

Get Your Fitness Sorted

Whether you are a seasoned exerciser or just thinking about getting active we can build a programme to suit you

WE'RE OPEN FOR YOU:

Mondays – Thursdays from 9am – 9pm
Fridays 9am – 8pm

Come along and see the facilities for yourself

Book an appointment with our expert trainers

No Joining Fee
No Fixed Term Contracts

CALL US: 01964 553 111

Meadows Sports

Meadows Sports

Bishop Burton
COLLEGE

The staff reserve the right to refuse entry if they feel the rules of the club are broken and/or the member is at risk to themselves or to others. Training in work gear/jeans or other inappropriate clothing/footwear is not allowed.

Bishop Burton
COLLEGE

Get Fit - Stay Fit

Offering you a range of fitness and leisure facilities under one roof



GYM

Benefit from the varied cardiovascular and resistant equipment as well as the Easy-Line circuit equipment from Techno Gym.

Single Membership	£16.00 per month
Joint Membership (ie brother & sister)	£29.00 per month
Pay as you go	£4.00 per session
Annual Fee	£136 (single) £246 (joint)
Induction Fee	£7.50 per person



SPORTS HALL

Full Sports Hall £21 per hour
Full Sports Hall - block booking
(10 or more pre-booked, 1 hour sessions) £180.00

Badminton – 1 hour session	£7.00 per court
Badminton – block booking (10 or more pre-booked, 1 hour sessions)	£60.00
Table Tennis - per table	£6.00 per hour



3G PITCH

Ideal for pitch based sports such as rugby and football giving a more natural ball bounce and offering playing characteristics much more like natural turf.

Full Pitch	£60.00
Half Pitch	£40.00
Third Pitch	£30.00
Weekend matches	£50.00

In a Class Of Your Own

Six or more like-minded friends?

Then book your own group class with your own training activity.

For example: You might be equine students wishing to improve your core stability, **you might** be going on a skiing trip and need to improve posture **or** you could have had a stressful day and need to relieve the tension before going home.

Speak to a member of the sports team who will book an instructor to meet your needs.

Improve Your Game

Build a training programme to suit you. Our personalised induction programme will find the best course and level of activity that will meet your needs and objectives. We'll evaluate every 6 – 8 weeks to ensure the programme is right for you.

What do you enjoy doing?

X-biking

The indoor cycling experience giving you a total body cardiovascular workout against adjustable resistance. Develop your entire body and maximise the exercise for an enjoyable workout.

Aerobics

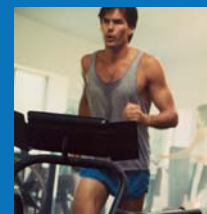
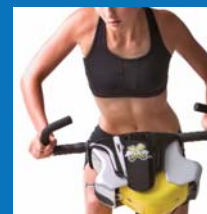
A low impact workout to burn calories and increase your fitness with dance moves to the latest funky beats.

Pilates/Toning

Enjoy a relaxing atmosphere whilst working on core stability muscle groups and improving posture balance and strength.

Stability Ball

Learn new techniques of exercise that will strengthen core muscle groups and tone up those problem areas.



It's All About You...