

The Fitness Centre Tariffs

Membership	Duration	Student FLEXSI	Student	Staff Alumni Retired Corporate	External	Non Member
Standard Pay-as-you go	12 Month Membership fee	£30.00	£32.00	£38.00	£48.00	
	Off Peak	£1.75	£2.00	£2.50	£3.00	
	Peak (after 15:00)	£2.25	£2.50	£3.00	£3.75	
10 Admissions Card	Any time	£17.50	£20.00	£25.00	£30.00	
Gold Pre-paid unlimited use of gym and discount activity prices. (No membership fee)	3 months	£65.00	£67.50	£78.00	£93.75	
	6 Months	£110.00	£115.00	£136.00	£167.50	
	9 months	£155.00	£162.50	£194.00	£241.25	
	12 Months	£200.00	£210.00	£252.00	£315.00	
	Direct Debit			£22.00	£27.25	
Platinum Pre-paid unlimited use of gym, Exercise Classes and Table Tennis. (No membership fee)	3 months	£86.50	£89.00	£103.75	£126.00	
	6 Months	£153.00	£158.00	£187.50	£232.00	
	9 months	£219.50	£227.00	£271.25	£338.00	
	12 Months	£286.00	£296.00	£355.00	£444.00	
	Direct Debit			£30.50	£38.00	
Exercise Class	1 x class	£3.00	£3.25	£3.75	£4.75	£5.50
Exercise Class x 10	10 classes	£27.00	£29.25	£33.75	£42.75	£49.50
All prices for non-members						
Table Tennis (Pay'n'Play)	1 hour	£1.00	£1.00	£1.00	£1.00	As External
Muga	1 hour	£4.75	£5.00	£6.00	£7.50	
Muga x 10 (Before 16:00)	10 x 1 hour	£42.75	£45.00	£54.00	£67.50	
Muga	1 hour	£11.50	£12.50	£15.00	£18.75	
Muga X10 (From 16:00)	10 x 1 hour	£103.50	£112.50	£135.00	£168.75	
Studio	1 hour	£14.25	£15.00	£18.00	£22.50	
Health MOT	1 x Health MOT	£4.50	£5.00	£5.00	£5.00	
1 Day Guest Pass	1 Day					£5.00
1 Week Guest Pass	1 Week					£15.00
2 Week Guest Pass	2 Week					£25.00
1 Month Guest Pass	1 Month					£35.00

Get into the Fitness Centre.

Classes, timetable and tariffs.

Sept 2014 – Aug 2015

Opening Hours

Monday	07:30 – 21:30
Tuesday	07:30 – 21:30
Wednesday	07:30 – 21:30
Thursday	07:30 – 21:30
Friday	07:30 – 21:30
Saturday	09:00 – 18:00
Sunday	09:00 – 18:00

Last admissions are 1 hour before closing time.
Closed on Bank Holidays



Please see our website for any updates or changes to timetabled classes or contact
The Penryn Campus Fitness Centre on 01326 370770 or email fitnesscentre@fxplus.ac.uk

www.fxplus.ac.uk/fitnesscentre



Get a head for fitness.
www.fxplus.ac.uk/fitnesscentre

FALMOUTH UNIVERSITY
UNIVERSITY OF EXETER

The Fitness Centre Classes

Circuits - Circuit training is one of the best methods of exercising as it provides excellent all round fitness, tone, strength, and a reduction of weight and inches. In short, maximum results in minimum time. Circuit training consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise.

Spinning - Whatever your level of fitness, spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun. Spinning is performed on a stationary bike in classes of up to 15 riders.

Pilates - Pilates is an invigorating form of exercise for your mind and body that can improve your strength, flexibility and overall mobility. It helps restore your body to balance. As a result, your posture will change and you will move more efficiently. You will achieve a strong core, develop longer, leaner muscles and improve your overall sense of well-being, and if you are a sports enthusiast, Pilates can help improve your game.

Body Control - Want to improve your Joint Flexibility, Posture, Mobility, and not to mention your Balance? Then this is for you! Involving a combination of body strength, dynamic balance movements, mobility drills and stretches to calming music you will come out of this class with a lasting sense of wellbeing and calmness.

Power Cardio Core - Power Cardio Core consists of simple routines to music combining high intensity cardio sections with core strength training using your body weight.

Kettlebells - Kettlebells are rapidly growing in popularity as a tool to train with. They're a great way to see serious fitness results. They improve cardiovascular fitness and develop strength, power and muscular endurance. They are an ideal tool for sports specific training and functional fitness.

Ashtanga Yoga - Ashtanga Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner's body, mind, and spirit.

Zumba - Zumba is a Latin-inspired dance fitness programme created in Colombia during the 1990's. Zumba is a fusion of body-sculpting movements with easy-to-follow dance steps to the tune of Latin and International music. The routine features aerobic, fitness and interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximise calorie output, fat burning and total body toning.

Dance Power - Dance power consists of fun cardio exercise routines to high tempo music whilst working on core strengthening. Suitable for all.

Core Class - FREE to members! Blast your core muscles with 10 x 1 minute exercises focusing on your abdominals and lower back!

£1 Taster - Every weekend there will be a different style of class for you to try. Some you may be familiar with and some you may never heard of! Check which classes are available this weekend by telephoning or visiting the Fitness Centre reception.

Pole Fit - Only £1 to members. Try pole dancing with your friends to a DVD on our projector with guidance from our instructor. A challenging and sexy workout. Maximum of 6 people per session.

Disco Pong - FREE to members! However you like to play table tennis - Relaxed, seriously or competitive - the loud music and multi-coloured disco lights create a fun party atmosphere for the most enjoyable games of ping pong you'll ever play.

Fitness 'VT' - FREE to members! Fitness 'Video Tape' allows you to come and follow the on screen workout. If you need some motivation to get active or just want to try something different come and try Fitness 'VT'. Workouts change weekly so check out social media for updates.

Cardio Cinema - Only £1 to members. Cardio Cinema allows you to enjoy a movie whilst working out on one of our spin bikes. Films change weekly so check out social media for updates.

The Fitness Centre Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	Fitness 'VT'	Fitness 'VT'	Fitness 'VT'	Fitness 'VT'	Fitness 'VT'		
09:00		Spinning 09:15-10:00			Spinning 09:15-10:00		
10:00							
11:00	Fitness 'VT' 10:30-11:30	Pole Fit 10:30-11:30	Fitness 'VT' 10:30-11:30	Pole Fit 10:30-11:30	Fitness 'VT' 10:30-11:30	Fitness 'VT' 11:00-12:00	Pole Fit 11:00-12:00
12:00							
13:00	Circuits 12:30-13:15	BodyControl 12:30-13:15	Spinning 12:30-13:15	Yoga 12:30-13:30	Kettlebells 12:30-13:15	£1 Taster 13:00-14:00	£1 Taster 13:00-14:00
14:00							
15:00	Pole Fit 14:30-15:30	Fitness 'VT' 14:30-15:30	Pole Fit 14:30-15:30	Fitness 'VT' 14:30-15:30	Pole Fit 14:30-15:30	Disco Pong 15:00-17:00 (Term time only)	Cardio Cinema 15:00-17:00 (Term time only)
16:00							
17:00		Core Class	Zumba 17:00-18:00	Core Class			
*	Spinning 17:30-18:15	Power Cardio Core 17:30-18:30	Yoga 18:00-19:30 (90 Mins)	Dance Power 17:30-18:30	Circuits 17:30-18:30	Timetable may be subject to change see website and social media for updates	
18:00	Pilates 18:30-19:30	Kettlebells 18:30-19:30		Spinning 18:45-19:30			
19:00							
*Monday 17:15 - 18:15 Free Bootcamp (Available to non members)							

Class Prices

Membership	Individual	10 Class Pass
Student FLEXSI Member	£3.00	£27.00
Student Member	£3.25	£29.25
Staff Member	£3.75	£33.75
External Member	£4.75	£42.75
Non Member	£5.50	£49.50
£1 Taster Classes	£1 to members and non members	
Pole Fit	£1 to members & Flexsi members. £2 non members	
Cardio Cinema	£1 to members & Flexsi members. £2 non members	
Fitness 'VT'	£1 to members & Flexsi members. £2 non members	
Disco Pong	Free to members & Flexsi members £2 non members	
Core Classes	Free to members & Flexsi members £1 non members	

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