# Exercise Class Programme

**5th September 2016 - 22nd January 2017**

*Please note: no classes will run from 22nd December - 4th January*

## Monday
- Gentle Pilates 09:30-10:30 Studio
- Over 50's 10:30-11:30 Studio
- Spin 13:10-14:00 Studio
- Yoga 17:15-18:15 Studio
- HIIT and Core 18:15-19:00 Studio
- Tai Chi* 19:00-20:00 Studio

## Tuesday
- Workshop Workout 1 09:30-10:30 Gym
- Pilates 10:30-11:30 Studio
- Circuits 13:10-14:00 Studio
- Spin 17:15-17:55 Studio
- Body Sculpt 18:00-19:00 Studio
- Kettlebell Fit* SO 19:00-20:00 Studio

## Wednesday
- Total Conditioning 09:30-10:30 Studio
- Chi Gong* 11:00-12:00 Studio
- Yoga - Dynamic flow 12:00-13:00 Studio
- Spin 13:10-14:00 Studio
- HIIT and Core SO 17:15-17:55 Studio
- Zumba 18:00-19:00 Studio
- Beginners Kettlebells 19:00-20:00 Studio

## Thursday
- Workshop Workout 2 09:30-10:30 Gym
- Yoga Restorative 11:00-12:00 Studio
- Pilates 12:00-13:00 Studio
- Circuits 13:10-14:00 Studio
- Boxfit SO 17:15-18:10 Studio
- Spin 18:20-19:10 Studio
- Complete Combo 19:15-20:00 Studio

## Friday
- Spin 07:10-08:00 Studio
- Dynamic Pilates SO 10:45-11:45 Studio
- Yoga - Intermediate 11:45-13:00 Studio
- Zumba 13:05-14:00 Studio
- Yoga for all SO 17:00-18:00 Studio

## Saturday
- Boxfit SO 10:00-11:00 Studio
- Spin SO 11:00-11:45 Studio
- Zumba* SO 12:00-13:00 Studio
- Flexibility Yoga SO 13:00-14:00 Studio

## Sunday
- Sunday Circuits 10:00-11:00 Studio
- Body Sculpt 11:00-12:00 Studio
- PiYo SO 12:00-13:00 Studio

## Key
- * New classes this Semester
- SO Semester Only classes (5th September - 4th December)

Please note: Saints Sport reserves the right to cancel or withdraw classes/services for operational reasons without prior notice and no guarantee can be made for late arrivals being allowed to participate in a class once it has started.
Fitness Services

Our team of fitness professionals are here to help you reach your personal goals, with a range of services to suit all your health, fitness and sporting needs.

FITNESS CONSULTATION

Fitness consultations are information sharing sessions that we use to review your fitness history, plan your fitness goals and offer fitness and nutritional advice. Free on request, these sessions enable us to gather information that will help us plan your personal exercise routine or decide if more regular personal training is required for you to be able to reach your goals.

PERSONAL TRAINING

Having your own Personal Trainer makes exercising towards your fitness goals fun, motivating and challenging. After the initial fitness consultation your PT will devise a programme based on how often you wish to attend the gym. Simply meet your trainer at the gym for and they will supervise, monitor and manage each session of your programme.

PERSONAL EXERCISE PLANS

Beginning an exercise programme could not be easier. Our 6-week Personal Exercise Plan is tailored to your specific needs and goals. After the initial consultation, which establishes your wants, needs and any injury/illness considerations, a training plan is devised. A second session is then arranged where your trainer will introduce you to your new Personal Exercise Plan.

BUDDY SESSIONS

Why not workout with a buddy or try one of our new small group (3-6) PT sessions?

For more information please visit our website: www.st-andrews.ac.uk/sport/fitness

BOOK NOW

Ready to start? To book your free consultation or discuss our personal training services, please contact Health & Fitness Manager Callum Knox:

Personal Training: Email: cgk@st-andrews.ac.uk Tel: 01334 462193

FITNESS CLASSES

Saints Fitness Ticket (Premium*)

- Fitness+: FREE (FREE)
- Non member: £6.20 (£7.70)
- Student non member: £4.20 (£5.70)
- Staff non member: £5.20 (£6.70)

*Pilates, Chi-Gong, Yoga, Tai-Chi

PERSONAL TRAINING

One to One Buddy Sessions

- 1x Session: £34.00 £45.00
- 3x Sessions: £98.00 £126.00
- 5x Sessions: £154.00 £204.00
- 10x Sessions: £289.00 £379.00

Personalised Exercise Plan: £37.00

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