

# ESSENTIAL GUIDE TO THE SPORTS CENTRE

LANCASTER  
UNIVERSITY



**Monday 16<sup>th</sup> January – Sunday 25<sup>th</sup> March 2012**

## **SPORTS CENTRE OPENING TIMES:**

Monday - Friday 7.00am - 10.00pm, Saturday 8.30am - 6.00pm & Sunday 9.30am - 6.00pm

## **SWIMMING POOL OPENING TIMES:**

Due to weekly changes please check the website for up to date times or call reception on (01524) 510600.

## **NEW CLASSES**

We have a range of new classes for the New Year, including Ashtanga Yoga; Pilates & Yoga Mix and Kettle Bells.

See overleaf for the timetable and for further descriptions see the website.

## **NEW CLASS CANCELLATION NUMBER**

If you are unable to attend a class please leave a message on our dedicated 24 hour cancellation line **(01524) 510015** so someone else can book your space.

## **EXTRA SPACE IN ZUMBA**

Due to popular demand, the Monday and Thursday lunchtime classes have been moved from the Studio into the Sports Hall. They now take up to 70 people.

## **CHANGES TO PARKING POLICY**

Please be aware that there is now two hours free parking outside the Sports Centre for centre users only (subject to availability, no return within one hour). For more information please ask at reception for a leaflet or visit the website.

## **SAUNA & STEAM**

The sauna has mixed sessions except for:

<b>Tuesday</b>	Women	7.00am – 3.00pm
	Men	3.00pm – 10.00pm
<b>Friday</b>	Men	7.00am – 3.00pm
	Women	3.00pm – 10.00pm

## **MEMBERSHIP**

If you would like to join the Sports Centre, we offer Bronze, Silver, Gold and Platinum memberships. See the website for further details.

## **PAY AS YOU PLAY**

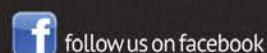
<b>ACTIVITY</b>	<b>ADULT</b>	<b>CHILD (UNDER 16s)</b>	<b>CONCESSION*</b>
SWIMMING	£3.60	£2.20 Under 5 50p Under 3 Free	£2.20
SAUNA & STEAM	£5.00	N/A	£3.30
SQUASH	£4.20	£3.00	£3.00
BADMINTON & SHORT TENNIS	£3.50	£2.80	£2.80
TABLE TENNIS	£3.00	£2.00	£2.00
CLIMBING	£5.00	£3.00	£3.00
GYM	£5.00	N/A	£3.00
SPECTATOR	60p	N/A	60p
SHOWER & CHANGE	£2.50	£2.00	£2.00 Annual Fee £60
CLASSES	£4.20	N/A	£3.50
TENNIS	£3.50	£2.50	£2.50
OTHER DRY ACTIVITIES	£4.00	£3.00	£3.00
JOINT ACTIVITIES	£6.00	£4.00	£4.00
FAMILY SWIM	£10.00	4 MEMBERS (Max 2 Adults)	
15 SWIM TICKETS for the price of 12	£43.20	£26.40	£26.40

\* Concessions are persons who are disabled, unemployed or 60+, these rates only apply at off-peak times (see website for details)

## **CONTACT DETAILS:**

Reception: (01524) 510600

Membership/Enquiries: (01524) 510609



[www.sportscentrelancaster.co.uk](http://www.sportscentrelancaster.co.uk)

# Classes from Monday 16<sup>th</sup> January – Sunday 25<sup>th</sup> March 2012

CLASS	TIME	VENUE	INSTRUCTOR	CAPACITY
<b>MONDAY</b>				
Spin	7.30am – 8.00am	Studio	James Faulkner	14
Spin	8.15am – 8.45am	Studio	James Faulkner	14
Total Body Conditioning	11.00am – 11.55am	Studio	Gail Johnstone	35
Spin and Abs	12.15pm – 1.00pm	Studio	Laura Daglish	14
Zumba	1.15pm – 2.00pm	Sports Hall	Emily Mead	70
Hula	1.15pm – 2.00pm	Studio	Laura McConville	20
Yoga	3.00pm – 3.55pm	Studio	Tony Butterfield	20
Spin	5.00pm – 5.45pm	Studio	Tim Daglish	14
Aerobics	6.00pm – 6.55pm	Studio	Gail Johnstone	35
Bodyblitz Circuit	6.00pm – 6.55pm	Sports Hall	Laura Daglish	60
Pilates	7.00pm – 7.55pm	Studio	Cheryl Towey	20
Zumba Tone	8.00pm – 8.55pm	Studio	Cheryl Towey	35
<b>TUESDAY</b>				
Tai Chi	7.30am – 8.25am	Studio	Stephen Crossland	35
Spin	10.00am – 10.45am	Studio	James Faulkner	14
Stretch & Tone	1.15pm – 2.00pm	Studio	Cheryl Towey	35
Zumba	5.00pm – 5.55pm	Studio	Emily Mead	35
Spin	6.15pm – 7.00pm	Studio	Tim Daglish	14
Circuits	6.00pm – 6.55pm	Sports Hall	James Davidson	60
Judo	7.30pm – 9.00pm	Studio	Simon Smith	30
<b>WEDNESDAY</b>				
Spin	7.30am – 8.00am	Studio	Laura McConville	14
Spin	8.15am – 8.45am	Studio	Laura McConville	14
Lets Dance	10.00am – 10.55am	Studio	Gail Johnstone	35
Ballet Bodz	11.00am – 11.55am	Studio	Gail Johnstone	25
Ashtanga Yoga	12.15pm – 1.45pm	Studio	Fer Aller	20
Boxfit	5.00pm – 5.55pm	Studio	Laura McConville	34
Hula	6.00pm – 6.55pm	Studio	Laura McConville	20
Aerobics	7.00pm – 7.55pm	Studio	Cheryl Towey	35
Spin	8.15pm – 9.00pm	Studio	James Faulkner	14
<b>THURSDAY</b>				
Zumba	7.30am – 8.25am	Studio	Jade Taylor	35
Yoga	8.30am – 9.25am	Studio	Tony Butterfield	20
Pilates & Yoga Mix	12.15pm – 1.00pm	Studio	Laura Daglish	20
Zumba	1.15pm – 2.00pm	Sports Hall	Jade Taylor	70
Spin	1.15pm – 2.00pm	Studio	Laura Daglish	14
Pilates	4.45pm – 5.40pm	Studio	Laura Daglish	20
MMA Beginners	6.00pm – 6.55pm	Studio	James Lamb	20
Circuits	6.15pm – 7.10pm	Sports Hall	Laura Daglish	60
MMA Advanced	7.00pm – 7.55pm	Studio	James Lamb	20
Legs, Bums & Tums	8.15pm – 9.10pm	Studio	Bev Scott	35
<b>FRIDAY</b>				
Spin	7.30am – 8.00am	Studio	Cheryl Towey	14
Spin	8.15am – 8.45am	Studio	Cheryl Towey	14
Spin	12.15pm – 1.00pm	Studio	Emily Mead	14
Pilates	1.15pm – 2.00pm	Studio	Cheryl Towey	20
Zumba	5.00pm – 5.55pm	Studio	Emily Mead	35
Sports Conditioning	5.00pm – 5.55pm	Sports Hall	Russell Boorer	20
Kettle Bells	6.00pm – 6.55pm	Studio	Laura McConville	12
Boxfit	7.00pm – 7.55pm	Studio	Laura McConville	30
Spin	8.15pm – 9.00pm	Studio	Laura McConville	14
<b>SATURDAY</b>				
Aerobics	8.30am – 9.25am	Studio	Bev Scott	35
Kettle Bells	12.30pm – 1.25pm	Studio	Laura McConville	12
Spin	1.45pm – 2.30pm	Studio	Laura McConville	14
Zumba	4.00pm – 4.55pm	Studio	Emily Mead	35
Boxercise	5.00pm – 5.55pm	Studio	James Davidson	30
<b>SUNDAY</b>				
Spin	10.00am – 10.45am	Studio	Emily Mead	14
Spin	11.00am – 11.45am	Studio	Emily Mead	14
Spin	12.00pm – 12.45pm	Studio	Cheryl Towey	14
20/20/20	1.00pm – 1.55pm	Studio	Cheryl Towey	35
Hula	2.00pm – 2.55pm	Studio	Laura McConville	20

All classes can be booked online at [www.sportscentrelancaster.co.uk](http://www.sportscentrelancaster.co.uk) or at reception. PLEASE NOTE: Classes & instructors are subject to change, please check the website for updates.