# Exercise Class Programme

**22nd January 2018 - 9th September 2018**

### Monday
- Pilates for all: 09:30 - 10:30, Studio
- Over 50's: 10:30 - 11:30, Studio
- Barre Concept*: 11:30 - 12:30, Studio
- Spin: 13:10 - 14:00, Studio
- Yoga: 17:15 - 18:15, Studio
- HIIT & Core: 18:15 - 18:55, Studio
- Tai-Chi*: 19:00 - 20:00, Studio

### Tuesday
- Spin*: 07:15 - 08:00, Studio
- Workshop Workout 1: 09:30 - 10:30, Gym
- Intermediate 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
- Yoga*: 19:00 - 20:00, Studio

### Wednesday
- Fit Blast*: 07:15 - 08:00, Studio
- Total Conditioning: 09:30 - 10:30, Studio
- Over 50's: 10:30 - 11:30, Studio
- Yoga - Dynamic Flow: 12:00 - 13:00, Studio
- Spin: 13:10 - 14:00, Studio
- HIIT & Core*: 17:15 - 17:55, Studio
- Zumba: 18:00 - 18:55, Studio
- Boxfit*: 19:00 - 20:00, Studio

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

### Friday
- Spin: 07:10 - 08:00, Studio
- Dynamic Pilates*: 10:45 - 11:45, Studio
- Yoga - Intermediate: 11:45 - 13:00, Studio
- Zumba: 13:05 - 14:00, Studio
- HIIT & Core: 17:30 - 18:30, Studio
- Yoga for all*: 18:30 - 19:30, Studio

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

### Sunday
- Sunday Combo*: 10:00 - 11:00, Studio
- Body Sculpt: 11:00 - 12:00, Studio
- PiYo*: 12:00 - 13:00, Studio

### Other Activities
- Senior Saints Racket Sports: Mon 10-12:00, Hall
- Saints Sports Run (2.5-5KM): Wed 12:30, Track
- Personal Training Services: GYM

### Key
- 50 Class Break (19/03/18 - 01/04/18) *Semester Only (22/01/18 - 13/05/18)

For more information on classes please see www.st-andrews.ac.uk/sport or contact our sports reception on 01334 462190

**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.

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[University of St Andrews](https://www.st-andrews.ac.uk) | [St Andrews 1413](https://www.st-andrews.ac.uk)
TERMS AND CONDITIONS ON CLASS BOOKINGS/CANCELLATIONS

BOOKING

All Fitness+ members are able to book onto any of our exercise classes ONLINE, up to 2 days in advance. Bookings may also be made in person at reception or by calling 01334 462190 and selecting option 1.

Alternatively, both members and non-members can claim their space on the day at reception up to 30 minutes before the beginning of the class, availability depending.

It is the responsibility of every individual attending a fitness class to ensure that they have read the online PAR-Q and informed consent and that if they have any concern regarding their suitability to attend a class they should speak to a staff member at the sports centre.

FITNESS CLASS ATTENDANCE

Class receipts should be collected (from reception staff or self-service kiosks) at least 5 minutes prior to the class start time. Receipts must be handed to the Sports Assistant or class instructor. Strictly no entry without a valid receipt.

LATE ARRIVAL TO A CLASS MAY RESULT IN THE REFUSAL OF ADMISSION BY THE MEMBER OF STAFF / INSTRUCTOR.

CANCELLATIONS / NO SHOWS

INDIVIDUALS WHO FAIL TO TURN UP FOR A BOOKING (CLASS OR ACTIVITY) WILL BE TREATED AS FOLLOWS:

1. First offence – An email will be sent to the individual reminding them of their responsibility to turn up to bookings.

2. Second offence – An email will be sent to the individual reminding them of their responsibility to turn up to bookings and warning of implications if there are any future offences, i.e. a fine.

3. Third offence – A “no show” fine will be attributed to the individual’s account, meaning entry into the Sports Centre, or use of sports facilities will not be permitted until it is paid in full.

4. Fourth offence and beyond – Another “no show” fine will be attributed to the individual’s account, meaning entry into the Sports Centre, or use of sports facilities will not be permitted until it is paid. The individual’s membership will also be frozen for a period of time, in turn preventing access for that period. No refund will be given.

PLEASE NOTE, LATE CANCELLATIONS (LESS THAN 24 HOURS FOR A FACILITY/ACTIVITY BOOKING AND LESS THAN 2 HOURS FOR CLASS) WILL TREATED AS A NO SHOW.

Any activity or class you have booked but can no longer attend can be cancelled:

- In person at the Sports Centre
- By phone, calling 01334 462190 and using option 1
- Online via Horizons, but only if you have used this method to book the specific activity/class.

Saints Sport reserves the right to change or cancel any class/course at any time prior to the start. In the event of a change or cancellation Saints Sport will endeavour to provide as much advance warning as possible.