

# OXSTALLS CAMPUS FITNESS SUITE

UNIVERSITY OF  
GLOUCESTERSHIRE  
at Cheltenham and Gloucester

## OPENING TIMES - Semester 1 18 September 2016 - 22 January 2017

Monday:	08:00 - 22:00
Tuesday:	08:00 - 22:00
Wednesday:	08:00 - 13:00 and 16:00 - 22:00
Thursday:	08:00 - 22:00
Friday:	08:00 - 22:00
Saturday:	09:00 - 16:00
Sunday:	09:00 - 16:00

for more information or to book an induction  
please contact [uogfitness@glos.ac.uk](mailto:uogfitness@glos.ac.uk)

*Please be aware that times are subject to change after 22 Jan 2017*



## MEMBERSHIP OPTIONS

18 September 2016 - 22 January 2017

All membership categories require a £15 joining fee

UoG Student Gold Membership: £110.00 (18 Sep 2016 - 28 May 2017)

UoG Student Silver Membership: £16.00

Public Student Gold Membership: £135.00

Public Student Silver Membership: £19.00

PAYG: £4.00 per session

**GOLD MEMBERSHIPS RUN FROM THE 18 SEPTEMBER 2016  
AND EXPIRE ON THE 28 MAY 2017**

*Please be aware that the fitness suite will be closed from 23 December 2016 and will reopen on 3 January 2017*

[www.glos.ac.uk](http://www.glos.ac.uk) [facebook.com/UoGSport](https://www.facebook.com/UoGSport) [@UoGSport](https://twitter.com/UoGSport) #TeamGlos



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## FITNESS SUITE CLASSES | 19 September 2016 - 18 December 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	<b>INDOOR CYCLING</b> 07:45-08:15 (Fitness Studio) Ben				<b>INDOOR CYCLING</b> 07:45-8:15 (Fitness Studio) Ash/Ben	
Afternoon			<b>INDOOR CYCLING</b> 12:00-12:30 (Fitness Studio) Ash			
Evening			<b>FUNCTIONAL TRAINING WORKSHOP</b> 18:15-19:15 (S&C Suite) Ben	<b>PILATES</b> 17:15-18:00 (Fitness Studio) Steph		

**FREE TO ALL GOLD AND SILVER MEMBERS**

**FUNCTIONAL TRAINING WORKSHOP** - Access to the Strength and Conditioning suite to allow you to train a variety of compound movements within our state-of-the-art facility.

**INDOOR CYCLING** - Ride the calorie burner! An effective, fun workout that will encourage you to push yourself to your limits.

**PILATES** - This class is designed to enhance postural strength, improve flexibility and mobility throughout the whole body. Use your body effectively with slow, controlled movements giving you long, lean toned muscles. All levels welcome.

### PRICE

**Pilates:** £3.50

**All other classes:** £2.00

You can book onto any class at the **Oxstalls Fitness Suite reception** or alternatively email [uogfitness@glos.ac.uk](mailto:uogfitness@glos.ac.uk)

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