

FIRST GYM SESSION  
FREE!



WINCHESTER  
COLLEGE  
SPORTS CENTRE



## NEW LOYALTY CARD OFFER

£65 loyalty card, redeemable on 10 gym sessions or in-house fitness classes. Available to purchase at the Sports Centre reception.

## PAYG: GYM & COURTS

Gym: £10 peak / £7.50 off-peak  
Squash & Fives courts: £11 peak / £8 off-peak  
Badminton courts: £15.75 peak / £10 off-peak

OPENING TIMES &  
FURTHER DETAILS:



IN-HOUSE  
FITNESS CLASSES

£6.50 PER CLASS  
BOOK NOW:



## BALANCE & TONE

————— TUESDAYS, 08.30 - 09.15

This low impact class combines simple resistance exercises with stability, mobility, and balance. This class will suit anyone looking to improve their posture, mobility and stability. Movements will be easy to follow and can be adapted to your comfort level.



## LEGS BUMS & TUMS (LBT)

————— WEDNESDAYS, 09.00 - 09.45

Lunge, step and squat your way to fitness with this fun conditioning class designed to shape and strengthen your lower body and core. This low-impact class focuses on toning the legs, glutes, and abdominal muscles through bodyweight and resistance exercises.



## LOW INTENSITY INTERVAL TRAINING (LIIT)

————— THURSDAYS, 18.15 - 19.00

This joint-friendly workout combines gentle bursts of movement with recovery periods to improve cardiovascular health, balance, and strength - all at your own pace.



## CIRCUITS WITH JESS

————— FRIDAYS, 13.15 - 14.00

Get ready to move, sweat, and build strength with this fast-paced, full-body Circuit Training class. You'll rotate through a series of time-based exercises that target different muscle groups, combining strength, cardio, and core work for a balanced and efficient workout.