy 5 get 1 free)  
Contact: Clare 07956 826385 or [clare@bodywise-fitness.co.uk](mailto:clare@bodywise-fitness.co.uk)
- 19.00 – 20.00 Pilates** - £42.00 for 6 weeks or £8 per session  
Contact: Amy Trisnan – 07725 349104 [amytriz@hotmail.co.uk](mailto:amytriz@hotmail.co.uk)
- 20.10 – 21.10 Ballroom & Latin Dancing** – All levels and Beginners welcome £8.00 per class  
Call Suzy on 07791 967657 to book or email  
[suzyesmith@hotmail.co.uk](mailto:suzyesmith@hotmail.co.uk)

## Friday

- 9.30 - 10.30 “Legs, Bums & Tums”** – £7 per session or pay for 5 get one free  
Contact: Tina Smithers – 01293 863528 or 07971 608751

## Saturday

- 9.30 - 10.15 FitSteps** - £5 Per Session.  
Contact: Gemma Ellis – 07773 741 461 or [fitsteps@fitnesswithgemma.com](mailto:fitsteps@fitnesswithgemma.com)
- 11.00 – 12.00 Ballroom Dancing**- Beginners - £8.00 per week  
Contact: Suzy – 07791 967657 or [suzyesmith@hotmail.co.uk](mailto:suzyesmith@hotmail.co.uk)
- 14.15 – 17.15 Yin Yan Yoga Workshops**  
**2.15 – 5.15pm** Last Saturday of every month

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

## Sunday

- 11.00 – 1.00 Table Tennis**

**NON MEMBERS ARE WELCOME TO ANY OF THESE CLASSES**  
**PURLEY SPORTS CLUB TREATMENT ROOM**

**PHYSIOTHERAPY  
& SPORTS  
INJURY CLINIC**  
Contact Tanya  
07956 514175