

SURREY SPORTS PARK

TIMETABLES

MONDAY 10 JULY - MONDAY 24 JULY 2017

01483 689111 SURREYSPORTSPARK.CO.UK



AQUA & WELLBEING CLASSES

HOW TO BOOK

Book online: surreysportspark.co.uk/book

Book by phone: 01483 689111

Book in person: At Front of House

Guests must retain their booking ticket for all bookings. Booking tickets for activities can be collected at Front of House at time of booking or prior to the activity.

Surrey Sports Park is a centre of health and wellness excellence in Surrey, guiding people to lead healthier and fitter lives. We understand that it's not just about fitness but also your wellbeing so we provide classes to support you in just that. If you'd rather get fitter in the pool than the gym, we also put on several aqua fitness classes to put you through your paces in the water.

AQUA CLASSES

AQUA FIT

An all-over body workout, incorporating cardiovascular movements and conditioning exercises using various floatation devices.

AQUA ZUMBA

Burn calories, lose weight fast and have fun in the pool with Aqua Zumba. Aqua incorporates all the fun of Zumba high-intensity dance movements with a gentle support of the water.

SWIMFIT ACTIVATE+

This group class provides a pool workout tailored to your needs including various strokes and tips to get more from your swim.

Not only is Swimfit Activate+ a class, but also provides out-of-timetable session cards which deliver pool workout plans to suit a wide range of fitness abilities to get the most of out of your swim during general lane swimming.



WELLBEING CLASSES

BODY BALANCE

BODYBALANCE™ is the Yoga, Tai Chi and 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.

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.

SLOW FLOW YOGA

A meditative flow that practices slowing down by using a slow steady breath, holding postures, transitioning smoothly with the ability to move deeper into one's body and self.

YOGA FLOW

A fast paced vinyasa flow class, be prepared to sweat and have some fun trying new postures and linking them together. After opening, twisting, releasing and relaxing your body and mind; you'll be able to indulge in a lovely guided relaxation to set you up for the week ahead.

YOGA

A combination of Hatha Yoga, Ashtanga Yoga and Fitness. The class incorporates stretch, strength and yoga postures, which help you improve your flexibility, breathing, mind, body and soul.

AQUA & WELLBEING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
MORNING SESSIONS (06.30 - 11.30)					
09:00 - 09:45 AQUA FIT Swimming Pool Caroline Parsons	08:30 - 09:30 YOGA Arena C Rachel Swabey	08:30 - 09:15 YOGA Arena C Emily Young	08:15 - 09:15 BODY BALANCE Arena C Jenny Hogg	10:00 - 10:45 AQUA FIT Swimming Pool Lisa Cattabringa	10:30 - 11:30 BODY BALANCE Arena C Sonya Turpin
10:00 - 10:45 AQUA FIT Swimming Pool Caroline Parsons	10:45 - 11:45 PILATES Arena C Sharon Ayre	10:45 - 11:45 PILATES Arena C Bryan Evans			
10:45 - 11:45 YOGA FLOW Arena C Emily Young					
AFTERNOON SESSIONS (11.30 - 15.30)					
		12:45 - 13:30 ADULT SWIMFIT ACTIVATE+ Swimming Pool	13:30 - 14:30 YOGA Arena C Katie Boots	14:30 - 15:30 PILATES Arena C Jenny Hogg	
EVENING SESSIONS (18.00 - 22.00)					
18:30 - 19:00 JUNIOR SWIMFIT ACTIVATE+ Swimming Pool	20:30 - 21:30 YOGA Arena C Emily Young	19:30 - 20:30 YOGA Arena C Philippa Vince	20:30 - 21:30 YOGA Arena C Emily Young		18:00 - 19:00 YOGA FLOW Arena C Katie Boots
20:30 - 21:30 BODY BALANCE Arena C Rebecca Greenland		20:15 - 21:00 AQUA FIT Swimming Pool Caroline Crowe			19:00 - 20:00 YOGA Arena C Katie Boots
21:00 - 22:00 ADULT SWIMFIT ACTIVATE+ Swimming Pool					

NON-MEMBER PRICES

Wellbeing Classes - £7.60

Body Balance - £5.80

Aqua Classes - Range between £5.60 - £5.80

MEMBER PRICES

Wellbeing Classes - FREE

Body Balance - FREE

Aqua Classes - FREE

FITNESS CLASSES



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Surrey Sports Park gives you access to over 100 group fitness classes including world renowned favourites from LES MILLS™ and Zumba™ and an extensive range of cardio and toning classes including Legs Bums and Tums, Spinning, Circuits and HIIT classes.

BARS & BELLS ❤️

A brand new class combining the use of barbells and kettlebells to work a variety of muscle groups and shape the whole body. This class uses large movement patterns combined with high intensity exercises to keep you burning for longer.

BASIC AEROBICS ❤️

This class combines cardiovascular moves put into a structured routine with specific muscle group toning using hand weights or one's own body weight. This class is ideal for those who are new to exercise or who want to improve their fitness levels at a moderate intensity. Finish this class with a good stretch to improve flexibility.

BODY BLAST ❤️

A dynamic total body workout using a mixture of cardiovascular and resistance training to sculpt and define the body. This class will boost your metabolism and leave you feeling energised.

BODYATTACK™ ❤️

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!

BODYCOMBAT™ ❤️

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.

BODYPUMP™ ❤️

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 weightroom 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!

BOOT CAMP ❤️

Get seriously fit and in the shape of your life with Boot Camp sessions - the latest fitness phenomenon changing the way you exercise.

Get fit fast - lose inches, reduce body fat, and improve your endurance, energy and fitness!

CIRCUITS ❤️

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



GROUP FITNESS INTENSITY RATINGS



LOW INTENSITY



MODERATE INTENSITY



HIGH INTENSITY

Ratings should be used as a guide to what is appropriate for your individual fitness level. Every class is your own workout, and you should modify it to meet your needs.

ENDURANCE SPINNING

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

FITBALL

A structured class using hand weights that are incorporated into performing basic gym based exercises to help strengthen, condition and tone the whole body whilst using a fit ball.

FIT STEPS

A unique fitness class, designed by 'Strictly Come Dancing' stars Natalie Lowe, Mark Foster and Ian Waite, incorporating the graceful steps of Ballroom and the up-tempo steps of Latin dances.

HIIT THE DECK

The ultimate circuit class! Put your conditioning to the test with this full body workout. Improve your fitness levels and feel your muscles burn in this high intensity interval training session. Teams will work their way through a course of different exercises including resistance training, cardiovascular and a few surprises!

KETTLEBELLS

Back to basic training that requires functional whole body fitness in order to lift and control the kettlebell. This forces the entire body and specifically the core to build both strength and stability.

LEGS, BUMS AND TUMS

Cardiovascular and toning movements which will particularly concentrate on strengthening the legs, buttocks and tummies.

SPINNING®

The Spinning program is an individually paced, non-competitive, group class designed for all ages and abilities. Each bike is equipped with an adjustable resistance dial, which allows each participant to select their own level of intensity.

Our Lite class is the same great spinning programme on our Fit For Living timetable but open to all members. This session is great for beginners and those looking for slower paced class.

STRIKE FORCE!

A boxing and fight-movement based circuits class with interval stations of weights, cardio and pad work.

SYNRGY360

TRAIN SMARTER, BETTER AND MORE EFFECTIVELY WITH SYNRGY360. Synrgy360 can be used by any member; either on your own, with friends, or as part of one of our fast classes.

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.



FITNESS CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
MORNING SESSION							
06:30 - 07:15 Spinning Studio	SPINNING Sarah Moore	06:30 - 07:15 Arena C	CIRCUITS Sarah Moore	06:30 - 07:15 Spinning Studio	SPINNING Sarah Moore	07:00 - 07:30 Fitness Suite	
07:00 - 07:30 Fitness Suite	SYNRGY 360	07:00 - 07:30 Fitness Suite	SYNRGY 360	07:00 - 07:30 Fitness Suite	SYNRGY 360	09:30 - 10:15 Arena C	
09:30 - 10:30 Arena C	BODY PUMP Jon Hawkins	09:30 - 10:30 Arena C	ZUMBA Rachel Wilson	09:30 - 10:30 Arena C	BODY PUMP Tony Coker	10:00 - 10:30 Fitness Suite	
10:00 - 10:30 Fitness Suite	SYNRGY 360	10:00 - 10:30 Fitness Suite	SYNRGY 360	10:00 - 10:30 Fitness Suite	SYNRGY 360	10:30 - 11:30 Arena C	
AFTERNOON SESSION							
12:30 - 13:30 Spinning Studio	SPINNING Bryan Evans	12:30 - 13:15 Spinning Studio	SPINNING Ollie Shead	12:00 - 12:45 Arena C	BAR & BELLS Katie Sindle	12:00 - 13:00 Arena C	
13:15 - 14:15 Arena C	LEGS, BUMS & TUMS Charlotte Hunter	13:00 - 13:30 Fitness Suite	SYNRGY 360	12:30 - 13:30 Spinning Studio	SPINNING Bryan Evans	12:30 - 13:30 Spinning Studio	
13:00 - 13:30 Fitness Suite	SYNRGY 360	13:00 - 14:00 Arena C	BODY PUMP Jon Hawkins	13:00 - 13:30 Fitness Suite	SYNRGY 360	13:00 - 13:30 Fitness Suite	
				13:00 - 13:45 Arena C	BODY ATTACK Charlotte Hunter		
EVENING SESSION							
16:00 - 16:45 Arena C	BODY BLAST Louise Chilvers	17:00 - 17:45 Arena C	LEGS, BUMS & TUMS Charlotte Hunter	16:00 - 16:45 Arena C	ZUMBA Louisa Chilvers	16:00 - 16:45 Arena C	
17:00 - 17:45 Arena C	ZUMBA Paula Stitch	17:30 - 18:00 Fitness Suite	SYNRGY 360	17:00 - 18:00 Arena C	BODY ATTACK Freya Hodgkin	17:00 - 18:00 Arena C	
17:30 - 18:00 Fitness Suite	SYNRGY 360	18:00 - 19:00 Arena C	STRIKE FORCE! Tony Coker	17:30 - 18:00 Fitness Suite	SYNRGY 360	17:30 - 18:00 Fitness Suite	
18:00 - 19:00 Arena C	BODY PUMP Tony Coker	18:30 - 19:15 Spinning Studio	SPINNING Chris Noon	18:15 - 19:15 Arena C	BODY PUMP Philippa Vince	18:15 - 19:15 Arena C	
18:15 - 19:15 Spinning Studio	SPINNING Michelle Colvin	19:15 - 20:15 Arena C	BODY PUMP Cass Rix	18:15 - 19:15 Spinning Studio	SPINNING Michelle Colvin	18:30 - 19:15 Spinning Studio	
19:15 - 20:15 Arena C	BODY ATTACK Kayleigh Beeson	19:30 - 20:15 Spinning Studio	SPINNING Chris Noon	19:30 - 20:30 Spinning Studio	SPINNING Michelle Colvin	19:30 - 20:15 Spinning Studio	
19:30 - 20:30 Spinning Studio	SPINNING Michelle Colvin					19:30 - 20:30 Arena C	

FITNESS CLASS TIMETABLE

SDAY	FRIDAY		SATURDAY		SUNDAY	
NS (06.30 - 12.00)						
SYNRGY 360 Charlotte Hunter	06:30 - 07:15 Spinning Studio	SPINNING Sarah Moore	08:30 - 09:15 Spinning Studio	SPINNING Chris Noon	08:30 - 09:15 Spinning Studio	SPINNING Candi Styles-Coles
BODY ATTACK Charlotte Hunter	07:00 - 08:00 Arena C	CIRCUITS John Roach	09:00 - 10:00 Arena C	BODY ATTACK Sonya Turpin	09:30 - 10:15 Spinning Studio	SPINNING Candi Styles-Coles
SYNRGY 360 Louisa Chilvers	07:00 - 07:30 Fitness Suite	SYNRGY 360	09:30 - 10:15 Spinning Studio	SPINNING Chris Noon	09:00 - 10:00 Arena C	BODY COMBAT Sophia Benham
	09:30 - 10:30 Arena C	BODY PUMP Jon Hawkins	10:00 - 10:30 Fitness Suite	SYNRGY 360	10:00 - 10:30 Fitness Suite	SYNRGY 360
	10:00 - 10:30 Fitness Suite	SYNRGY 360	10:15 - 11:15 Arena C	BODY PUMP Philippa Vince		
			11:30 - 12:30 Arena C	ZUMBA Clare Charett		
ONS (12.00 - 16.00)						
BODY PUMP Pia Eaves	12:00 - 12:45 Arena C	CORE FOCUS Charlotte Hunter	15:00 - 15:30 Fitness Suite	SYNRGY 360	12:00 - 13:00 Arena C	BODY PUMP Kayleigh Beeson
SPINNING Ollie Shead	12:30 - 13:30 Spinning Studio	SPINNING Bryan Evans			15:00 - 15:30 Fitness Suite	SYNRGY 360
SYNRGY 360	13:00 - 13:30 Fitness Suite	SYNRGY 360				
	13:00 - 14:00 Arena C	BODY ATTACK Charlotte Hunter				
NS (16.00 - 21.00)						
BARS & BELLS Katie Sindle	17:00 - 17:45 Arena C	ZUMBA Paula Stitch	KEY: ■ SWEAT ■ STAMINA ■ SHAPE			
BODY ATTACK Freya Hodgkin	17:30 - 18:00 Fitness Suite	SYNRGY 360	Classes are available as part of some memberships or on a pay-as-you-go basis. Members can book classes up to 14 days in advance, whilst non-members can book 7 days in advance.			
SYNRGY 360	18:00 - 19:00 Arena C	BODY PUMP Philippa Vince	Members must check-in at the kiosks or front of house 5 minutes before the class start time. Members must also sign in on the class register with the instructor			
STRIKE FORCE! Tony Coker	18:30 - 19:15 Spinning Studio	SPINNING Sarah Moore	NON-MEMBER PRICES 45 Minute sessions - £5.60 60 Minute sessions - £5.80 Kettlebells - £7.10			
SPINNING Laura Phillips			PROGRAMME CHANGES Please note, the current timetable and sessions are subject to change in certain circumstances. Please ensure you check online at surreysportspark.co.uk for up-to-date changes to advertised times. Times are correct at time of printing.			
SPINNING Laura Phillips						
BODY PUMP Tony Coker						

SWIMMING



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Surrey Sports Park hosts the first indoor 50 metre, 8 lane, Olympic sized pool in Surrey. The pool is available to both members and non-members covering all aspects of swimming, from family swimming time to private 1:1 sessions.

	PEAK	OFF-PEAK	SAUNA & STEAM
Member	FREE	FREE	FREE
Off-peak Member	£4.20	FREE	FREE (Off-peak)
Non-member	£4.20	£4.20	+ Swim £8.50 / - Swim £4.50
Concession	£2.80	£2.80	£6.00
Family (2 Adults & 2 Juniors)	£11.20	£11.20	

* Swimming tickets must be bought at Front of house before entering the changing areas

POOL SAFETY

Children aged 8 - 16 can swim alone in the pool, however a parent or guardian (over 18) must be in the building.

Children aged 8 and under must be accompanied in the pool by a parent or guardian (over 18) and the ratio is 1 adult to 2 children.

GENERAL POOL INFORMATION

Please inform a lifeguard if you or anyone in your group suffers from a medical condition.

Disabled changing facilities and chair hoist pool access is available. Please ask a crew member if you require this service.

The pool temperature is set between 27° - 28°. Juniors are not recommended to swim for longer than 30 minutes.

SWIMMING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAYTIME SESSIONS (06.30 - 14.30)						
06:00 - 08:30 50M LANE SWIM	06:00 - 15:00 25M GENERAL SWIM	06:00 - 07:30 25M GENERAL SWIM*	06:00 - 08:30 50M LANE SWIM	06:00 - 08:00 50M LANE SWIM	09:00 - 11:00 50M LANE SWIM	11:00 - 13:30 FAMILY SWIM*
09:00 - 17:00 25M GENERAL SWIM	15:30 - 17:30 50M LANE SWIM*	07:30 - 08:15 25M LANE SWIM*	09:00 - 17:00 25M GENERAL SWIM	08:30 - 16:15 25M GENERAL SWIM	11:30 - 14:00 FAMILY SWIM*	11:00 - 17:00 50M LANE SWIM*
		08:15 - 11:00 25M GENERAL SWIM*			11:30 - 16:30 25M LANE SWIM*	
		11:00 - 14:30 25M GENERAL SWIM				
EVENING SESSIONS (16.00 - 22.30)						
17:00 - 19:00 25M LANE SWIM	17:30 - 19:00 50M LANE SWIM	16:30 - 18:00 25M GENERAL SWIM	17:00 - 19:00 25M LANE SWIM	16:15 - 18:30 25M LANE SWIM	16:30 - 18:00 25M LANE SWIM	
21:00 - 22:30 25M GENERAL SWIM		20:30 - 22:30 50M LANE SWIM*	21:30 - 22:30 25M LANE SWIM*	21:00 - 22:30 50M LANE SWIM		

* Indicates Shallow Water Session (0.90m to 1.25m)

GENERAL SWIMMING

Swimming for all ages and abilities. A minimum of 4 lanes for lane swimming, plus a general swimming area.

LANE SWIMMING

Lane sessions only with up to 4 lanes available.

FAMILY/OPEN SWIMMING

Swimming for all ages and abilities. Lane swimming cannot be guaranteed in all Open swimming sessions.



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Whether you just want walking basketball or to play a game of squash or tennis with some friends or family, there's something for everyone at Surrey Sports Park. We also have a range of coaching, club and instructed activities in which you can learn, improve or enjoy playing sport with like-minded people.

BASKETBALL

BASKETBALL JAM

Play against others in a competitive atmosphere, at the regular Friday Night Basketball Jam at Surrey Sports Park. Individuals and teams welcome, half-court round robin games. Check out the local talent, meet other players and bring your game to the home of Surrey Scorchers!

WALKING BASKETBALL

Walking basketball provides low impact cardio exercises for all abilities, incorporating skills and casual match play.

NETBALL

BACK TO NETBALL

Contemplating getting back into netball or want to try it for the first time? Get fit whilst having fun with social netball leagues.

WALKING NETBALL

Walking netball provides low impact cardio exercises for all abilities, incorporating skills and casual match play.

FOOTBALL

JUST PLAY FOOTBALL

Come along for informal matches and a bit of fun! This session gives the casual footballer a chance to just turn up and play football.

WALKING FOOTBALL

A chance to get back into the game at a slower pace, boosting your overall health and fitness. The rules are exactly the same, except there is no running or tackling.

SPORTS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSIONS (08.00 - 13.00)						
10:00 - 11:30 NO STRINGS BADMINTON (SUMMER ONLY) Arena C £3.30 / £4.50		11:30 - 12:30 WALKING BASKETBALL Arena B Free / £5.00	09:20 - 10:00 RACKETBALL Courts 4 - 6 Free / £3.00	10:00 - 11:00 WALKING NETBALL Arena A Free / £5.00	08:40 - 10:00 SQUASH LADIES TEAM Training Courts 3 - 4	09:00 - 11:00 TENNIS MEMBERS CLUB SESSION Courts 3 - 4
			10:30 - 12:00 LADIES BADMINTON SESSIONS Arena B £3.30 / £4.50	12:00 - 13:00 WALKING BASKETBALL Arena B Free / £5.00	12:30 - 13:30 CARDIO TENNIS Courts 1 - 2 Free / £5.00	
EVENING SESSIONS (17.00 - 22.30)						
	18:00 - 20:00 LADIES TENNIS TEAM TRAINING (Fortnightly)	18:30 - 20:30 TENNIS MEMBERS CLUB SESSION Courts 1 - 5	18:00 - 20:00 NO STRINGS BADMINTON Arena A £4.40 / £6.00	20:00 - 22:00 BASKETBALL JAM Arena A + B £3.00 / £3.00	17:20 - 18:40 SQUASH Veterans Training Courts 1 - 2	17:20 - 18:40 BEGINNERS SQUASH STEP Courts 4 - 6 Free / £4.00
	18:00 - 19:20 SQUASH CLUB NIGHT LEAGUE 6 - 14 Courts 3 - 6	19:00 - 20:00 NO STRINGS BADMINTON Arena B £2.20 / £3.00	20:00 - 21:00 CARDIO TENNIS Courts 1 - 2 Free / £5.00			18:00 - 19:30 BACK TO NETBALL Outdoor 3 - 4 £4.50 / £6.00
	19:20 - 20:40 SQUASH CLUB NIGHT LEAGUE 1 - 5 Courts 3-6	20:00 - 22:30 BADMINTON MEMBERS CLUB SESSION Arenas A - B				18:40 - 21:20 SQUASH SOCIAL CLUB NIGHT Courts 4 - 6 Free / £5.00

PROGRAMME CHANGES

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KEY

- Badminton
- Basketball
- Football
- Netball
- Squash
- Tennis

Members Price / Non-members Price

