

CLASS DESCRIPTIONS

BOOT CAMP CIRCUIT

A circuit class designed by personal trainers. It will consist of both cardiovascular and resistance exercises, be prepared to work hard.

PILATES and DYNAMIC PILATES (ADVANCED)

A series of floor exercises with a proper alignment and correct breathing to give a leaner and more sculpted body.

ACTIVE X

It's our signature, in house functional fitness class. Built around predictable, repeating stations, the workout alternates between running efforts and functional movements such as sled pushes, sandbag lunges, rowing, ski ergonomics, and wall balls. This dynamic class builds total-body stamina, functional strength.

KIDS ACTIVE CLASSES

Kids Active classes for our youngest members include Football, Basketball, Tennis, and Mixed Martial Arts. All classes are taken by DBS checked fitness professionals. Kids Active classes with an (*) are paid courses, and require booking.

MEMBERS FOOTBALL

The beautiful game, played on our state of the art indoor court. All levels welcome, ages 16+.

VOLLEYBALL

Volleyball is a recreational/competitive multi-player game played between two teams. To ensure Volleyball is a safe/more enjoyable experience members must be able to maintain a six shot rally. As well as understand volleyball, the rules and have played a full match.

HOUSE BASKETBALL

Members can hire half a basketball court in our Sports Hall to play Basketball. *6 Members max per half court*

FAMILY BADMINTON AND TABLE TENNIS

(Under 16s with a guardian welcome)

Members can book a badminton court/TT table and play with other members. Guest are welcome but fees apply.

4 Members max per court

ADULT BADMINTON AND TABLE TENNIS (16+)

Members can book a badminton court/TT TABLE and play with other members. Guest are welcome but fees apply.

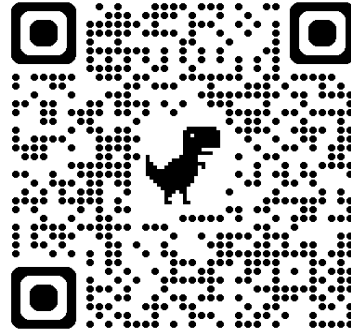
4 Members max per court

ADULT PICKLEBALL (16+ All New) & FAMILY PICKLEBALL (Under 16s with a guardian)

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong. It is played on a badminton-sized court with a slightly modified tennis net, where players use paddles to hit a plastic ball between them. It can be played as both singles and doubles. Please note the Sports hall will have a dual usage on Mondays with music at the background.

4 Members max per court

SCAN QR CODE TO BOOK CLASSES ON OUR MEMBERS CLUB HUB



CAR PARK

At certain times car parking will be restricted due to school events.

TIMETABLE ADJUSTMENTS

As a dual purpose facility, our opening hours do vary and our timetables and programmes tend to change regularly.



SPORTS HALL TIMETABLE

BOOK A CLASS ONLINE AT [UCSACTIVE.ORG.UK](https://ucsactive.org.uk)

MONDAY – FRIDAY

	6AM	7AM	6PM	6.30PM	7PM	7.30PM	8PM	8.30PM	9PM	9.30PM	10PM
MONDAY	HOUSE BASKETBALL 6AM - 7AM			FAMILY PICKLE BALL 6PM - 6.50PM		PILATES 7PM - 7.50PM		ADULT BADMINTON 8:00PM - 8:50PM / 9:00PM - 9:50PM			
TUESDAY	HOUSE BASKETBALL 6AM - 7AM			PILATES 6.05PM-6.55PM		BOOTCAMP CIRCUIT 7PM - 7.50PM		OLD GOWERS NETBALL Book via president@oldgowers.org.uk 8PM -9:30PM			
WEDNESDAY	HOUSE BASKETBALL 6AM - 7AM			FAMILY PICKLE BALL X2 COURTS AND TABLE TENNIS X 2 6PM – 6:50PM		ADULTS PICKLE BALL X2 COURTS AND TABLE TENNIS X 2 7PM 7.50PM		MEMBERS ADULT FOOTBALL 8PM - 9PM		ADULT HOUSE BASKETBALL 9.10PM - 9.50PM	
THURSDAY	HOUSE BASKETBALL 6AM - 7AM			PILATES 6.10PM -7.00PM				EXTERNAL BASKETBALL HIRE 7.45PM - 9.45PM			
FRIDAY	HOUSE BASKETBALL 6AM - 7AM			ADULT HOUSE VOLLEYBALL 6PM–6.50PM				EXTERNAL BASKETBALL HIRE 8.30PM - 9.30PM			

SATURDAY & SUNDAY

	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM
SATURDAY		KA BASKETBALL AGES 4-7 8.30-9.20AM	KA BASKEBALL AGES 8-11 9:30-10.20AM	KA FOOTBALL AGES 4-7 10.30-11.15AM	KA FOOTBALL AGES 8-11 11.20-12:10PM	BODY BALANCE 12.20PM-1.20PM		HOUSE BASKETBALL (until Sat 20/09) 1.30PM – 4.00PM	HOUSE BASKETBALL 4.PM - 6PM		EXTERNAL BASKETBALL HIRE 6.00PM -7.00PM	
SUNDAY	HOUSE BASKETBALL 8.00 - 9:20AM	ACTIVE X 09:30-10:30AM		FAMILY PICKLE BALL X2 10.45- 13.30PM		BIRTHDAY PARTIES 13.45PM-3.45PM			FAMILY BADMINTON & TABLE TENNIS 4.00PM - 7:00PM			