

SPORT:KEELE

Fitness Classes



**Book your class online at:
www.keele.ac.uk/sport**

Keele University, Sports Centre, Keele ST5 5BG Tel: (01782) 733368

Class Timetable

SPORT:KEELE

Day	Lunch Time (Off Peak)	Evening (Peak)						
Monday	Pilates 13.15 - 13.45 Core strength and suppleness	Yoga 17.10 - 17.55	Indoor Cycling 17.15 - 18.00 Energetic spinning class	Zumba 18.05 - 18.55 High energy fun	Indoor Cycling 18.15 - 19.00 Energetic spinning class			
Tuesday	<table border="1"> <tr> <td> Hips, Bums & Tums 13.15 - 13.45 Floor work to tone and strengthen </td> <td> Indoor Cycling 13.15-13.45 Energetic spinning class </td> <td> Functional Fitness 9.30-11.30 Low impact exercise for over 55's - £3pp </td> </tr> </table>	Hips, Bums & Tums 13.15 - 13.45 Floor work to tone and strengthen	Indoor Cycling 13.15-13.45 Energetic spinning class	Functional Fitness 9.30-11.30 Low impact exercise for over 55's - £3pp	Indoor Cycling 17.15 - 18.00 Energetic spinning class	Pilates/Yoga 18.05 - 18.55 Core strength and suppleness		
Hips, Bums & Tums 13.15 - 13.45 Floor work to tone and strengthen	Indoor Cycling 13.15-13.45 Energetic spinning class	Functional Fitness 9.30-11.30 Low impact exercise for over 55's - £3pp						
Wednesday	Aerobics 13.15 - 13.45 Energetic cardio exercise to music	Yoga 17.15 - 18.10 Classic yoga postures and techniques						
Thursday	Abs Blast 13.15 - 13.45 Abs and core workout	Indoor Cycling 17.15 - 18.00 Energetic spinning class	Aerobics 17.30 - 18.25 Energetic cardiovascular exercise to music	Indoor Cycling 18.15 - 19.00 Energetic spinning class				
Friday	Indoor Cycling 13.15 - 13.45 Energetic spinning class	Zumba 17.30 - 18.25 High energy fun						

- All classes require booking and payment in advance.
- Please arrive at least 10 minutes before the class starts. All customers must sign in at reception.
- All classes are inclusive of the gym and classes memberships.
- All class bookings cancelled within 24 hours or not attended will incur a charge for the class (this includes members on all inclusive memberships).
- Please bring a drink & towel to all classes & please inform the class instructor of any relevant medical conditions before the class starts.

Charge Per Class	Off Peak	Peak
Student	£1.65	£2.65
Staff/Concession	£2.05	£3.05
Standard	£2.65	£3.55



ONLY
£150
PER PERSON

*ALL INCLUSIVE
FOR THE YEAR
(1/9/11 - 31/8/12)

Keele Sports Centre Student Gym Membership

- Qualified fitness instructors
- Free induction and fitness programme
- Full programme of fitness classes
- Kinesis Room



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Keele University, Keele, Staffordshire ST5 5BG

*excluding spinning classes