

Spinning

A perfect workout for everyone allowing you to work at your own pace. This class improves muscle tone, decreases tension & anxiety, burns fat, increases heart health and general stamina.

Basic Step

A combination of basic step choreography to get your heart rate going and burn fat. No step experience necessary.

Woman Only Basketball

Come and join our new women's basketball session coached by professional player Michael Gayle. This is an all women's team that is open to players of all levels from beginner to advanced.

Woman Only Kickboxing

This session is open to beginners and experienced martial artists. All participants will get the chance to kick and punch their way to fitness as well as learning and developing vital self defence skills. The sessions will consist of a variety of activities to include self defence techniques, pad work, kata and even sparring.

Doc Spot Clinic

Our Doc Spot Clinic is a specialised service led by a qualified GP referral consultant. The clinic consists of a 12 week programme individually designed to target and combat specific health related conditions. All referrals must be made by your GP.

"Stop Smoking" Drop In Clinic

Want better skin, teeth, hair and energy levels?

As soon as you stop smoking your body begins to repair itself, and within just a week you'll notice a difference! Let one of our fully qualified advisors start you on the road to quitting! Drop-in clinics available Monday to Friday. If you are not able to make the wed lunchtime drop in clinic you can call 7370 and make an appointment convenient to you.

Student Liaison Sessions

An opportunity to come and try a range of sports in a friendly supervised session. More information on student liaison activities can be found on moodle.

Personal Training

A Personal Trainer will inspire you to take a fresh new approach toward exercise and lifestyle. They can offer you nutritional advice to help you take a holistic approach to working towards your goals!

For more information on how to receive Personal Training please contact a member of the Fitness Team.

Express Gym Workouts

Express gym workouts are pre-written 30 minute programmes designed to help you achieve your goals. You will be amazed at what you could achieve in such a small amount of time.

See a member of the Fitness Team and book in today!

Massage Clinic - Student Led Practice

Offering remedial and sports massage treatments. Clinics available throughout the year.

Call 0121 678 7370 for more information.

Price List

Pay as you go

£3.00 per session (all day*)

**£2.00 per session (12.00-14.00) Mon-Fri (Students Only)*

Memberships

Annual Membership = £200.00

This price includes all gymnasium sessions and group exercise classes.

Full Membership = £25.00 (per month)

This price includes all gymnasium sessions and group exercise classes. Not available to students.

Student Membership = £15.00 (per month)

This price includes all gymnasium sessions and group exercise classes.

Opening Times

Mon - Fri: 07.00 - 21.00 / Sat: 09.00 - 17.00

Sports, Health & Fitness Complex



tel: 0121 678 7370

Healthy
College

Group Exercise & Activity Programme

Day	Time	Class	Instructor	Cost
Monday	12.00-13.00	Indoor Football **	Student Liaison	FREE
	12.20-12.50	Woman only body conditioning	Jayne	£3.00
	13.30-15.30	Doc Spot Clinic *	Lynette	£2.25
	16.00-17.30	Woman Only Basketball	Catherine	£3.00
	16.30-17.00	Spinning	Lynette	£3.00
	17.30-18.15	Phase II Weight Management Programme *	Paul	£2.30
	18.15-19.00	Phase I Weight Management Programme *	Paul	£2.30
Tuesday	07.30-07.45	Core Conditioning	Charlie	£3.00
	12.00-13.00	Badminton & Trampoline **	Student Liaison	FREE
	12.15-13.00	3G Turf-Male and Female Football **	Student Liaison	FREE
	12.20-12.50	Basic Step	Victoria	£3.00
	17.15-18.00	Staff Badminton	Non Supervised	£3.00
	17.15-17.45	Spinning	Paul	£3.00
	18.30-19.30	Doc Spot Clinic *	Declan	£2.25
Wednesday	07.30-08.15	Early Bird Spinning	Catherine	£3.00
	10.00-12.00	Doc Spot Clinic *	Lynette	£2.25
	12.00-13.00	Staff Badminton	Non Supervised	£3.00
	12.00-13.00	Badminton & Table Tennis **	Student Liaison	FREE
	12.00-13.00	"Stop Smoking" Drop-in Clinic	Paul	FREE
	12.20-13.00	Pilates	Jayne	£3.00
	13.00-13.45	Woman Only Kickboxing	Catherine	£3.00
19.00-20.00	High Intensity Circuit Training	Charlie	£3.00	
Thursday	10.00-12.00	Doc Spot Clinic *	Lynette	£2.25
	12.00-13.00	Sports Tasters **	Student Liaison	FREE
	12.15-13.00	3G Turf-Mens Rugby **	Student Liaison	FREE
	12.20-13.00	Muscle Conditioning Circuit Training	Charlie	£3.00
	17.30-18.15	High Intensity Circuit Training	Charlie	£3.00
Friday	07.30-07.45	Core Conditioning	Charlie	£3.00
	12.00-13.00	Indoor Cricket **	Student Liaison	FREE
	12.20-13.00	Pilates	Jayne	£3.00
	17.00-18.00	Staff Badminton	Non Supervised	£3.00
	18.30-19.30	Doc Spot Clinic *	Declan	£2.25

Activity Descriptions

Core Conditioning

A 15 minute blast on your core improving posture and strength. This class takes place in the gymnasium and incorporates the use of stability balls, bosu balls and mat based exercises.

Muscle Conditioning Circuit Training / Woman Only Body Conditioning

A combination of standing and floor exercises focusing on all major muscles of the body. Incorporating barbells, dumbbells and resistance bands. Great for overall tone and weight loss.

Pilates

Mat based exercises designed to correct posture, alignment and improve core strength and stability. Relaxation techniques are used to release tension and reduce stress.

High Intensity Circuit Training

This energetic class offers the benefit of personal coaching in a motivating group environment. Designed to give you maximum results whilst catering for all levels of fitness.

Staff Badminton

A friendly non supervised badminton session allowing you to play at your own pace and exercise in a motivating team environment.

Phase I & II Weight Management Programme

A 12 week educational weight loss programme including a weekly weigh-in and exercise session. Courses have limited availability so book today and reserve your place.

continued overleaf...