

## Dance Class Descriptions:

**African Dance:** An aerobics class wrapped in traditional and contemporary African dance forms.

**Ballroom & Latin American:** Classic Latin-American dance fusion, teaching you the latest duo moves.

**Bay-Syxx Street Dance:** Commercial Street Dance, incorporating the latest Hip-Hop and R'n'B tracks.

**Belly Dance:** A graceful, sensuous Middle Eastern dance. Works the whole body.

**Bollywood Grooves:** Modern Indian Dance, Indian cinema-influenced. This includes Indian, Arabic, Latin, Street-styled choreography.

**Breakdance:** Started State-side by African American kids in New York's South Bronx - derived from Hip-Hop for all levels.

**Burlesque/Striptease:** Bit of strip, no nudity! Modesty maintained, knowledge gained.

**Cheer Fit:** drop-in classes aimed at all levels of fitness, so whether you want to have some fun and get cheerleader-fit.

**Classical Ballet:** In most styles, producing grace, form, posture, fitness, strength, co-ordination, artistic impression and cardiovascular excellence.

**Commercial Dance:** Combining MTV's latest up and coming commercial moves giving you the video clip experience!

**Conditioning Ballet:** Classical class with emphasis on correct technique facilitated by core stability conditioning exercises.

**Contemporary African:** A fusion of African and Contemporary dance styles.

**Contemporary Jazz:** incorporating various elements of Graham, Cunningham and Limon techniques as well as Yoga and Pilates.

**Contemporary Boogie Jazz:** Using a variety of tempos, rhythms and movement.

**Contemporary Jazz:** A funky lyrical contemporary jazz style class. Opens the hips, moves the stamina and tones the body.

**Diverse Street:** You will learn a different style each week, whether it be sexy, funky, or locking and popping.

**Falun Gong:** is a system of "mind and body cultivation" related to buddhism and qigong.

**Flamenco:** Carefully designed to impart all the necessary skills required in this dance.

**Ghettokamp:** A fresh new street dance class catering for those willing to step up their own dancing ability, progressing to an advanced level of moving and thinking.

**H2ography:** Fusing underground commercial street with utmost flow, style and energy.

**Jamaican Dancehall:** Calorie burn-off big-time! Intense aerobic exercise. Strong cardiovascular element.

**Jazz:** Divine music, beautiful moves, focuses on expressive jazz techniques.

**Jazz Ballet:** Combining Ballet with Jazz, Contemporary and Latin. Musical influences include; Craig Armstrong, Bliss, Buddha Bar and Chicane.

**Jazz Technique:** High, Moderate and Low impact jazz moves.

**Jazz Rottas:** is a fitness class, its high energy stuff!

**Lambada:** Latin American dance that's stylish and fun.

**Latin Jazz:** A fusion of Latin rhythms with energetic and funky moves such as Salsa, samba, Meringue, Funk, Reggaeton combined within a fusion of Jazz.

**Modern Fusion:** A combination of the Lester Horton technique which builds strength, agility and flexibility, Cuban Modern and Afro-Caribbean dance a style

**Music Video Star Workout:** The first half of the class will be high energy warm up with Katie, and the second part will be choreography taught by Tina

**New-Skool Hip-Hop:** Get ready, get set and prepare yourself for some real crumping action!

**Pilates into Ballet:** A physical fitness regime coupled with the grace and discipline of a great dance form.

**Pole Dancing:** Liberate yourself, have some fun and get really fit. Strengthening your entire body, developing your balance and co-ordination.

**Rhythmic:** Fusion of Hip-Hop Styles and Commercial dance

**Rudeye Fusion:** mixture of Hip Hop, Jazz, Locking, Popping and Robotics

**Russian Ballet:** Classical tough by a former Kirov Ballet Company dancer.

**Salsa:** It's unique, exciting and fitness demanding, no need to bring a partner - meeting new people is all part of the fun.

**Samba:** is a Brazilian dance and musical genre originating in African and European roots.

**Semi-classic:** A wild, vivid form of traditional flamenco dancing. It's both joyous and fitness-inducing.

**Street Level:** A basic routine, build up confidence and stamina while dancing to the latest R&B tunes and Hip-hop beats.

**Street Level For Dancers:** Pilates and Yoga stretches, wrapped in dance. Suitable for all ages.

**Sunday Flava:** This energetic, class incorporates styles of New York and L.A. street dance with a UK twist. Learn moves while dancing to the latest R&B tunes and Hip-hop beats.

**Tap:** Syncopation, twists, turns, rhythms and tempos.

**Theatrical Jazz:** It's jazz dance, to favourite songs from much loved musicals and movies.

**UK Underground:** The session is a compact highbred of modern dance and funk grooves. The warm-up will focus on technique, strength and coordination.

**Xpress Yo'self:** Ultimate Street style dance formulated in 1995, wrapped in energy, and really giving you the opportunity to express yourself on the dance floor.

**Zumba:** Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

# DANCE WITH FITNESS AND AEROBIC CLASSES

Monday				
Time	Class	Level	Teacher	£
10:00 - 11:30	Russian Ballet	Adv	Zina Mamedova	£7
11:30 - 13:00	Classical Ballet	Pro	Mark Silver	£7
12:15 - 13:00	Trampoline Fit (new)	Gen	Hugo Camacho	£5
13:00 - 13:45	Bodyworks	Gen	Katy Teague	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
15:00 - 16:30	Classical Ballet	Pro	Raymond Chai	£7
16:30 - 18:00	Jazz Ballet (new)	Beg	Milo Miles	£7
17:30 - 19:00	Pilates into Ballet	Beg	Teresa Kelsey	£7
18:00 - 19:00	Xpress Yo'self	Beg	Hakeem	£6
18:00 - 19:00	Total Body Conditioning	Gen	Katy Teague	£4.5
19:00 - 20:00	Condition Training	Gen	Hakeem	£6
18:00 - 19:00	Bollywood Grooves	Beg	Minila	£6
19:00 - 20:00	Bollywood Grooves (4wks)	Course	Minila	£60
19:00 - 20:00	Tap	Beg	Richard Holland	£5
19:00 - 20:00	Jazz Technique	Int	Stuart Thomas	£5
20:00 - 20:30	Tap	Adv/Beg	Richard Holland	£5
20:00 - 21:00	Burlesque/Striptease	Gen	Polly/Sachi	£10
20:00 - 21:30	Jamaican Dancehall	Gen	Paradigmz	£5
20:00 - 21:30	Contemporary Jazz	Gen	Hagit Yakira	£6
20:30 - 21:30	Tap	Int	Nichol Hollan	£5
20:30 - 21:30	Salsa	Beg-Adv	Nelson Batista	£6
21:00 - 22:00	Modern Fusion	Gen	David Blake	£6

Tuesday				
Time	Class	Level	Teacher	£
10:00 - 11:30	Classical Ballet	Pro	Mark Silver	£7
11:30 - 13:00	Classical Ballet	Pro	John Moubayed	£7
12:15 - 13:00	Cardioworks	Gen	Pennie Jane	£4.5
13:00 - 13:45	Balanceworks	Gen	Pennie Jane	£4.5
13:00 - 14:00	Dance workout (new)	Gen	Lia Anu	£4.50
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
15:00 - 16:30	Classical Ballet	Pro	Raymond Chai	£7
16:30 - 18:00	Classical Ballet	Beg	Christina	£7
18:00 - 19:00	Latin Jazz	Gen	Francis Cardoso	£6
18:00 - 19:00	Classical Ballet	Adv/Beg	Teresa Kelsey	£7
18:00 - 19:00	Contemporary	Beg	Stuart Thomas	£5
18:00 - 19:00	Total Body Conditioning	Gen	Ididiko	£4.5
18:00 - 19:00	Xpress Yo'self	Int	Hakeem	£6
19:00 - 20:00	Belly Dance	Gen	Jaqueline Chapman	£8
19:00 - 20:00	Tone Sensation (new)	Gen	Hugo Camacho	£4.5
19:00 - 20:00	New Skool Hip-Hop	Gen	Wyvern Wilkins	£6
19:00 - 20:00	Pointe & Virtuosity Ballet	Beg/Int	Gen	Jean-Pascal Cabardos £7*
19:00 - 20:30	Bou Circuit	Gen	Cassius	£6
19:15 - 20:15	Jazz	Beg/Gen	Leanne King	£5
20:00 - 21:00	Pole Dancing Course	Gen	Anna 02070332585	£8
20:00 - 22:00	Burlesque/Striptease	Course	Jo King 07958314107	£7
20:30 - 22:00	Classical Ballet	Int	Jean-Pascal Cabardos	£7
21:00 - 22:00	Pole Dancing Course	Gen	Anna 02070332585	£8

\*10 classes for £65 Speak to Jean directly

Wednesday				
Time	Class	Level	Teacher	£
08:00 - 09:00	Tai Chi	Gen	Stuart Thomas	£5
10:00 - 11:30	Classical Ballet	Pro	Mark Silver	£7
11:30 - 13:00	Classical Ballet	Pro	Adam Padney	£7
12:15 - 13:00	Aerobics Sensation	Gen	Hugo Camacho	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
13:00 - 13:45	Bodyworks	Gen	Katy Teague	£4.5
14:30 - 16:00	Classical Ballet	Pro	Jean-Pascal Cabardos	£7
16:30 - 18:00	Classical Ballet	Beg	Hannah Frost	£7
18:00 - 19:00	Classical Ballet (new)	Beg/Imp	Hannah Frost	£7
18:00 - 19:00	Jazz	Beg/Gen	Leanne King	£5
18:00 - 19:00	Belly Dance	Beg	Mia www.miaserra.com	£7
18:00 - 19:00	Total Tone Sensation	Gen	Hugo Camacho	£4.5
18:00 - 19:15	H2ography	Beg/Gen	Kenrick Sandy	£5
19:00 - 20:00	Ballroom & Latin American	Gen	Vlad & Lena	£9
19:00 - 20:00	Belly Dance (12 Wks)	Course	Mia www.miaserra.com	£7
19:00 - 20:00	Samba	Gen	Solange	£8
19:00 - 20:30	Cont. Boogie Jazz	Int	Stuart Thomas	£5
19:15 - 20:45	DW Master Class	Gen	Refer to reception	£10
20:00 - 21:00	Belly Dance (12 Wks)	Course	Mia www.miaserra.com	£7
20:00 - 21:00	Lambada	Int	Becky Bisase	£7
20:00 - 21:00	Pole Dancing Course	Gen	Anna 02070332585	£8
20:30 - 21:30	Breakdance	Beg/Gen	Isaac Jno Baptiste	£6
21:00 - 22:00	Pole Dancing Course	Gen	Anna 02070332585	£8
21:00 - 22:00	Belly Dance (12 Wks)	Course	Mia www.miaserra.com	£7

\*10 classes for £65 Speak to Jean directly

Thursday				
Time	Class	Level	Teacher	£
10:00 - 11:30	Classical Ballet (new)	Int-Adv	Emma Northmore	£7
10:00 - 11:30	Russian Ballet	Adv	Zina Mamedova	£7
11:30 - 13:00	Classical Ballet	Pro	Paul Lewis	£7
12:15 - 13:00	Fat burner	Gen	Hugo Camacho	£4.5
13:00 - 13:45	Balanceworks	Gen	Pennie Jane	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
13:00 - 14:30	Classical Ballet	Pro	Denzil Bailey	£7
16:30 - 18:00	Ballet jazz	Gen/Int	Milo Miles	£7
18:00 - 19:00	Classical Ballet	Beg	Franciska Rosenzweig	£7
17:00 - 19:00	Salsa	Beg	Nelson Batista	£6
18:00 - 19:00	Rudeye Fusion Funk	Beg	Stuart Bishop	£6
18:00 - 19:00	Push!Commercial Dance	Beg	Faye Quinney	£6
19:00 - 20:00	Bollywood Grooves	Beg/Imp	Minila	£6
19:00 - 20:00	Salsa	Int	Nelson Batista	£6
19:00 - 20:00	Ballet	Gen	Franciska Rosenzweig	£7
19:00 - 20:30	Jazz	Int	Leanne King	£6
20:00 - 21:00	Fat Burner	Gen	Hugo Camacho	£4.5
20:00 - 21:00	Diverse Street	Gen	Sam Morris	£6
20:00 - 21:00	Belly Dance hip hop(12wks)	Gen	Mia www.miaserra.com	£6
20:00 - 21:30	Salsa	Adv	Nelson Batista	£6
20:00 - 21:30	Contemporary	Beg/Gen	Stuart Thomas	£5

Friday				
Time	Class	Level	Teacher	£
10:00 - 11:30	Russian Ballet	Adv	Zina Mamedova	£7
10:00 - 11:30	Con. Classical Ballet	Gen	Julia Ellis	£7
11:30 - 13:00	Classical Ballet	Pro	Ayumi Hikasa	£7
12:15 - 13:00	Cardioworks	Gen	Pennie Jane	£4.5
13:00 - 13:45	Bodyworks	Gen	Pennie Jane	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
15:00 - 16:30	Classical Ballet	Pro	Denzil Bailey	£7
16:30 - 18:00	Classical Ballet	Beg	Jean-Pascal Cabardos	£7
17:30 - 18:30	Latin Jazz	Gen/Elm	Francis Cardoso	£6
18:00 - 19:00	Contemporary African	Gen	Akosua Boakye	£5
18:00 - 19:00	Flamenco	Beg/Gen	Lucia Caruso	£6
18:00 - 19:00	Push! Theatrical Jazz	Beg/Gen	Faye Quinney	£6
18:00 - 19:30	Bay-Syxx St Dance	Beg	Brendan Isaac	£5
18:00 - 19:30	Classical Ballet	Gen/Int	Beatriz Pascual	£7
18:30 - 20:00	Classical Ballet	Gen	Christina	£7
19:00 - 20:00	Flamenco	Adv	Lucia Caruso	£6
19:00 - 20:30	Stretch For Dance	Gen	Stuart Thomas	£5
20:00 - 21:00	Sevillanas	Gen	Zandra Escudero	£6
20:00 - 21:00	UK Underground	Beg/Gen	Sean Graham	£5
20:30 - 22:00	Classical Ballet	Elm/Int	Jean-Pascal Cabardos	£7*
19:00 - 22:00	Faloung Gong	Int	Zek & Misha	£7*

\*10 classes for £65 Speak to Jean directly

Saturday				
Time	Class	Level	Teacher	£
10:30 - 12:00	Jazz	Int	Leanne King	£6
11:00 - 12:30	Classical Ballet	Pro	Paul Lewis	£7
12:30 - 14:00	Classical Ballet	Adv	Trevor St John	£7
12:00 - 13:15	Trampoline Fit (new)	Gen	Hugo Camacho	£5
12:30 - 13:30	Flamenco - castanets	Elm	Lucia Caruso	£6
13:00 - 14:00	Rudeye Fusion Funk	Gen	Rie Fujii	£6
13:00 - 14:15*	Music Video Superstar	Gen	Katy/Tina	£6
13:15 - 14:15	Samba	Gen	Becky Bisase	£8
14:00 - 15:30	Classical Ballet	Adv/Gen	Liz Alpe	£7
14:00 - 15:30	H2ography	Beg	Hugo camacho	£6
14:15 - 15:15	Rhythm (new)	Beg	Rhimes	£7
14:15 - 15:15	Flamenco	Beg	Lucia Caruso	£6
14:15 - 15:15	Lambada	Beg	Becky Bisase	£7
15:15 - 16:15	Lambada	Int	Becky Bisase	£7
15:15 - 16:45	Russian Ballet	Elm	Zina Mamedova	£7
15:30 - 16:30	H2ography	Beg	Kenrick Sandy	£5
15:30 - 16:30	Contemporary	Gen	Scarlett Perrecreau	£6
15:30 - 16:30	Belly Dance Urban Trival(6wks)	Gen	Miawww.miaserra.com	£7
15:30 - 17:00	African Dance	Gen	Mohammed	£8
16:30 - 18:00	Pole Dancing Course	Gen	Anna 02070332585	£8
16:30 - 18:00	Classical Ballet	Beg	Hannah Frost	£7
16:30 - 18:00	Cont. Classical Ballet	Int	Kenrick Sandy	£5
16:45 - 17:45	Belly Dance (6wks)	Gen	Miawww.miaserra.com	£7
17:00 - 18:00	Contemporary Jazz	Gen	Hagit Yakira	£6

\*This class will be every fortnight (check in reception)

Sunday				
Time	Class	Level	Teacher	£
11:00 - 12:30	Classical Ballet	Gen	Christina	£8
11:30 - 13:00	Russian Ballet	Adv	Zina Mamedova	£7
12:00 - 13:30	Classical Ballet	Int/Adv	Jean-Pascal Cabardos	£7*
12:30 - 13:30	Salsa	Int/Adv	Nelson Batista	£6
13:00 - 14:30	Street Level	Beg	GwenJno-Baptiste	£5
13:00 - 14:30	Cont. Classical Jazz	Beg	Stuart Thomas	£5
13:00 - 14:30	Classical Ballet	Beg	Renato Paroni	£7
13:				

# MARTIAL ARTS

**Aikido:** Japanese self-defence. Non-competitive dynamic movement for inner strength/harmony.

**Capoeira:** Brazilian martial art, blending elements of dance, music, acrobatics and fighting.

**Thai Chi:** Early morning workouts. Beneficial for fitness and well being.

**Sam Tu Dang:** Modern martial art based on health and self-defence. Along with concentration, effort, commitment and fitness.

**Shorinji Kempo:** Japanese martial art, combining hard and soft techniques for effective self-defence. Requires discipline, application and fitness.

**Thai Kick Boxing:** An Excellent work out. has an incredible history, being developed and tested by Thailand's ancient warriors.

**Wing Tsun:** This is a complete Self-defence System Course, taking in self-control and confidence building.

Monday	Time	Class	Level	Teacher	£
	18:00 - 20:00	Wing Tsun	Beg/Int	Nicholai	£65 mth
	20:00 - 21:30	Wing Tsun	Adv	Nicholai	£65 mth

Tuesday	Time	Class	Level	Teacher	£
	08:00 - 09:00	Aikido	Gen	Jessica Loeb	£6
	20:00 - 22:00	Shorinji Kempo	Gen	Sensei Mizuno	£7
	20:30 - 21:30	Sam Tu Dang	Gen	Laurie Ince	£5

Wednesday	Time	Class	Level	Teacher	£
	08:00 - 09:00	Tai Chi	Gen	Stuart Thomas	£5
	20:00 - 21:30	Capoeira	Beg	Capoeira Ceará	£8

Thursday	Time	Class	Level	Teacher	£
	08:00 - 09:00	Aikido	Gen	Jessica Loeb	£6
	18:00 - 20:00	Wing Tsun	Gen	Nicholai	£65 mth
	20:30 - 22:00	Thai Kickboxing	Gen	Jamal Rizki	£60 mth

Friday	Time	Class	Level	Teacher	£
	19:30 - 21:30	Shorinji Kempo	Gen	Sensei Mizuno	£7
	19:30 - 21:30	Capoeira	Adv	Capoeira Ceará	£8

## Saturday

We are not currently offering any Martial Art Classes on Saturday. Please check with us periodically as this may change in the future.

Sunday	Time	Class	Level	Teacher	£
	11:30 - 13:00	Thai Kickboxing	Gen	Jamal Rizki	£10 (60 mth)
	16:30 - 18:00	Capoeira	Beg	Capoeira Ceará	£8

**As you think, so shall you become.**  
- Bruce Lee



# CHILDREN'S CLASSES

## The West London School of Dance

visit [www.thewestlondonschoolofdance.co.uk](http://www.thewestlondonschoolofdance.co.uk).

Classes in ballet, jazz and tap for beginners to more advanced levels for boys and girls from the ages 2 ½ - 18 yrs. Scholarships are also available.

or call **020 8743 3856**

For enrolment info

e-mail [Westlondondance@aol.com](mailto:Westlondondance@aol.com)



## Impact Youth Academy

These are drop-in street dance classes for people between 11-16 yrs.

[www.impactdance.co.uk](http://www.impactdance.co.uk) or call **07768 413 869**

**Pop Jazz:** A class combining elements of Jazz and street dance. Developing dance ability through a series of exercises based on co-ordination and isolation.

For more info contact: [popjazz@live.co.uk](mailto:popjazz@live.co.uk) or call **07944776656**

## Singing Lessons

Always dreamed about impressing your friends with a beautiful singing voice?

Waste no more time excusing your needs as Danceworks now introduces **The Courage to Sing course!** our goal is: to give you the tools developing your singing, voice, music, creativity, self-confidence, personal power, talent, imagination, health and well being. Call 01297 625 337 to find out more about courses at Danceworks and a 10% discount will be granted to all members!

[www.thecouragetosing.co.uk](http://www.thecouragetosing.co.uk)  
[thecouragetosing@hotmail.com](mailto:thecouragetosing@hotmail.com)

## Want to Hire a Studio?

Danceworks' top quality professional studios are available most days for rehearsals, auditions, workshops, photo shoots, private classes, and other functions.

**All six studios for hire feature:**

- \*Sprung Maple or harlequin floors
- \*Stereo Equipment
- CD player
- Tape deck
- MP3/Ipod plug
- \*Mirrors
- \*Ballet Barres
- \*Pianos on Request
- \*Wireless Internet connection

**Additional Equipment:** from a portable microphone to a 35mm film camera and operator can be available with 48 hours notice.

You may also integrate equipment with ours if you let us know two days prior to your reservation.

**For studio hire rates and availability please call 020 7318 4100 or visit us on [www.danceworks.net](http://www.danceworks.net)**



*Tired and fed up?  
Need a break in your working day?*

## London's Leading Holistic Therapy Centre!

Walk in to NATUREWORKS for a real treat!! **10 different types of massage and over 40 different holistic therapies available**, treatments which will restore your soul and revive your body!

**Body Soothing  
Mind Relaxing  
Sleep Inducing  
Stress Releasing  
Pain Relieving  
Muscle Toning  
Health Enhancing  
Mind Uplifting  
Energy Boosting  
Zest Restoring**

Many of the therapists offer discounts for Danceworks Members.

**for an appointment  
Call: 020 7629 2927  
e-mail [info@natureworks.net](mailto:info@natureworks.net)  
[www.natureworks.net](http://www.natureworks.net) for more information**

## Therapists Section



Nicky has performed and taught for 15 years with many of Britain's leading contemporary choreographers and dance colleges. She is pleased to announce that though her feet may be getting weary her hands are not, (!) so book in now **SPECIAL 10% discount** for all Danceworks members.

Nicky's patients have included all the finalists of BBC 1's "So You Think You Can Dance", Jennifer Lopez, Sylvie Guillem, Akram Khan, Russel Malliphant and members of Mark Morris Dance Company.

Because I was a professional dancer and teacher I understand all aspects of what hard work dance is and the strain that it places on your body. I also understand that when you're a committed, enthusiastic and passionate dancer you often overlook good, important technical details and ignore "niggles" because you can't and don't want to stop dancing.

Nicky understands the urgency of wanting to be dancing/exercising a.s.a.p. treatments involve:

- Hands on treatment
- Advice on how to adapt work so as to continue performing (where appropriate)
- How to self manage injury between treatments to speed up recovery time.
- Appropriate rehabilitation time-frames and advice on exercises to rehabilitate quickly & safely.

Having been both a dancer and choreographer she also has experience in martial arts, circus skills, climbing and gymnastics.

To arrange an appointment please call 0207 629 2927

**MASTERCLASSES**  
**Every Wednesday 7:15-8:45**

**danceworks.net**  
*join the movement*

# Timetable March 2010

**16 Balderton Street  
London W1  
020 7629 6183  
[info@danceworks.net](mailto:info@danceworks.net)  
[www.danceworks.net](http://www.danceworks.net)**

Also see our website for class times & descriptions

## MEMBERSHIP FEES AT DANCEWORKS

**Yearly membership \***

**£8.99** monthly direct debit  
or  
**£123** yearly payable in advance

**\*NEW MEMBERS ARE REQUIRED TO PAY A JOINING FEE OF £69.**

## Daily membership fees

All classes Mon - Sat **£5.00/day**  
All classes on Sunday **£2.50/day**  
All Professional classes **£2.00/day**  
All Martial arts classes **£2.50/day**  
All Yoga/Pilates classes **£3.00/day**

## One month membership (no joining fee)

**£45** month payable in advance

## Concessionary memberships (no joining fee)

Student/Equity/ Over 60  
**£8.99** monthly direct debit  
or  
**£69** yearly payable in advance

## Terms:

- \*Must be a full-time student with proof of current course or valid . NUS card
- \* Must be 24 years old or under with valid NUS card
- \*Equity members are also required valid identification