

# Raploch Community Campus Gym opening times

Days	Opening times	Last entry
Monday–Friday	9.00am–10.00pm	8.45pm
Saturday	9.00am–2.00pm	12.45pm



## General information

### Class bookings

All classes can be booked up to 7 days in advance. Alternatively classes operate on a first come first serve basis.

### Class etiquette

Please ensure you wear appropriate footwear and clothing, allowing you to perform the class safely and effectively.

### Late arrivals

For your own health & safety all classes hold a policy preventing access after the first 10minutes.

### Active Living Cards

In order to receive class discounts you must have an Active Living Card. Active Living Cards are free. Application forms can be obtained from either of the sites listed below.

### Discount

10 classes for the price of 8 Health & Fitness stamp cards available to purchase from the following venues:

**Head Office** No. 23, 15 Borrowmeadow Road, Stirling FK7 7UW T: 0300 028 0101

**Forthbank Stadium** Springkerse, Stirling FK7 7UJ T: 01786 448308

# Fitness classes and the gym at Raploch Campus

Monday 9 January –  
Saturday 31 March 2012



Gym &  
gym/class  
membership  
from only  
£10 p/month  
see inside for details

# Class descriptions

## Bums & Tums

All over body conditioning workout to tone and shape your body.

## Chairobics

A chair based exercise routine, giving top to toe results.

## Circuits

A circuit based workout that works at improving fundamental movement skills as well as challenging your fitness in new ways.

## Gentle exercise

A low impact easy to follow workout for all levels of ability – everyone welcome.

## Thumpboxing

A 45 minute exciting, fun class incorporating basic boxing techniques, strength and conditioning for a total body workout. Suitable for all levels of fitness.

## Spinning

The original and most popular group cycling class. Spinning is an unmatched way to make your fitness goals a reality. Getting into the shape of your life has never been so much fun! Burn up to 900 calories in one class.

## Tai Chi

A series of slow, controlled movements, developing strength, balance, posture, and calm. Suitable for all ages and abilities.

## Zumba

Zumba fuses Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away! Full of calorie burning, body energizing, awe inspiring movements designed to engage and captivate for life.

# Monday 9 January – Saturday 31 March 2012

Days	Class	Time	Venue
Monday	Zumba	6.00pm–7.00pm	Small hall
	Bums & Tums	7.00pm–7.45pm	Small hall
Tuesday	Spinning	6.10pm–6.55pm	Large hall
	Thumpboxing	7.00pm–7.45pm	Small hall
Wednesday	Spinning	6.10pm–6.50pm	Large hall
Thursday	Tai Chi	12.00pm–1.00pm	Large hall
	Zumba	6.00pm–7.00pm	Small hall
	Circuits <b>New</b>	7.10pm–7.55pm	Small hall
Friday	Chairobics	12.00pm–12.45pm	Large hall
Saturday	Spinning	11.10am–11.55am	Large hall

■ Cardiovascular    
 ■ Muscle tone    
 ■ Mind & body



**New gym and fitness class membership only £13 per month!**

For more details on how to join – please ask at reception or call the number below.

### Gym memberships

Gym memberships also available at Raploch campus – only £10 per month! (concessionary rates also available).

Fully furnished gym includes new state of the art e-spinner virtual spin bike machine!

Please ask at Campus reception or contact Active Stirling on the number below.

### Booking

**You can book at any Active Stirling office or facility by phone or in person including The PEAK, Forthbank or Raploch Campus.**

**Book 7 days in advance or simply turn up on the day!**

## Gym Inductions

The Raploch Community Campus gym is a fully furnished gym facility which includes a wide variety of cardiovascular and weights equipment including the new e-spinner virtual spin bike machine!

A gym induction is required before you use the gym at the Raploch.

To book an induction please call **01786 272300** for the Raploch Campus Reception. Or alternatively you can arrange this in person at The Campus.

During the induction one of our experienced and qualified instructors will show you how to structure your workout safely and effectively. You will be shown how to use the aerobic and fixed resistance equipment and free weights. After the induction you can use the gym on your own, however we highly recommend you book a personal programme.

Personal programmes are tailored to your specific needs and are designed to meet your own fitness goals over an agreed period of time. Gym and class usage at Raploch Community Campus is for over 16s only.

## Price list

Membership Type	Cost
Gym Only*	£10 per month £8 concession
Gym and Classes*	£13 per month
Pay as you go*	£5.50 per session £4.40 concession
Personal 121 programmes	£5 per programme

\*Concessionary rates also available for people who qualify for:

- 1) Income Support
- 2) Full Time Student
- 3) 60+

Proof of concession must be provided

