

# SPORT Lancaster

## ESSENTIAL GUIDE TO THE SPORTS CENTRE

**Monday 24th April - Sunday 2nd July 2017**

### SPORTS CENTRE OPENING TIMES:

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

### SWIMMING POOL OPENING TIMES:

Due to weekly changes, check the website for up-to-date opening times or call reception on (01524) 510600

### COMMUNITY DAY

Join us at the Sports Centre on Saturday 6th May for the Community Day. There will be plenty of fun activities going on for all ages, including the chance to try our 8.5m climbing wall and trampolining facilities. Sign up now: <http://www.lancaster.ac.uk/events/community-day/>

### CAMPUS COLOUR DASH

Join us on Saturday 27th May, 11am, for our 3km fun run around campus. Have fun whilst you run and get covered in paint! All proceeds will be donated to Cancer Care.

Admission prices:

£6 – 16 years and under

£10 – Lancaster University Students

£16 – General Admission (16 and above)

Sign up now: [lusu.co.uk/colour-dash](http://lusu.co.uk/colour-dash)

### INTERNATIONAL YOUTH GAMES

From 21st-24th July, the Sports Centre will host the International Youth Games. The Youth Games is like a mini Olympics with a variety of different sports for young people to participate and compete in. Check IYG out on Facebook: @International Youth Games

### SUMMER FITNESS MEMBERSHIP OFFER

Keep your eyes peeled for our Summer of Sport launch coming soon.

\*Normal admission rules apply

For more information on any of our activities please visit the website or ask a member of staff at reception.

### PAY AS YOU PLAY

ACTIVITY	ADULT	CHILD	CONCESSION*
SWIMMING	£4.10	£2.45 Under 5: 55p 2 and under: free	£2.55
SAUNA & STEAM	£5.60	N/A	£3.60
SQUASH	£4.70	£3.35	£3.40
BADMINTON & SHORT TENNIS	£3.85	£3.10	£3.15
TABLE TENNIS	£3.35	£2.20	£2.25
CLIMBING	£5.75	£3.45	£3.50
GYM	£6.00	N/A	£3.40
GYM INDUCTION	£11.00	N/A	£11.00
SPECTATOR	85p	N/A	85p
SHOWER & CHANGE	£2.85	N/A	£2.25 Annual Fee £65.50
CLASSES	£4.70	N/A	£3.90
TENNIS	£3.95	£2.75	£2.80
RACKET HIRE	£3.00	N/A	£3.00
OTHER DRY ACTIVITIES	£4.65	£3.35	£3.40
JOINT ACTIVITIES	£6.55	£4.35	£4.40
FAMILY SWIM	£11.20	4 MEMBERS (Max 2 Adults)	
15 SWIM TICKETS for the price of 12	£49.20	£29.40	£30.60
15 CLIMB TICKETS for the price of 12	£69.00	£41.40	£42.00

\*Concessions are persons who are students, disabled, unemployed or 60+. These rates only apply at off-peak times (7.00am – 12.00noon & 2.00pm – 4.00pm Monday to Friday).

### CONTACT DETAILS:

Reception: (01524) 510600

Membership / Enquiries: (01524) 510609

[f](#) /SportLancaster [t](#) @SportLancaster

[www.lancaster.ac.uk/sportscentre](http://www.lancaster.ac.uk/sportscentre)

# Classes from Monday 24th April - Sunday 2nd July

CLASS	TIME	VENUE	INSTRUCTOR	CAPACITY
<b>MONDAY</b>				
Spin	7.30am - 8.15am	Studio	Laura McConville	14
Spin & Abs	1.15pm - 2.00pm	Studio	Cheryl Towey	35
Yoga	3.00pm - 3.55pm	Studio	Tony Butterfield	20
Mission to condition	5.00pm - 5.55pm	Studio	Laura McConville	18
Circuits*	6.00pm-6.55pm	Sports Hall	Eddie Pike	60
Insanity	6.00pm - 6.55pm	Studio	Cheryl Towey	25
Pilates	7.00pm - 7.55pm	Studio	Cheryl Towey	18
20/20/20	8.00pm - 8.55pm	Studio	Cheryl Towey	30
<b>TUESDAY</b>				
Pilates	7.30am - 8.15am	Studio	Julia Massie	18
Spin	8.30am - 9.15am	Studio	Julia Massie	14
Kettlecise	9.30am - 10.15am	Studio	Julia Massie	10
Spin	12.15pm - 1.00pm	Studio	Cheryl Towey	14
Body Sculpt	1.15pm - 2.00pm	Studio	Cheryl Towey	35
Yoga	2.00pm - 3.00pm	Studio	Cheryl Towey	35
Hula	5.15pm - 6.10pm	Studio	Laura McConville	20
Circuits	6.00pm - 6.55pm	Sports Hall	Eddie Pike	60
Get Glutes*	6.15pm - 7.10pm	Studio	Laura McConville	20
New! Firm Arms & Abs*	7.45pm - 9.15pm	Studio	Simon Smith	30
<b>WEDNESDAY</b>				
Spin	7.30am - 8.15am	Studio	Laura McConville	14
NEW! Zumba	12.15pm - 1.00pm	Studio	Viven Dohlen	35
Yoga & Pilates Mix	1.15pm - 2.00pm	Studio	Laura Daghish	20
Kettlebell Fitness*	5.30pm - 6.25pm	Studio	Laura McConville	18
Insanity	6.30pm - 7.25pm	Studio	Laura McConville	25
Power Yoga	7.30pm - 8.25pm	Studio	Sally Kilborn	20
<b>THURSDAY</b>				
Zumba	7.30am - 8.15am	Studio	Emily Mead	35
Yoga	9.30am - 10.25am	Studio	Tony Butterfield	20
Get Glutes	12.15pm - 1.00pm	Studio	Laura McConville	35
Pilates	5.00pm - 5.55pm	Studio	Laura Daghish	18
Bodyblitz Circuits	6.15pm - 7.10pm	Sports Hall	Laura Daghish	60
LBT	8.20pm - 9.15pm	Studio	Cheryl Towey	35
<b>FRIDAY</b>				
Insanity	7.30am - 8.15am	Studio	Laura McConville	25
Zumba	9.30am - 10.25am	Studio	Paula Santini	35
Spin	12.15pm - 1.00pm	Studio	Cheryl Towey	14
Yoga & Pilates Mix	1.15pm - 2.00pm	Studio	Cheryl Towey	20
Zumba	5.15pm - 6.10pm	Studio	Emily Mead	35
Ultimate Legs*	6.30pm - 7.15pm	Studio	Laura McConville	18
<b>SATURDAY</b>				
Reptensity*	8.45am - 9.40am	Studio	Laura McConville	18
Outdoor Boot Camp	10.30am - 11.25am	Outside	Eddie Pike	20
<b>SUNDAY</b>				
Power Hour*	9.45am - 10.40am	Studio	Laura McConville	15
Get Glutes*	10.45am - 11.40am	Studio	Laura McConville	25
Spin	12.00pm - 12.45pm	Studio	Cheryl Towey	14
Metafit	1.00pm - 1.30pm	Studio	Cheryl Towey	20
Abs Blast	1.30pm - 2.00pm	Studio	Cheryl Towey	15

PLEASE NOTE: Classes & instructors are subject to change. All classes can be booked online or at reception.

\*This class requires additional equipment; please arrive 10 minutes before the start of the class.