



University of Cambridge Sports Centre

The long-awaited University of Cambridge Sports Centre at West Cambridge is now open for membership to students, staff, alumni and the wider community!

The architecturally stunning Sports Centre, designed by Arup Associates, welcomes patrons into a grand lobby and lounge area complete with audio-visual space to catch the latest match or lunchtime lecture, and a café for the enjoyment of all pre- and post-game. From this area, through an elegant glass partition, you can see the spacious fitness suite with a full range of state-of-the-art cardiovascular equipment, including accessible kit such as ski ergs and hand bikes.

At the core of the Centre is a vast sports hall which measures 37m x 34m, housing two full-size courts for basketball, badminton, boxing, five-a-side football, volleyball, netball and other court games.

There is an impressive strength and conditioning room, with free-weights platforms and a two-lane plyometric track. This will be an important resource for students and members of the public alike, whether their focus is on training for health and wellbeing, rehabilitation or in support of sports performance. A large multi-purpose room, which measures 31m x 16m, caters to the martial arts, yoga, studio cycling, and floor-based exercises including fencing, dancing and gymnastics.

Membership

Whether you're a University of Cambridge student looking for anytime access to the Fitness, Strength and Conditioning Suite with your choice of the classes, or a community member who just wants access to a treadmill at weekends, we have a membership option for the University of Cambridge Sports Centre to suit you.

Red membership provides access during off-peak hours and reduced rates on classes. Gold membership provides access anytime with reduced rates on classes. Blue membership provides access anytime with classes included. Off peak times are 8:00am to 4:00pm weekdays, and 8:00am to 8:00pm weekends, and the opening hours for the centre are 6:30am to 10:00pm weekdays and 8:00am to 8:00pm weekends.

With state of the art equipment including Jacobs Ladders and Wattbikes and classes ranging from Circuits to Pilates, we have something to suit everyone. So what are you waiting for? Get involved.

Membership details can be found on the next page, and for full address and contact details please click the following link: <http://www.sport.cam.ac.uk/about-us/contact-us>

Centre Membership

This entitles the holder to apply for Squash and/or Fitness Suite Membership and to book squash, fitness classes and sports facilities

	Cambridge Student	Staff* / Alumni / non-CU student / Family	Community
Annual Fee	Pre-paid by college	£20	£25

Fitness, Strength and Conditioning Suite and Squash Membership

University of Cambridge Student

Upfront Payment

Minimum term	12 Months	9 Months	6 Months	3 Months	Direct Debit 12+ Months
Blue	£360	£288	£210	£114	£32
Gold	£250	£198	£150	£84	£22
Red	£150	£126	£96	£54	£14
Class Only	£250	£198	£150	£84	£22
Peak Squash	£195	£150	£100	-	£17
Off-Peak Squash	£168	£124	£84	-	£14

Community

Staff / Alumni / Family / non-CU student

Minimum term	Upfront 12 Months	Direct Debit 12+ Months	Upfront 12 Months	Monthly 12+ Months
Blue	£560	£49	£460	£40
Gold	£450	£39	£340	£30
Red	£360	£31	£250	£22
Class Only	£450	£39	£340	£30
Peak Squash	£244 (£70 U18)	£22	£225	£20
Off-Peak Squash	£196	£18	£172	£16

Blue – Access during *all* opening hours, *classes* and *squash* included, bookable 7 days in advance

Gold – Access during all opening hours, reduced rate classes

Red – Access to the fitness facilities at off-peak times, reduced rate classes

Squash Only – unlimited usage of squash courts. Bookable 14 days in advance.

Family memberships must be linked to a current Centre member in either the Student, Staff or Alumni categories and permanently reside at the same address. Parents, partners, siblings, son/daughter are eligible. Proof of address will be required.

*A salary sacrifice scheme will enable eligible University employees to benefit from Tax and National Insurance savings on their membership fees when paying by the monthly option.

Sports Hall & Studio Bookings

	University		Non-University	
	Peak	Off Peak	Peak	Off Peak
Badminton	£7	£5	£9	£7
¼ Sports Hall	£14	£10	£18	£14
½ Sports Hall	£28	£20	£36	£28
Sports Hall	£56	£40	£72	£56
1/3 Studio	£4	£3	£5	£4
1 x Studio	£11	£8	£14	£11
2 x Studios	£22	£16	£28	£22

¼ sports hall = Basketball or Netball ½ court

½ sports hall = Football, Netball, Korfbal, Basketball, Volleyball

Squash Court/Guest Fees

		Court Price	Guest fee**
Squash/ Blue Member	Peak	£0	£4
	Off Peak	£0	£3
University Gold, Red or Centre Only Member	Peak	£7	£0
	Off Peak	£5	£0
Non-University Gold, Red or Centre Only Member	Peak	£9	£0
	Off Peak	£7	£0

** Guest fees are only applicable to Squash members and Blue members

Squash Information

- The member that books the court must be on court
- Members can book back-to-back courts (e.g. 2pm-2.45pm & 2.45pm-3.15pm) but not additional courts at the same time (e.g. Court 1 at 2pm and Court 2 at 2pm)
- A squash only or Blue member playing a Gold, Red, Centre Only or Non-member = a peak or off-peak guest fee is payable (see above)
- A squash only or Blue member playing a squash only member or Blue member = no guest fee
- A Gold, Red or Centre Only Member playing a Gold, Red, Centre Only or Non-member = no guest fee

CLASS TIMETABLE

All classes are suitable for all abilities

Monday	06:45 – 07:25	Circuits
Monday	13:05 – 13:50	BODYPUMP™
Monday	13:05 – 13:50	Pilates
Monday	17:30 – 18:25	Studio Cycling
Monday	18:30 – 19:25	Circuits
Monday	18:30 – 19:25	Yoga
Tuesday	07:00 – 07:45	Studio Cycling
Tuesday	13:05 – 13:50	Ballet Barre
Tuesday	13:05 – 13:50	MetCon
Wednesday	06:45 – 07:25	Circuits
Wednesday	12:30 - 13:15	Pilates
Wednesday	18:30 – 19:25	MetCon
Thursday	07:00 – 07:45	Studio Cycling
Thursday	13:05 – 13:50	Circuits
Thursday	13:05 – 13:50	Yoga for Sports
Thursday	18:30 – 19:25	Zumba©
Thursday	18:30 – 19:25	BODYPUMP™
Friday	13:05 – 13:50	Ballet Barre
Friday	17:30 – 18:25	Circuits
Friday	18:30 – 19:20	Yoga
Sunday	15:30 – 16:25	Zumba©

CLASS PRICES

	Student	Staff, Alumni and Family	Community
Blue	Included	Included	Included
Gold	£1.50	£3.50	£5.50
Red	£1.50	£3.50	£5.50
Squash Only	£1.50	£3.50	£5.50
Centre Only	£3.00	£5.00	£7.00

Classes are subject to availability and on a first come, first served basis, bookable 7 days in advance.

CLASS PASSES

	Student	Staff, Alumni and Family	Community
Centre Only	£24	£40	£56
Gold & Red	£12	£28	£44

10 classes for the price of 8

Class passes are valid for 3 months from date of purchase.

PEAK TIMES

	Monday to Friday
Sports Hall & Squash	5pm-10pm
Multi-Purpose Room	4.30pm-10pm
Fitness Suite, S&C Room	6.30am-8am & 4pm-10pm

OPENING TIMES

Monday - Friday	-	06:30 - 22:00
Weekends	-	08:00 - 20:00

CLASS DESCRIPTIONS

BALLET BARRE: Ballet Barre is a low impact, total body workout. Small isometric contractions are performed and integrated with an interval training approach that improves cardiovascular fitness. Posture, flexibility, stamina and core strength will improve.

BODYPUMP™: Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques, helping you achieve much more than on your own!

CIRCUITS: Station-based exercise class using work intervals of 50 seconds. Body weight exercises and fitness equipment will be used! Great all round class which improves muscular and aerobic endurance.

METCON: Bored of your training routine? Then why not try Metabolic Conditioning training! This is a high intensity training class where the routine is changed regularly to keep the body guessing.

PILATES: Pilates is suitable for all fitness levels. It's aimed at improving and strengthening posture and developing flexibility to aid relaxation.

STUDIO CYCLING: Indoor cycling class based on Spinning principles providing an intense cardiovascular workout in a motivating group environment. Be prepared for tough hill sprints and speed intervals that will really push your physical and mental thresholds.

YOGA: A yoga class which, via a series of postures, internal dynamics and breathing techniques, encourages a deeper understanding and control of the physical body.

YOGA FOR SPORT: Yoga for Sport will make an ideal addition to any sports training regime. It will help you to develop better breathing techniques whilst improving balance, flexibility, core strength, endurance and mental focus.

ZUMBA©: Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! Easy, effective, exhilarating.

