

April - August 2010



Group Fitness

Welcome to Surrey Sports Park

Leisure time has evolved. We wanted to create a place that would provide everyone with the opportunity to access outstanding sporting facilities. A place where talent could be nurtured and a new generation of athletes could realise their potential. You will discover a place that presents a celebration of sport, providing the highest standard of facilities and outstanding opportunities for participation, performance and personal development. There is nowhere else like it in the region and we want you to be a part of it.

Group Fitness Programme

Surrey Sports Park offers one of the widest variety of Group Fitness programmes in Surrey. These classes include the world renowned Les Mills classes, such as Body Pump, Body Combat and Body Balance, as well as Pilates, Yoga, Spinning, Aqua classes, and many more.

Classes and courses take place in our fully equipped state-of-the-art mirrored studios, and are available as part of a membership, as a pre-paid course or on a pay-as-you-go basis. All classes are suitable for all ages and fitness levels, and aim to enhance your fitness in a fun and friendly environment.

Session times are subject to change during school holidays. For further details please check our website surreysportspark.co.uk.

Membership

Becoming a member of Surrey Sports Park isn't just joining a gym. It's signing up to a world-class fitness experience and a new way of life. We realise that everyone wants something different from the Sports Park and so we have created a range of flexible membership options to suit every individual.

As a member you can book onto any group fitness, well-being or aqua classes up to 14 days in advance at no additional cost*

As a non-member you can book onto any classes up to 7 days in advance.

Pay-as-you-go prices range from £4.80 - £7.50 per class.

Courses are not included in membership and various prices apply.

*Full members, Fitness members, Full Off-peak members (off-peak classes only) and Swimming members (aqua classes only)

For more information about membership options and prices contact our membership consultants:

Membership Enquiries: T: **01483 689112** | E: memberships@surreysportspark.co.uk

Booking Procedure

Courses

Course booking enquiries are open from **Monday 1 March**. To book onto a course contact our Front of House Team on **01483 689111**.

You can also make a course booking enquiry online by visiting surreysportspark.co.uk and completing our Course Enquiry Form. Alternatively email your booking enquiry to groupfitness@surreysportspark.co.uk and a member of the Surrey Sports Park crew will contact you to make your booking.

Classes

Class booking enquiries are open for members up to 14 days in advance of the class, whilst bookings for non-members are available up to 7 days in advance. To book on to a class contact our Front of House Team on **01483 689111** from **Monday 5 April**. Alternatively you can book in person at Surrey Sports Park from **Monday 19 April**. To avoid disappointment please book your place on a class in advance. Tickets will not be sold to guests arriving 5 minutes before the class start time due to Health and Safety reasons. Guests will not be admitted into classes once they have started.

Payments

Payments can be made as follows:

Cash: In person only

Cheque: (payable to Surrey Sports Park Limited) in person supported by a cheque guarantee card of the appropriate limit

Card: Maestro/Mastercard/Visa/Visa Delta: By phone, online or in person

Unfortunately reservations are not possible and bookings can only be made with payment at time of booking.

Course and Class Refund Policy

- If for any reason Surrey Sports Park has to cancel a course, we will ensure all enrolled guests are contacted and a refund will be made on the number of sessions remaining.
- If for any reason Surrey Sports Park has to cancel a class, we will ensure all enrolled guests are contacted and a refund will be made for any pre-paid bookings.
- If a guest wishes to withdraw or transfer from a course, this must be done before the second session of the course. No refunds will be given after the second session has started.
- If a guest wishes to cancel a class, a minimum of 24 hours notice should be given in order to receive a credit note. If less than 24 hours notice is given, guests will not be eligible for a refund.
- If a member wishes to cancel a class, a minimum of 24 hours notice should be given. If less than 24 hours notice is given, members may be subject to a 3 week booking rights suspension during which time only 24 hour advance booking applies.
- Refunds and changes in registration are subject to the discretion of Surrey Sports Park programme managers.

April - August 2010 Timetable

Classes run from Monday 19th April to Sunday 29th August 2010

Monday	6.30-7.15 Spinning Spinning Studio £5.50	8.30-9.15 Splash Water Workout Swimming Pool £4.80 ▲	9.45-10.40 Body Pump Studio A £5.30 ▲	10.45-11.40 Body Balance Studio A £5.30 ▲	11.30-12.25 Yoga Open Well-being Studio £7.30 ▲	12.30-13.15 Legs Bums and Tums Studio A £4.80 ▲	12.30-13.15 Spinning Spinning Studio £5.30 ▲	13.30-14.25 Pilates Beg Well-being Studio Course Only	17.15-18.00 Spinning Spinning Studio £5.50	17.30-18.25 Circuit Training Arena C £5.00	18.00-18.55 Body Pump Studio A £5.50	18.00-18.55 Body Combat Studio B £5.50	18.15-19.00 Spinning Spinning Studio £5.50	19.00-19.55 Pilates Beg Well-being Studio £7.50	19.00-19.55 Body Attack Studio A £5.50	19.15-20.00 Spinning Spinning Studio £5.50	20.00-20.55 Pilates Imp Well-being Studio Course Only	20.00-20.55 Body Balance Studio A £5.50	20.15-21.15 Spinning Spinning Studio £5.50	
Tuesday	7.00-7.55 Early Morning Circuits Studio A and B £5.00	7.30-8.15 Spinning Spinning Studio £5.50	9.45-10.30 Splash Water Workout Swimming Pool £4.80 ▲	9.45-10.40 Zumba® Studio A £4.80 ▲	10.45-11.40 Legs Bums and Tums Studio A £4.80 ▲	12.00 – 12.45 Power Water Workout Swimming Pool £4.80 ▲	12.30-13.25 Hatha Yoga Open Well-being Studio Course Only	12.45-13.30 Spinning Spinning Studio £5.30 ▲	13.05-13.50 Fit Ball Workout Studio A £4.80 ▲	13.30-14.25 Pilates Open Well-being Studio £7.30 ▲	17.15-18.00 Spinning Spinning Studio £5.50	17.30-18.25 Circuit Training Arena C £5.00	18.00-18.55 Zumba® Studio A £5.00	18.15-19.00 Spinning Spinning Studio £5.50	19.00-20.10 Ashtanga Yoga Beg Well-being Studio Course Only	19.00-19.55 Body Combat Studio A £5.50	19.15-20.00 Spinning Spinning Studio £5.50	20.00-20.55 Body Pump Studio A £5.50	20.15-21.15 Spinning Spinning Studio £5.50	20.15-21.25 Ashtanga Yoga Imp Well-being Studio Course Only
Wednesday	6.30-7.15 Spinning Spinning Studio £5.50	9.30-10.15 Power Water Workout Swimming Pool £4.80 ▲	10.00-10.55 Body Pump Studio A £5.30 ▲	10.30-11.15 Power Water Workout Swimming Pool £4.80 ▲	11.00-11.55 Tai Chi Open Studio A Course Only	11.30-12.25 Pushy Mothers Buggy Workout External Space	12.15-13.10 Freestyle Yoga Fitness Open Well-being Studio £7.30 ▲	12.30-13.15 Aerobic Attack Studio A £4.80 ▲	12.30-13.15 Spinning Spinning Studio £5.30 ▲	13.30-14.25 Antenatal Fitness Well-being Studio £4.80 ▲	17.15-18.00 Spinning Spinning Studio £5.50	17.30-18.25 Boxercise Studio B £5.00	18.00-18.55 Legs Bums and Tums Studio A £5.00	18.00-18.55 Boot Camp External Space £5.00	18.00-18.55 Power Pilates Well-being Studio Course Only	18.15-19.00 Spinning Spinning Studio £5.50	19.00-19.55 Body Pump Studio A £5.50	19.15-20.45 Endurance Spinning Spinning Studio £7.50	20.15-21.00 Deep Water Workout Swimming Pool £5.00	21.00-21.45 Spinning Spinning Studio £5.50
Thursday	6.45-7.40 Body Pump Studio A £5.50	7.30-8.15 Spinning Spinning Studio £5.50	9.45-10.40 Body Attack Studio A £5.30 ▲	10.45-11.40 Body Balance Studio A £5.30 ▲	12.30-13.25 Pilates Beg Well-being Studio Course Only	12.45-13.30 Spinning Spinning Studio £5.30 ▲	13.05-13.50 Step Aerobics Studio A £4.80 ▲	17.15-18.00 Spinning Spinning Studio £5.50	17.30-18.25 Circuit Training Arena C £5.00	18.00-18.55 Power Water Workout Swimming Pool £5.00	18.00-18.55 Step Aerobics Studio A £5.00	18.00-18.55 Body Attack Studio B £5.50	18.15-19.00 Spinning Spinning Studio £5.50	19.00-19.55 Body Balance Studio B £5.50	19.00-20.10 Yoga Open Well-being Studio £7.50	19.00-19.55 Body Pump Studio A £5.50	19.15-20.00 Spinning Spinning Studio £5.50	20.15-21.25 Yoga Open Well-being Studio £7.50	20.15-21.15 Spinning Spinning Studio £5.50	
Friday	7.00-7.55 Early Morning Circuits Studio A and B £5.00	9.45-10.40 Aerobic Attack Studio A £4.80 ▲	10.00-10.45 Splash Water Workout Swimming Pool £4.80 ▲	10.45-11.40 Body Balance Studio A £5.30 ▲	11.30-12.25 Yoga Open Well-being Studio £7.30 ▲	12.15-13.10 Zumba® Studio A £4.80 ▲	12.30-13.15 Spinning Spinning Studio £5.30 ▲	12.30-13.25 Pilates Open Well-being studio £7.30 ▲	18.00-18.55 Body Pump Studio A £5.50	18.00-18.55 Body Jam Studio B £5.50	18.30-20.00 Endurance Spinning Spinning Studio £7.50	19.00-19.55 Body Balance Studio A £5.50								
Saturday	8.30-9.25 Spinning Spinning Studio £5.30 ▲	9.30-10.25 Spinning Spinning Studio £5.30 ▲	9.30-10.25 Boot Camp External Space £4.80 ▲	10.00-10.55 Body Pump Studio A £5.30 ▲	10.00-10.55 Body Combat Studio B £5.30 ▲	10.30-11.15 Spinning Spinning Studio £5.30 ▲	11.00-11.55 Body Attack Studio A £5.30 ▲	11.00-11.55 Zumba® Studio B £4.80 ▲	12.30-13.15 Family Spinning Spinning Studio £4.00 ▲											
Sunday	9.30-10.25 Spinning Spinning Studio £5.30 ▲	10.00-10.55 Step Aerobics Studio A £4.80 ▲	11.00-11.55 Body Balance Studio A £5.30 ▲	11.30-12.40 Yoga Open Well-being Studio £7.30 ▲	18.30-19.30 Spinning Spinning Studio £5.30 ▲															

Key
 Group Fitness - Free to Full members and Fitness members
 Well-being - Free to Full members and Fitness members
 Aqua - Free to Full members and Swimming members
 Course Only

▲ Free to Full Off-peak members
 Times are correct at time of printing. Session times are subject to change.
 For further details please visit surreysportspark.co.uk

New timetable available August 2010



Group Fitness Classes



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.



BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance.



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



Well-being Classes and Courses

Aerobic Attack

Fight those problem areas and improve overall fitness with a fun and energetic freestyle aerobic class.

Antenatal Fitness

Designed for women in their 2nd trimester, this class has a beneficial effect on labour and postnatal recovery, while at the same time relieving stiffness, aches and pains.

Boxercise®

Boxercise is one of the most effective and addictive forms of cross training available today, and combines boxing and exercise in great fun, energetic and stress busting activity.

Circuit Training

Improve mobility, strength and stamina in this ultimate station-based conditioning class.

Early Morning Fitness

A combination of a cardio and strength conditioning circuit workout – a great way to start the day!

Endurance Spinning

Test your stamina in this endurance spinning ride, with our instructors guiding you through routes, hill climbs and sprints.

Family Spinning

Lead by our qualified instructors this fun and friendly spinning class is a great introduction designed for 12-15 year olds, where adults are also welcome to join in.

Fit Ball Workout

Break away from the office with this great class designed to improve your cardiovascular system, strengthen muscles, tone, and correct posture.

Legs, Bums and Tums

With our fully qualified and experienced instructors this class will concentrate on toning and strengthening the legs, buttocks and tummys.

Spinning®

Cycle based cardiovascular classes with pumping music and disco lights. You control the intensity so it is suitable for all ages and fitness levels.

Step Aerobics

A mix of stepping patterns and upper body strength exercises, using specially designed platforms.



Zumba®

Zumba® is the exciting fusion of an interval training based toning workout coupled with dance influenced steps, including Salsa, Merengue, Samba and Reggaton. Full of latin flava and zest and fun for everyone.



For more information on Well-being course times and prices, please refer to the Well-being Programme.

Pilates

Pilates focuses on controlling the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. Pilates is recommended by osteopaths and physiotherapists to aid injury recovery. It also leaves you feeling centred, controlled and refocused.

Power Pilates

Following the principles of Pilates, this course uses upbeat music and weight bearing exercises to give you a more athletic and intense workout.

Tai Chi

A mesmeric system of ancient Chinese moves encouraging strength, meditation and total body control.

Ashtanga Yoga

This is a vigorous and athletic style of yoga, which involves synchronizing the breath with a progressive series of postures – a process producing intense internal heat and purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

Hatha Yoga

Yoga is an ancient system of breathing practices, physical exercises, postures and meditation intended to integrate the practitioner's body, mind, and spirit. Hatha yoga incorporates slow paced stretching, poses, and simple breathing exercises.

Freestyle Fitness Yoga

This fitness programme incorporates stretch, strength and Yoga postures, as well as improving flexibility in as little as 8 weeks.

Yoga

A perfect mix of standing and seated postures, breathing practices and physical exercises to help connect mind, body and soul.





Aqua Classes

Deep Water Workout

Delve a bit deeper with this aerobic workout using buoyancy aids and resistance.

Power Water Workout

Splash yourself fit with this high energy water workout using floatation devices.

Splash Water Workout

A fun and friendly aqua workout in a low impact environment using floatation devices.

For more information please refer to the Swimming Programme.

External Classes

For all external classes please meet in the reception foyer.

Boot Camp

Challenge yourself to the ultimate outdoor workout designed to challenge, tone and trim your body. Expect drills, relays, games, and most importantly, results!

Pushy Mothers Buggy Workout

The unique Pushy Mothers Buggy Fitness Class will burn off the excess "baby fat" with lots of cardio pushing intervals, tighten and tone your muscles with resistance training, improve core stability for a healthier back and flatter abs and condition your pelvic floor so you can sneeze with ease!

Please Note:

Pushy Mothers Buggy Workout classes are run externally and are not included as part of any Surrey Sports Park Membership. Payment and booking should be arranged directly with the instructor.

For more information on prices please visit pushymothers.com

Useful Information

This guide will provide you with all the information you need to plan your visit to Surrey Sports Park. Every effort has been made to maintain the accuracy of all times, prices and information in this brochure. We will endeavour to communicate any inaccuracies and amendments that may occur. Further details are available at our Front of House area. A site map of Surrey Sports Park is available from the Front of House or surreysportspark.co.uk.

- It is advisable for course participants to collect their course confirmation no later than 7 days in advance to the start of their course.
- It is the responsibility of the course/class participant to inform the instructor of any medical condition prior to the start of the course/class.
- In the event of an accident which requires immediate hospital attention, Surrey Sports Park reserves the right to adopt the appropriate emergency plan.

P Parking

There is ample free car parking for 500 cars at Surrey Sports Park with a number of disabled priority spaces at the front entrance. A designated bicycle parking area is also available. It also has excellent public transport access, with a number of bus routes operating from key areas of Guildford to Surrey Sports Park. For more information visit surreysportspark.co.uk.

♿ Access

Surrey Sports Park is fully accessible with ramps, lifts and wheelchair access to all levels and all facilities. All internal areas of the Sports Park are fitted with induction loops, whilst a hoist is available to access the swimming pool. All areas have accessible toilet and changing areas, with separate wet and dry facilities.

👶 Baby Changing

We have specific baby changing areas in both our wet and dry changing facilities which gives you access to all the facilities necessary to take care of your baby.

Guest Feedback

Surrey Sports Park is committed to world class service within its sporting facilities and programme, therefore we aim to give our guests the very best service. We value each and every one of our guests and your views, and we are committed to continuous improvement. If you have any issues with the Surrey Sports Park or you would like to know more then please do not hesitate to contact our Front of House Team on 01483 689111 or email info@surreysportspark.co.uk.

How to find us



Surrey Sports Park

University of Surrey, Richard Meyjes Road,
Guildford, Surrey, GU2 7AD, United Kingdom.

Tel: +44 (0)1483 689111

Fax: +44 (0)1483 300245

Email: info@surreysportspark.co.uk

Leisure time has evolved
surreysportspark.co.uk

Opening times

Fitness suite

Monday - Friday:	06.00 - 22.30
Saturday:	07.00 - 19.00
Sunday:	07.00 - 22.00

Swimming pool

Monday - Friday:	06.00 - 22.30
Saturday:	07.00 - 19.00
Sunday:	07.00 - 22.00

Climbing centre

Monday - Friday:	10.00 - 22.00
Saturday:	09.00 - 18.00
Sunday:	10.00 - 20.00

Sauna and steam

Monday - Friday:	06.30 - 22.00
Saturday:	07.30 - 18.30
Sunday:	07.30 - 21.30

Other sports facilities

Monday - Friday:	08.00 - 22.30
Saturday:	08.00 - 19.00
Sunday:	08.00 - 22.00

Starbucks

Monday - Friday:	06.30 - 20.00
Saturday:	07.00 - 19.00
Sunday:	07.00 - 19.00

The Bench (Bar)

Monday - Friday:	10.00 - 23.00
Saturday:	10.00 - 19.00
Sunday:	10.00 - 22.00