

# Dance

From Ballroom to Belly Dance to Ballet, dance is a creative and fun way to keep both body and mind active.

We offer a range of courses, covering all abilities, from total Beginners to Advanced levels. Whatever your age or skill level, you can learn to dance for fun and fitness, for social occasions or for performing in a show. Even if you think you have two left feet, our experienced and knowledgeable tutors will soon get your toes tapping and bring out the dancer in you.

## What to Wear

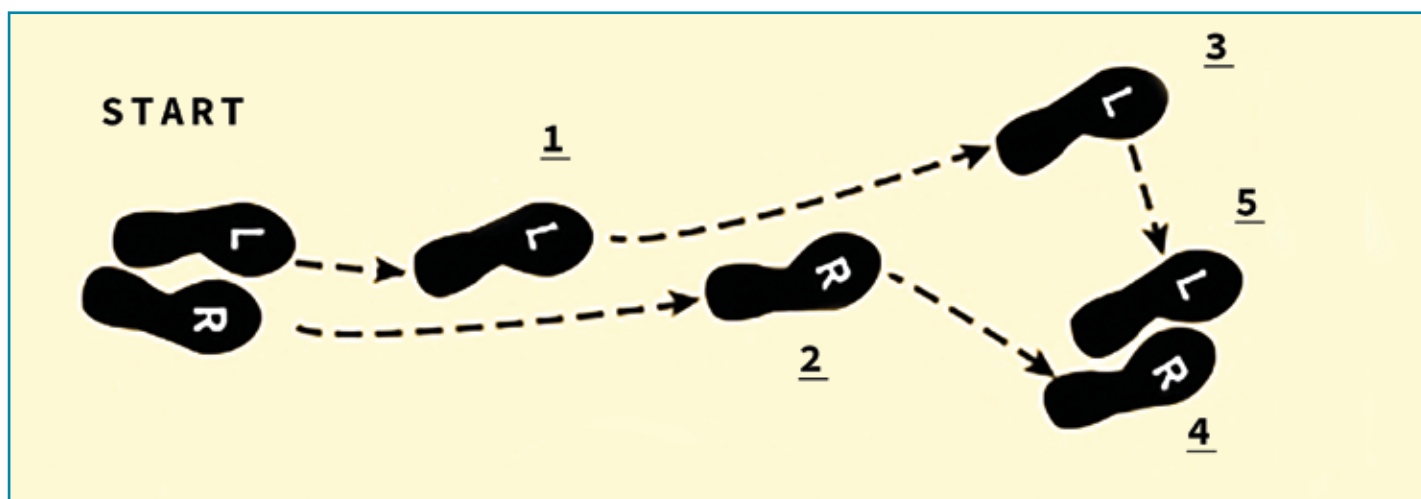
We recommend loose, comfortable clothing, to allow you to move freely.

Please check the Course description for information on the appropriate footwear when enrolling for a particular course.

It may also be useful to bring a bottle of water.

## Choosing the right level of course

Most course levels are indicated in their titles, whilst some courses are designed for all abilities.



## Beginners

An introduction to the basic steps, routines and sequences. Suitable for absolute beginners or those with a limited basic knowledge.

## Improvers

Suited to the more experienced dancer. Widen your knowledge of dance by learning more advanced steps, more complex routines and figures and the use of floorcraft.

## Advanced

Suited to dancers with a number of years experience. Learn more advanced, complicated steps, routines, figures and floorcraft.

## Caring for your Health and Wellbeing

The health and safety of individuals and the group are taken very seriously on all courses. You will be asked to complete a confidential health

questionnaire before embarking on any physical activity, however you should check with your doctor if you have any concerns about your health or ability to participate in the class. Please also refer to the Physical Activities section under Important Information on page 177.

If you have mild to moderate health/mobility issues, your tutor should be able to suggest adaptations to enable you to enjoy the benefits of the course. However, if your medical needs are more serious or complex, these courses will not be suitable for you. If you need more information on alternatives, we may be able to signpost you to other providers who can offer courses more suited to your needs.



## Ballet

Learn basic dance steps and sequences to strengthen muscles, build a strong core and develop flexibility and coordination.

Dance - Ballet For Grown Ups							Full	64+	Code
Guildford Centre	Tuesday	13 Sep 16	6 Dec 16	12	7pm	8pm	£82	£82	<a href="#">HEX283NZ</a>
Sunbury Centre	Tuesday	13 Sep 16	6 Dec 16	12	7:15pm	8:15pm	£82	£82	<a href="#">PEX278NZ</a>
Sunbury Centre	Tuesday	13 Sep 16	6 Dec 16	12	8:30pm	9:30pm	£82	£82	<a href="#">PEX235NZ</a>
Molesey Centre	Thursday	15 Sep 16	8 Dec 16	12	2pm	3pm	£82	£82	<a href="#">LDX493NZ</a>
Guildford Centre	Tuesday	10 Jan 17	28 Mar 17	11	7pm	8pm	£75	£75	<a href="#">HEY283NZ</a>
Sunbury Centre	Tuesday	10 Jan 17	28 Mar 17	11	7:15pm	8:15pm	£75	£75	<a href="#">PEY278NZ</a>
Sunbury Centre	Tuesday	10 Jan 17	28 Mar 17	11	8:30pm	9:30pm	£75	£75	<a href="#">PEY235NZ</a>
Molesey Centre	Thursday	12 Jan 17	30 Mar 17	11	2pm	3pm	£75	£75	<a href="#">LDY493NZ</a>
Guildford Centre	Tuesday	25 Apr 17	11 Jul 17	11	7pm	8pm	£75	£75	<a href="#">HEZ283NZ</a>
Sunbury Centre	Tuesday	25 Apr 17	11 Jul 17	11	7:15pm	8:15pm	£75	£75	<a href="#">PEZ278NZ</a>
Sunbury Centre	Tuesday	25 Apr 17	11 Jul 17	11	8:30pm	9:30pm	£75	£75	<a href="#">PEZ235NZ</a>
Molesey Centre	Thursday	27 Apr 17	13 Jul 17	11	2pm	3pm	£75	£75	<a href="#">LDZ493NZ</a>



## Ballroom & Latin American

Learn the basic steps and routines in the waltz, quickstep, jive, cha-cha, rumba, samba, tango and others. You may need a partner; please check when you enrol.

Dance - Ballroom & Latin American Dancing - Beginners							Full	64+	Code
Sunbury Centre	Wednesday	14 Sep 16	23 Nov 16	10	7pm	8pm	£68	£68	<a href="#">PEX363NZ</a>
Farnham Centre	Wednesday	14 Sep 16	7 Dec 16	12	8:30pm	9:30pm	£96	£96	<a href="#">GTX300NZ</a>
<i>Venue:</i> Compton Village Club									
Farnham Centre	Thursday	15 Sep 16	8 Dec 16	12	6:30pm	7:30pm	£96	£96	<a href="#">FTX402NZ</a>
<i>Venue:</i> St Polycarps School Hall, Farnham									
Sunbury Centre	Wednesday	11 Jan 17	15 Mar 17	9	7pm	8pm	£62	£62	<a href="#">PEY363NZ</a>
Farnham Centre	Wednesday	11 Jan 17	29 Mar 17	11	8:30pm	9:30pm	£88	£88	<a href="#">GTY300NZ</a>
<i>Venue:</i> Compton Village Club									
Farnham Centre	Thursday	12 Jan 17	30 Mar 17	11	6:30pm	7:30pm	£88	£88	<a href="#">FTY402NZ</a>
<i>Venue:</i> St Polycarps School Hall, Farnham									
Sunbury Centre	Wednesday	26 Apr 17	28 Jun 17	9	7pm	8pm	£62	£62	<a href="#">PEZ363NZ</a>
Farnham Centre	Wednesday	26 Apr 17	24 May 17	5	8:30pm	9:30pm	£40	£40	<a href="#">GTZ300NZ</a>
<i>Venue:</i> Compton Village Club									
Farnham Centre	Thursday	27 Apr 17	25 May 17	5	6:30pm	7:30pm	£40	£40	<a href="#">FTZ402NZ</a>
<i>Venue:</i> St Polycarps School Hall, Farnham									

Dance - Ballroom & Latin American Dancing - Improvers							Full	64+	Code
Farnham Centre	Wednesday	14 Sep 16	7 Dec 16	12	7:30pm	8:30pm	£96	£96	<b>GTX302NZ</b>
Venue: Compton Village Club									
Sunbury Centre	Wednesday	14 Sep 16	23 Nov 16	10	8pm	9:30pm	£102	£102	<b>PEX360NZ</b>
Farnham Centre	Thursday	15 Sep 16	8 Dec 16	12	7:30pm	8:30pm	£96	£96	<b>FTX404NZ</b>
Venue: St Polycarps School Hall, Farnham									
Farnham Centre	Wednesday	11 Jan 17	29 Mar 17	11	7:30pm	8:30pm	£88	£88	<b>GTY302NZ</b>
Venue: Compton Village Club									
Sunbury Centre	Wednesday	11 Jan 17	15 Mar 17	9	8pm	9:30pm	£92	£92	<b>PEY360NZ</b>
Farnham Centre	Thursday	12 Jan 17	30 Mar 17	11	7:30pm	8:30pm	£88	£88	<b>FTY404NZ</b>
Venue: St Polycarps School Hall, Farnham									
Farnham Centre	Wednesday	26 Apr 17	24 May 17	5	7:30pm	8:30pm	£40	£40	<b>GTZ302NZ</b>
Venue: Compton Village Club									
Sunbury Centre	Wednesday	26 Apr 17	28 Jun 17	9	8pm	9:30pm	£92	£92	<b>PEZ360NZ</b>
Farnham Centre	Thursday	27 Apr 17	25 May 17	5	7:30pm	8:30pm	£40	£40	<b>FTZ404NZ</b>
Venue: St Polycarps School Hall, Farnham									

Dance - Ballroom & Latin American Dancing - Advanced							Full	64+	Code
Farnham Centre	Thursday	15 Sep 16	8 Dec 16	12	8:30pm	9:30pm	£96	£96	<b>FTX400NZ</b>
Venue: St Polycarps School Hall, Farnham									
Farnham Centre	Thursday	12 Jan 17	30 Mar 17	11	8:30pm	9:30pm	£88	£88	<b>FTY400NZ</b>
Venue: St Polycarps School Hall, Farnham									
Farnham Centre	Thursday	27 Apr 17	25 May 17	5	8:30pm	9:30pm	£40	£40	<b>FTZ400NZ</b>
Venue: St Polycarps School Hall, Farnham									

## Lipreading and Managing Hearing Loss

Do you need to ask people to repeat what they say, turn up the volume on the TV or radio or find it difficult to follow conversations in a group situation? Our Lipreading and Managing Hearing Loss will give you the tools to develop your lipreading skills and help you find out about equipment and services that may help you. Please refer to our **Supported Learning** section on page 133.



## Barefoot Dance Fusion

Liberating, uplifting and energizing, Barefoot Dance Fusion is a whole body and mind dance fitness course, based on a range of world dances, yoga and martial arts.

Barefoot Dance Fusion							Full	64+	Code
Woking Centre	Thursday	6 Oct 16	1 Dec 16	8	7pm	8pm	£55	£55	<b>REX453NZ</b>
Woking Centre	Thursday	26 Jan 17	23 Mar 17	8	7pm	8pm	£55	£55	<b>REY453NZ</b>
Woking Centre	Thursday	11 May 17	6 Jul 17	8	7pm	8pm	£55	£55	<b>REZ453NZ</b>



## Belly Dance

Learn moves, steps and combinations and keep fit with this low impact dance of the Middle East.

Belly Dance - All Abilities							Full	64+	Code
Farnham Centre	Tuesday	13 Sep 16	6 Dec 16	12	8pm	9:30pm	£123	£123	<b>FEX202NZ</b>
Farnham Centre	Tuesday	10 Jan 17	28 Mar 17	11	8pm	9:30pm	£113	£113	<b>FEY202NZ</b>
Farnham Centre	Tuesday	25 Apr 17	11 Jul 17	11	8pm	9:30pm	£113	£113	<b>FEZ202NZ</b>
Belly Dance - Beginners							Full	64+	Code
Guildford Centre	Monday	12 Sep 16	5 Dec 16	11	8:15pm	9:30pm	£94	£94	<b>HEX130NZ</b>
Camberley Centre	Monday	3 Oct 16	28 Nov 16	8	7pm	8pm	£55	£55	<b>AEX108NZ</b>
Woking Centre	Thursday	6 Oct 16	1 Dec 16	8	8:15pm	9:15pm	£55	£55	<b>REX429NZ</b>
Guildford Centre	Monday	9 Jan 17	27 Mar 17	10	8:15pm	9:30pm	£85	£85	<b>HEY130NZ</b>
Camberley Centre	Monday	23 Jan 17	20 Mar 17	8	7pm	8pm	£55	£55	<b>AEY108NZ</b>
Woking Centre	Thursday	26 Jan 17	23 Mar 17	8	8:15pm	9:15pm	£55	£55	<b>REY429NZ</b>
Guildford Centre	Monday	24 Apr 17	10 Jul 17	10	8:15pm	9:30pm	£85	£85	<b>HEZ130NZ</b>
Camberley Centre	Monday	8 May 17	3 Jul 17	8	7pm	8pm	£55	£55	<b>AEZ108NZ</b>
Woking Centre	Thursday	11 May 17	6 Jul 17	8	8:15pm	9:15pm	£55	£55	<b>REZ429NZ</b>
Belly Dance - Improvers							Full	64+	Code
Camberley Centre	Monday	3 Oct 16	28 Nov 16	8	8:15pm	9:15pm	£55	£55	<b>AEX110NZ</b>
Camberley Centre	Monday	23 Jan 17	20 Mar 17	8	8:15pm	9:15pm	£55	£55	<b>AEY110NZ</b>
Camberley Centre	Monday	8 May 17	3 Jul 17	8	8:15pm	9:15pm	£55	£55	<b>AEZ110NZ</b>



## Salsa

Learn the basics of this social Latin American dance. Come with your partner, or find one in class.

Dance - Salsa Couples - Beginners							Full	64+	Code
Farnham Centre	Thursday	15 Sep 16	8 Dec 16	11	8:15pm	9:15pm	£75	£75	<b>FEX469NZ</b>
Farnham Centre	Thursday	12 Jan 17	30 Mar 17	11	8:15pm	9:15pm	£75	£75	<b>FEY469NZ</b>
Farnham Centre	Thursday	27 Apr 17	13 Jul 17	11	8:15pm	9:15pm	£75	£75	<b>FEZ469NZ</b>
Dance - Salsa Fusion - Beginners							Full	64+	Code
Guildford Centre	Monday	12 Sep 16	5 Dec 16	11	7pm	8pm	£75	£75	<b>HEX155NZ</b>
Farnham Centre	Thursday	15 Sep 16	8 Dec 16	11	7pm	8pm	£75	£75	<b>FEX434NZ</b>
Guildford Centre	Monday	9 Jan 17	27 Mar 17	11	7pm	8pm	£75	£75	<b>HEY155NZ</b>
Farnham Centre	Thursday	12 Jan 17	30 Mar 17	11	7pm	8pm	£75	£75	<b>FEY434NZ</b>
Guildford Centre	Monday	24 Apr 17	17 Jul 17	11	7pm	8pm	£75	£75	<b>HEZ155NZ</b>
Farnham Centre	Thursday	27 Apr 17	13 Jul 17	11	7pm	8pm	£75	£75	<b>FEZ434NZ</b>

# Exercise, Fitness & Wellbeing

**Our fun and friendly lessons will help you feel fitter and healthier in mind and body. Learn in a small group where your tutor can get to know you and can monitor and support your individual progress. Enjoy the social benefits of exercising with the same people throughout your course.**

**Whether you're feeling the stresses of modern day living or just generally want to get or stay fit, participating in health related fitness activities can offer real health benefits.**



## Choosing the right level of course

Physical activity courses are for all abilities unless a course title states otherwise.

Learners work within their own capabilities, following demonstrations and guidance from qualified, experienced tutors, who are well supported and monitored by curriculum managers.

## What to wear and what to bring

We recommend loose, comfortable clothing and appropriate footwear for physical activity classes. Please ask at enrolment whether you need to bring a mat.

## Caring for your Health and Wellbeing

The health and safety of individuals and the group are taken very seriously on all courses. You

will be asked to complete a pre-exercise checklist before embarking on any physical activity, however you should check with your doctor if you have any concerns about your health or ability to participate.

Please also refer to the Physical Activities section under Important Information on page 177.

If you have mild to moderate health/mobility issues, your tutor should be able to suggest adaptations to enable you to enjoy the benefits of the course. However, if your medical needs are more serious or complex, these courses will not be suitable for you. If you need more information on alternatives, we may be able to signpost you to other providers who can offer courses more suited to your needs.



# Complementary Therapies

Herbal Medicine - Introduction							Full	64+	Code
Guildford Centre	Thursday	20 Oct 16	20 Oct 16	1	7pm	9pm	£14	£14	<b>HEX4956G</b>
Herbal Medicine - For Common Ailments & Conditions							Full	64+	Code
Guildford Centre	Thursday	3 Nov 16	24 Nov 16	4	7pm	9pm	£55	£47	<b>HEX4957G</b>



## Dance Inspired Fitness

These courses cover a range of exercise and dance moves to help co-ordination and balance and to tone, strengthen muscles and burn calories.

Exercise - Dancercise							Full	64+	Code
Guildford Centre	Friday	23 Sep 16	2 Dec 16	10	2:30pm	3:30pm	£61	£52	<b>HDX5115G</b>
Guildford Centre	Friday	20 Jan 17	31 Mar 17	10	2:30pm	3:30pm	£61	£52	<b>HDY5115G</b>
Guildford Centre	Friday	5 May 17	14 Jul 17	10	2:30pm	3:30pm	£61	£52	<b>HDZ5115G</b>
Exercise - GlobeFit - Taster							Full	64+	Code
Molesey Centre	Saturday	12 Nov 16	12 Nov 16	1	9:30am	10:30am	£7	£7	<b>LDX6730G</b>
Sunbury Centre	Saturday	28 Jan 17	28 Jan 17	1	9:30am	10:30am	£7	£7	<b>PDY6730G</b>
Exercise - Just Jhoom!							Full	64+	Code
Guildford Centre	Thursday	22 Sep 16	1 Dec 16	10	7pm	8pm	£61	£52	<b>HEX4717G</b>
Woking Centre	Saturday	1 Oct 16	1 Oct 16	1	9:30am	10:30am	£7	£7	<b>RDX6910G</b>
Woking Centre	Saturday	26 Nov 16	26 Nov 16	1	9:30am	10:30am	£7	£7	<b>RDX6911G</b>
Guildford Centre	Thursday	19 Jan 17	30 Mar 17	10	7pm	8pm	£61	£52	<b>HEY4717G</b>
Woking Centre	Saturday	4 Feb 17	4 Feb 17	1	9:30am	10:30am	£7	£7	<b>RDY6910G</b>
Woking Centre	Saturday	11 Mar 17	11 Mar 17	1	9:30am	10:30am	£7	£7	<b>RDY6911G</b>
Guildford Centre	Thursday	4 May 17	13 Jul 17	10	7pm	8pm	£61	£52	<b>HEZ4717G</b>
Woking Centre	Saturday	13 May 17	13 May 17	1	9:30am	10:30am	£7	£7	<b>RDZ6910G</b>



## Exercise - Gentle

Exercise - Stay Active										Full	64+	Code
Farnham Centre	Wednesday	21 Sep 16	30 Nov 16	10	11:15am	12:15pm	£61	£52	<b>FDX3055G</b>			
Farnham Centre	Wednesday	18 Jan 17	29 Mar 17	10	11:15am	12:15pm	£61	£52	<b>FDY3055G</b>			
Farnham Centre	Wednesday	3 May 17	12 Jul 17	10	11:15am	12:15pm	£61	£52	<b>FDZ3055G</b>			

Exercise - Stay Active - Gentle										Full	64+	Code
Farnham Centre	Wednesday	21 Sep 16	30 Nov 16	10	10am	11am	£61	£61	<b>FDX3478G</b>			
Farnham Centre	Wednesday	18 Jan 17	29 Mar 17	10	10am	11am	£61	£52	<b>FDY3478G</b>			
Farnham Centre	Wednesday	3 May 17	12 Jul 17	10	10am	11am	£61	£52	<b>FDZ3478G</b>			



## Exercise - Over 50s

Improve your co-ordination, balance, mobility and posture.

Exercise - Keep Fit - For the Retired										Full	64+	Code
Molesey Centre	Thursday	15 Sep 16	8 Dec 16	12	9:30am	10:30am	£74	£63	<b>LSX4354G</b>			
Venue: Whiteley Village Hall												
Molesey Centre	Thursday	15 Sep 16	8 Dec 16	12	10:45am	11:45am	£74	£63	<b>LSX4355G</b>			
Venue: Whiteley Village Hall												
Molesey Centre	Thursday	12 Jan 17	30 Mar 17	11	9:30am	10:30am	£68	£58	<b>LSY4354G</b>			
Venue: Whiteley Village Hall												
Molesey Centre	Thursday	12 Jan 17	30 Mar 17	11	10:45am	11:45am	£68	£58	<b>LSY4355G</b>			
Venue: Whiteley Village Hall												
Molesey Centre	Thursday	27 Apr 17	13 Jul 17	11	9:30am	10:30am	£68	£58	<b>LSZ4354G</b>			
Venue: Whiteley Village Hall												
Molesey Centre	Thursday	27 Apr 17	13 Jul 17	11	10:45am	11:45am	£68	£58	<b>LSZ4355G</b>			
Venue: Whiteley Village Hall												

Exercise - Stay Active at 50+							Full	64+	Code
Guildford Centre	Monday	12 Sep 16	5 Dec 16	12	10am	11:30am	£110	£94	<b>HDX1621G</b>
Sunbury Centre	Monday	12 Sep 16	5 Dec 16	12	11:15am	12:15pm	£74	£63	<b>PDX1101G</b>
Molesey Centre	Wednesday	14 Sep 16	7 Dec 16	12	10am	11am	£82	£70	<b>LDX3075G</b>
Woking Centre	Wednesday	21 Sep 16	7 Dec 16	11	1:30pm	2:30pm	£68	£58	<b>RDX3271G</b>
Guildford Centre	Monday	9 Jan 17	27 Mar 17	11	10am	11:30am	£101	£86	<b>HDY1621G</b>
Sunbury Centre	Monday	9 Jan 17	27 Mar 17	11	11:15am	12:15pm	£68	£58	<b>PDY1101G</b>
Molesey Centre	Wednesday	11 Jan 17	29 Mar 17	11	10am	11am	£75	£64	<b>LDY3075G</b>
Woking Centre	Wednesday	18 Jan 17	29 Mar 17	10	1:30pm	2:30pm	£61	£52	<b>RDY3271G</b>
Guildford Centre	Monday	24 Apr 17	17 Jul 17	11	10am	11:30am	£101	£86	<b>HDZ1621G</b>
Sunbury Centre	Monday	24 Apr 17	17 Jul 17	11	11:15am	12:15pm	£68	£58	<b>PDZ1101G</b>
Molesey Centre	Wednesday	26 Apr 17	12 Jul 17	11	10am	11am	£76	£64	<b>LDZ3075G</b>
Woking Centre	Wednesday	26 Apr 17	12 Jul 17	11	1:30pm	2:30pm	£68	£58	<b>RDZ3271G</b>

Exercise - Stay Active at 50+ - Gentle							Full	64+	Code
Sunbury Centre	Monday	12 Sep 16	5 Dec 16	12	10am	11am	£74	£63	<b>PDX1593G</b>
Sunbury Centre	Monday	9 Jan 17	27 Mar 17	11	10am	11am	£68	£58	<b>PDY1593G</b>
Sunbury Centre	Monday	24 Apr 17	17 Jul 17	11	10am	11am	£68	£58	<b>PDZ1593G</b>



Exercise - Stretch, Tone & Relax for 50+							Full	64+	Code
Camberley Centre	Wednesday	14 Sep 16	12 Oct 16	5	1:30pm	2:30pm	£31	£27	<b>ADX3925G</b>
Camberley Centre	Wednesday	14 Sep 16	12 Oct 16	5	2:45pm	3:45pm	£31	£27	<b>ADX3217G</b>
Camberley Centre	Wednesday	9 Nov 16	7 Dec 16	5	1:30pm	2:30pm	£31	£27	<b>ADX3926G</b>
Camberley Centre	Wednesday	9 Nov 16	7 Dec 16	5	2:45pm	3:45pm	£31	£27	<b>ADX3218G</b>
Camberley Centre	Wednesday	11 Jan 17	8 Feb 17	5	1:30pm	2:30pm	£31	£27	<b>ADY3925G</b>
Camberley Centre	Wednesday	11 Jan 17	8 Feb 17	5	2:45pm	3:45pm	£31	£27	<b>ADY3217G</b>
Camberley Centre	Wednesday	1 Mar 17	29 Mar 17	5	1:30pm	2:30pm	£31	£27	<b>ADY3926G</b>
Camberley Centre	Wednesday	1 Mar 17	29 Mar 17	5	2:45pm	3:45pm	£31	£27	<b>ADY3218G</b>
Camberley Centre	Wednesday	26 Apr 17	24 May 17	5	1:30pm	2:30pm	£31	£27	<b>ADZ3925G</b>
Camberley Centre	Wednesday	26 Apr 17	24 May 17	5	2:45pm	3:45pm	£31	£27	<b>ADZ3217G</b>





## Pilates

Pilates is a non-aerobic approach to a safe rebalancing of the body. Posture, strength and flexibility will be improved through a series of (mainly) floor-based exercises introduced slowly to learners over a period of weeks and then practised and perfected over the course.

Pilates - Beginners							Full	64+	Code
Guildford Centre	Monday	12 Sep 16	5 Dec 16	12	3pm	4pm	£82	£82	HDX162NZ
Molesey Centre	Tuesday	13 Sep 16	6 Dec 16	12	10am	11am	£82	£82	LDX275NZ
Molesey Centre	Tuesday	13 Sep 16	6 Dec 16	12	1:45pm	2:45pm	£82	£82	LDX287NZ
Woking Centre	Tuesday	20 Sep 16	29 Nov 16	10	11am	12noon	£68	£68	RDX249NZ
Camberley Centre	Wednesday	21 Sep 16	7 Dec 16	11	7pm	8pm	£75	£75	AEX311NZ
Guildford Centre	Monday	9 Jan 17	27 Mar 17	11	3pm	4pm	£75	£75	HDY162NZ
Molesey Centre	Tuesday	10 Jan 17	28 Mar 17	11	10am	11am	£75	£75	LDY275NZ
Molesey Centre	Tuesday	10 Jan 17	28 Mar 17	11	1:45pm	2:45pm	£75	£75	LDY287NZ
Woking Centre	Tuesday	17 Jan 17	28 Mar 17	10	11am	12noon	£68	£68	RDY249NZ
Camberley Centre	Wednesday	18 Jan 17	29 Mar 17	10	7pm	8pm	£68	£68	AEY311NZ
Guildford Centre	Monday	24 Apr 17	17 Jul 17	11	3pm	4pm	£75	£75	HDZ162NZ
Molesey Centre	Tuesday	25 Apr 17	11 Jul 17	11	10am	11am	£75	£75	LDZ275NZ
Molesey Centre	Tuesday	25 Apr 17	11 Jul 17	11	1:45pm	2:45pm	£75	£75	LDZ287NZ
Camberley Centre	Wednesday	26 Apr 17	12 Jul 17	11	7pm	8pm	£75	£75	AEZ311NZ
Woking Centre	Tuesday	2 May 17	11 Jul 17	10	11am	12noon	£68	£68	RDZ249NZ
Pilates - Improvers							Full	64+	Code
Guildford Centre	Monday	12 Sep 16	5 Dec 16	12	12:30pm	1:30pm	£82	£82	HDX193NZ
Molesey Centre	Tuesday	13 Sep 16	6 Dec 16	12	11:15am	12:15pm	£82	£82	LDX236NZ
Woking Centre	Tuesday	13 Sep 16	6 Dec 16	12	12:30pm	1:30pm	£82	£82	RDX211NZ
Camberley Centre	Tuesday	13 Sep 16	6 Dec 16	12	1:20pm	2:20pm	£82	£82	ADX210NZ
Camberley Centre	Wednesday	14 Sep 16	7 Dec 16	12	9:30am	10:30am	£82	£82	ADX320NZ
Guildford Centre	Monday	9 Jan 17	27 Mar 17	11	12:30pm	1:30pm	£75	£75	HDY193NZ
Molesey Centre	Tuesday	10 Jan 17	28 Mar 17	11	11:15am	12:15pm	£75	£75	LDY236NZ
Woking Centre	Tuesday	17 Jan 17	28 Mar 17	10	12:30pm	1:30pm	£68	£68	RDY211NZ
Camberley Centre	Tuesday	17 Jan 17	28 Mar 17	10	1:20pm	2:20pm	£68	£68	ADY210NZ
Camberley Centre	Wednesday	18 Jan 17	29 Mar 17	10	9:30am	10:30am	£68	£68	ADY320NZ
Guildford Centre	Monday	24 Apr 17	17 Jul 17	11	12:30pm	1:30pm	£75	£75	HDZ193NZ
Molesey Centre	Tuesday	25 Apr 17	11 Jul 17	11	11:15am	12:15pm	£75	£75	LDZ236NZ
Woking Centre	Tuesday	25 Apr 17	4 Jul 17	10	12:30pm	1:30pm	£68	£68	RDZ211NZ
Camberley Centre	Tuesday	25 Apr 17	11 Jul 17	11	1:20pm	2:20pm	£75	£75	ADZ210NZ
Camberley Centre	Wednesday	26 Apr 17	5 Jul 17	10	9:30am	10:30am	£68	£68	ADZ320NZ
Pilates - Beginners - 50+							Full	64+	Code
Camberley Centre	Tuesday	13 Sep 16	6 Dec 16	12	12:10pm	1:10pm	£82	£82	ADX220NZ
Camberley Centre	Tuesday	17 Jan 17	28 Mar 17	10	12:10pm	1:10pm	£68	£68	ADY220NZ
Camberley Centre	Tuesday	25 Apr 17	11 Jul 17	11	12:10pm	1:10pm	£75	£75	ADZ220NZ

Pilates - For the Experienced							Full	64+	Code
Camberley Centre	Tuesday	13 Sep 16	6 Dec 16	12	11am	12noon	£82	£82	ADX200NZ
Camberley Centre	Wednesday	14 Sep 16	7 Dec 16	12	10:45am	11:45am	£82	£82	ADX312NZ
Woking Centre	Tuesday	20 Sep 16	29 Nov 16	10	5:30pm	6:30pm	£68	£68	RDX201NZ
Camberley Centre	Tuesday	17 Jan 17	28 Mar 17	10	11am	12noon	£68	£68	ADY200NZ
Woking Centre	Tuesday	17 Jan 17	28 Mar 17	10	5:30pm	6:30pm	£68	£68	RDY201NZ
Camberley Centre	Wednesday	18 Jan 17	29 Mar 17	10	10:45am	11:45am	£68	£68	ADY312NZ
Camberley Centre	Tuesday	25 Apr 17	11 Jul 17	11	11am	12noon	£75	£75	ADZ200NZ
Camberley Centre	Wednesday	26 Apr 17	5 Jul 17	10	10:45am	11:45am	£68	£68	ADZ312NZ
Woking Centre	Tuesday	2 May 17	11 Jul 17	10	5:30pm	6:30pm	£68	£68	RDZ201NZ



## Tai Chi

Originally deriving from a Chinese martial art, Tai Chi is now often practised for its health and wellbeing benefits. It will typically involve a range of breathing, movement and awareness exercises. In some cases the lesson may include group work, where the class may be divided into small groups of learners working together at a similar level in order to practise movements from the form. The tutor will share his/her attention between those groups during this part of the lesson.

Tai Chi - Beginners							Full	64+	Code
Molesey Centre	Wednesday	14 Sep 16	7 Dec 16	12	2pm	3pm	£74	£63	LDX3834G
Molesey Centre	Wednesday	14 Sep 16	7 Dec 16	12	7pm	8:30pm	£110	£94	LEX3077G
Esher Green Centre	Friday	16 Sep 16	9 Dec 16	12	10:45am	11:45am	£74	£63	EDX5648G
Camberley Centre	Saturday	17 Sep 16	3 Dec 16	10	11:30am	12:45pm	£77	£65	ADX6281G
Molesey Centre	Wednesday	11 Jan 17	29 Mar 17	11	2pm	3pm	£68	£58	LDY3834G
Molesey Centre	Wednesday	11 Jan 17	29 Mar 17	11	7pm	8:30pm	£101	£86	LEY3077G
Esher Green Centre	Friday	13 Jan 17	31 Mar 17	11	10:45am	11:45am	£68	£58	EDY5648G
Camberley Centre	Saturday	14 Jan 17	25 Mar 17	9	11:30am	12:45pm	£69	£59	ADY6281G
Molesey Centre	Wednesday	26 Apr 17	12 Jul 17	11	2pm	3pm	£68	£58	LDZ3834G
Molesey Centre	Wednesday	26 Apr 17	12 Jul 17	11	7pm	8:30pm	£101	£86	LEZ3077G
Esher Green Centre	Friday	28 Apr 17	14 Jul 17	11	10:45am	11:45am	£68	£58	EDZ5648G
Camberley Centre	Saturday	29 Apr 17	15 Jul 17	10	11:30am	12:45pm	£77	£65	ADZ6281G

Tai Chi - Improvers							Full	64+	Code
Esher Green Centre	Friday	16 Sep 16	9 Dec 16	12	9:30am	10:30am	£74	£63	EDX5827G
Camberley Centre	Saturday	17 Sep 16	3 Dec 16	10	10am	11:15am	£77	£65	ADX6282G
Esher Green Centre	Friday	13 Jan 17	31 Mar 17	11	9:30am	10:30am	£68	£58	EDY5827G
Camberley Centre	Saturday	14 Jan 17	25 Mar 17	9	10am	11:15am	£69	£59	ADY6282G
Esher Green Centre	Friday	28 Apr 17	14 Jul 17	11	9:30am	10:30am	£68	£58	EDZ5827G
Camberley Centre	Saturday	29 Apr 17	15 Jul 17	10	10am	11:15am	£77	£65	ADZ6282G

Tai Chi - For 50+							Full	64+	Code
Woking Centre	Wednesday	21 Sep 16	30 Nov 16	10	10am	11am	£61	£52	RDX3143G
Woking Centre	Wednesday	18 Jan 17	29 Mar 17	10	10am	11am	£61	£52	RDY3143G
Woking Centre	Wednesday	26 Apr 17	5 Jul 17	10	10am	11am	£61	£52	RDZ3143G

Tai Chi - For Well-Being							Full	64+	Code
Esher Green Centre	Friday	16 Sep 16	9 Dec 16	12	12:15pm	1:30pm	£92	£79	<b>EDX5347G</b>
Esher Green Centre	Friday	13 Jan 17	31 Mar 17	11	12:15pm	1:30pm	£84	£72	<b>EDY5347G</b>
Esher Green Centre	Friday	28 Apr 17	14 Jul 17	11	12:15pm	1:30pm	£84	£72	<b>EDZ5347G</b>
Tai Chi & Qigong Exercises - Improvers							Full	64+	Code
Woking Centre	Monday	19 Sep 16	28 Nov 16	10	10:45am	11:45am	£61	£52	<b>RDX1958G</b>
Woking Centre	Monday	16 Jan 17	27 Mar 17	10	10:45am	11:45am	£61	£52	<b>RDY1958G</b>
Woking Centre	Monday	8 May 17	17 Jul 17	10	10:45am	11:45am	£61	£52	<b>RDZ1958G</b>



## Meditation

Mindfulness Meditation - Taster							Full	64+	Code
Molesey Centre	Saturday	24 Sep 16	24 Sep 16	1	10am	2:30pm	£28	£28	<b>LDX626NZ</b>
Mindfulness Meditation							Full	64+	Code
Camberley Centre	Saturday	1 Oct 16	15 Oct 16	3	10am	12noon	£41	£41	<b>ADX693NZ</b>
Guildford Centre	Saturday	5 Nov 16	3 Dec 16	5	9:45am	11:45am	£68	£68	<b>HDX615NZ</b>
Camberley Centre	Saturday	14 Jan 17	4 Feb 17	4	10am	12noon	£55	£55	<b>ADY693NZ</b>
Guildford Centre	Saturday	25 Feb 17	18 Mar 17	4	9:45am	11:45am	£55	£55	<b>HDY615NZ</b>
Camberley Centre	Saturday	6 May 17	20 May 17	3	10am	12noon	£41	£41	<b>ADZ693NZ</b>
Guildford Centre	Saturday	10 Jun 17	8 Jul 17	5	9:45am	11:45am	£68	£68	<b>HDZ615NZ</b>
Mindfulness Meditation Circle - Improvers							Full	64+	Code
Guildford Centre	Saturday	5 Nov 16	3 Dec 16	5	12noon	1pm	£34	£34	<b>HDX697NZ</b>
Guildford Centre	Saturday	25 Feb 17	18 Mar 17	4	12noon	1pm	£28	£28	<b>HDY697NZ</b>
Guildford Centre	Saturday	10 Jun 17	8 Jul 17	5	12noon	1pm	£34	£34	<b>HDZ697NZ</b>



# Yoga

Courses vary considerably. The titles will suggest their relevance to your needs and we hope that you will find a Yoga course to suit you. Classical yoga postures form the basis for most of these courses with development towards the more philosophical aspects or meditation techniques if learners so wish. If no levels are indicated courses are suitable for all abilities.

Iyengar yoga is characterised by precision, postural alignment and body awareness. Props are used if required to help learners gain the maximum benefit from each posture (asana).

Yoga - Beginners							Full	64+	Code
Farnham Centre	Monday	19 Sep 16	5 Dec 16	10	11am	12:30pm	£92	£79	<b>FDX1394G</b>
Farnham Centre	Wednesday	21 Sep 16	7 Dec 16	10	7:30pm	9pm	£92	£78	<b>FEX3042G</b>
Guildford Centre	Thursday	22 Sep 16	8 Dec 16	10	7pm	8:30pm	£92	£79	<b>HEX4614G</b>
Farnham Centre	Monday	16 Jan 17	27 Mar 17	9	11am	12:30pm	£83	£71	<b>FDY1394G</b>
Farnham Centre	Wednesday	18 Jan 17	29 Mar 17	9	7:30pm	9pm	£83	£71	<b>FEY3042G</b>
Guildford Centre	Thursday	19 Jan 17	30 Mar 17	9	7pm	8:30pm	£83	£71	<b>HEY4614G</b>
Farnham Centre	Wednesday	3 May 17	12 Jul 17	9	7:30pm	9pm	£83	£71	<b>FEZ3042G</b>
Guildford Centre	Thursday	4 May 17	13 Jul 17	9	7pm	8:30pm	£83	£71	<b>HEZ4614G</b>
Farnham Centre	Monday	8 May 17	17 Jul 17	9	11am	12:30pm	£83	£71	<b>FDZ1394G</b>
Yoga - Improvers							Full	64+	Code
Guildford Centre	Wednesday	14 Sep 16	7 Dec 16	12	7pm	8:30pm	£110	£94	<b>HEX3715G</b>
Guildford Centre	Wednesday	11 Jan 17	29 Mar 17	11	7pm	8:30pm	£101	£86	<b>HEY3715G</b>
Guildford Centre	Wednesday	26 Apr 17	28 Jun 17	9	7pm	8:30pm	£83	£71	<b>HEZ3715G</b>
Yoga - For Well Being							Full	64+	Code
Sunbury Centre	Tuesday	13 Sep 16	6 Dec 16	12	9:30am	11am	£110	£94	<b>PDX2104G</b>
Sunbury Centre	Tuesday	13 Sep 16	6 Dec 16	12	11:30am	1pm	£110	£94	<b>PDX2105G</b>
Woking Centre	Thursday	15 Sep 16	8 Dec 16	12	1:15pm	2:45pm	£110	£94	<b>RDX4543G</b>
Guildford Centre	Friday	16 Sep 16	9 Dec 16	12	10am	11:30am	£110	£94	<b>HDX5247G</b>
Esher Green Centre	Tuesday	27 Sep 16	6 Dec 16	10	10:30am	12noon	£92	£79	<b>EDX2759G</b>
Woking Centre	Thursday	6 Oct 16	8 Dec 16	9	10:30am	12noon	£83	£71	<b>RDX4146G</b>
Sunbury Centre	Tuesday	10 Jan 17	28 Mar 17	11	9:30am	11am	£101	£86	<b>PDY2104G</b>
Sunbury Centre	Tuesday	10 Jan 17	28 Mar 17	11	11:30am	1pm	£101	£86	<b>PDY2105G</b>
Woking Centre	Thursday	12 Jan 17	23 Mar 17	10	10:30am	12noon	£92	£79	<b>RDY4146G</b>
Woking Centre	Thursday	12 Jan 17	23 Mar 17	10	1:15pm	2:45pm	£92	£78	<b>RDY4543G</b>
Guildford Centre	Friday	13 Jan 17	24 Mar 17	10	10am	11:30am	£92	£79	<b>HDY5247G</b>
Esher Green Centre	Tuesday	17 Jan 17	28 Mar 17	10	10:30am	12noon	£92	£79	<b>EDY2759G</b>
Sunbury Centre	Tuesday	25 Apr 17	11 Jul 17	11	9:30am	11am	£101	£86	<b>PDZ2104G</b>
Sunbury Centre	Tuesday	25 Apr 17	11 Jul 17	11	11:30am	1pm	£101	£86	<b>PDZ2105G</b>
Woking Centre	Thursday	27 Apr 17	15 Jun 17	7	10:30am	12noon	£65	£56	<b>RDZ4146G</b>
Woking Centre	Thursday	27 Apr 17	13 Jul 17	11	1:15pm	2:45pm	£101	£86	<b>RDZ4543G</b>
Guildford Centre	Friday	28 Apr 17	14 Jul 17	11	10am	11:30am	£101	£86	<b>HDZ5247G</b>
Esher Green Centre	Tuesday	2 May 17	11 Jul 17	10	10:30am	12noon	£92	£79	<b>EDZ2759G</b>

Iyengar Yoga - Beginners								Full	64+	Code
Molesey Centre	Monday	12 Sep 16	5 Dec 16	12	9:30am	11am	£110	£94	<b>LDX1353G</b>	
Molesey Centre	Monday	9 Jan 17	27 Mar 17	11	9:30am	11am	£101	£86	<b>LDY1353G</b>	
Molesey Centre	Monday	24 Apr 17	17 Jul 17	11	9:30am	11am	£101	£86	<b>LDZ1353G</b>	

Iyengar Yoga - Improvers								Full	64+	Code
Molesey Centre	Monday	12 Sep 16	5 Dec 16	12	11:15am	12:45pm	£110	£94	<b>LDX1354G</b>	
Molesey Centre	Monday	9 Jan 17	27 Mar 17	11	11:15am	12:45pm	£101	£86	<b>LDY1354G</b>	
Molesey Centre	Monday	24 Apr 17	17 Jul 17	11	11:15am	12:45pm	£101	£86	<b>LDZ1354G</b>	

Iyengar Yoga - All Abilities								Full	64+	Code
Molesey Centre	Monday	12 Sep 16	5 Dec 16	12	7:30pm	9pm	£110	£94	<b>LEX1316G</b>	
Molesey Centre	Tuesday	13 Sep 16	6 Dec 16	12	7:30pm	9pm	£110	£94	<b>LEX2351G</b>	
Molesey Centre	Thursday	15 Sep 16	8 Dec 16	12	9:30am	11am	£110	£94	<b>LDX4351G</b>	
Molesey Centre	Monday	9 Jan 17	27 Mar 17	11	7:30pm	9pm	£101	£86	<b>LEY1316G</b>	
Molesey Centre	Tuesday	10 Jan 17	28 Mar 17	11	7:30pm	9pm	£101	£86	<b>LEY2351G</b>	
Molesey Centre	Thursday	12 Jan 17	30 Mar 17	11	9:30am	11am	£101	£86	<b>LDY4351G</b>	
Molesey Centre	Monday	24 Apr 17	17 Jul 17	11	7:30pm	9pm	£101	£86	<b>LEZ1316G</b>	
Molesey Centre	Tuesday	25 Apr 17	11 Jul 17	11	7:30pm	9pm	£101	£86	<b>LEZ2351G</b>	
Molesey Centre	Thursday	27 Apr 17	13 Jul 17	11	9:30am	11am	£101	£86	<b>LDZ4351G</b>	



## ZUMBA

Traditional dance steps from merengue, salsa cumbia, rumba etc are blended with basic fitness moves. Gentle Rhythms is a slower-paced Zumba® course but just as much fun.

Zumba - Gentle Rhythms								Full	64+	Code
Sunbury Centre	Friday	16 Sep 16	9 Dec 16	12	10:45am	11:45am	£74	£63	<b>PDX5105G</b>	
Sunbury Centre	Friday	13 Jan 17	31 Mar 17	11	10:45am	11:45am	£68	£58	<b>PDY5105G</b>	
Sunbury Centre	Friday	28 Apr 17	14 Jul 17	11	10:45am	11:45am	£68	£58	<b>PDZ5105G</b>	