

# Summer Fitness Classes

STARTING SATURDAY 19TH JUNE – OCTOBER



DAY	TIME	CLASS	INSTRUCTOR
Monday	13.00-14.00	Pilates @ St. Lukes	Aspasia
	13.00-14.00	Pilates	Vicki
	17.30-18.15	Spinning	Gym Staff
	18.00-19.00	Outdoor circuits	Martin
Tuesday	07.30-08.15	Spinning	Gym staff
	18.00-19.00	Body Blitz	Catherine
	19.00-20.00	Pole Dancing	Catherine
Wednesday	07.30-08.15	Fusion core ball	Zoe
	17.30-18.15	Spinning	Gym Staff
	18.30-19.30	Body Combat	Rachel
Thursday	07.30-08.15	Spinning	Gym staff
	13.00-14.00	Pilates	Vicki
	17.30-18.30	Spinning	Gym Staff
Friday	12.00-13.00	Pilates	Catherine
	17.30-18.30	X Power	Rachel
Saturday	9.30-10.15	Spinning	Gym Staff
Sunday	17.00-18.00	Combat	Caroline
	18.15-19.00	Spinning	Gym Staff



# FITNESS CLASS DESCRIPTIONS

## Body Combat

A non-contact martial-arts based fitness class, from a range of disciplines including karate, boxing and taekwondo. Classes create a fierce and energetic experience which raises your heart rate.

## Spinning

A motivating group cycle class with music that just makes your legs pedal. You will find yourself having a blast while you ride your way to a leaner stronger body.

## X - Power

A weights class with cardio elements. This will strengthen and tone, while raising metabolic rate to aid rapid fat burning.

## Outdoor Circuits

Break out of your indoor exercise routine and enjoy the fresh air. An instructor takes you through interval training. using circuit's moves and changing intensity levels

## Fusion core ball training

Using the core ball but also using moves from Pilates and yoga

## Pilates

Works the body as a whole, if focuses on good body alignment and good body positioning. The exercises aim to improve muscle strength, core stability, posture, flexibility as well as improving breathing and relaxation techniques.

## Pole Dancing

An excellent exercise class for upper body and core strength. It will tone and sculpt the shoulders and arms as well as thighs, giving a whole new body shape.

## Body Blitz

Good for all levels, a low impact, and no co-ordination total body workout using weights.

**SPORTS PARK :** University of Exeter Sports Park, Stocker Road, Exeter, EX4 4QN

**Tel:** 01392 724452 | **Email:** [exetersport@exeter.ac.uk](mailto:exetersport@exeter.ac.uk) | **Web:** [www.exeter.ac.uk/sport](http://www.exeter.ac.uk/sport)

Opening  
1st May  
2010

UNIVERSITY OF  
**EXETER**  
Sport

## Cornwall House Outdoor Swimming Pool

Cornwall House Swimming pool is located on Streatham Campus at the rear of Cornwall House.

The pool is a four lane 25m pool set in a large grass and patio area, great for those summer days.

The pool is heated to a constant 29 deg C and is staffed by qualified lifeguards.

**The pool is open 7 days a week until 3rd October  
(weather and building works permitting)**

### ENTRANCE FEES

University of Exeter staff, students & Sports Park Members	£2.00
Non-members	£2.50
Children under 16 yrs	£2.00
Spectators	£1.50
Conference Users	£2.00
Children under 4 yrs	F.O.C
*Private hire charges	On application

Prices  
frozen for  
2010

### UNLIMITED MONTHLY SWIMMING MEMBERSHIPS

Individual membership	Adult	£15.00
Individual membership	Junior	£10.00

*Under 8's must be supervised at all times in and out of the water at a ratio of no more than two under 8's to one adult over the age of sixteen. Unaccompanied under sixteen's will be admitted at the discretion of the lifeguard on duty.*

\*Contact Sports Bookings at [sportsbookings@ex.ac.uk](mailto:sportsbookings@ex.ac.uk)

For more information please contact **Cornwall House Pool** on **01392 262515**  
or **Streatham Sports Park** on **01392 264452**.

## SWIMMING TIMETABLE

	0700 -	0800 -	0900 -	1000 -	1100 -	1200 -	1300 -	1400 -	1500 -	1600 -	1700 -	1800 -	1900 -
	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													

■ Lane Swimming

■ Casual Swimming

■ Pool available for private hire

■ Pool closed

### PRIVATE BOOKINGS

The pool is available to hire. Book a lane, half or whole pool for group training sessions. Discounts are available for multiple bookings. The pool is available to hire for birthday parties also.

Contact Sports Bookings at [sportsbookings@ex.ac.uk](mailto:sportsbookings@ex.ac.uk)

### CHILDREN'S LEARN TO SWIM PROGRAMME AT ST LUKE'S SPORTS CENTRE

Monday 26th July - Friday 30th July

Monday 2nd August - Friday 6th August

Monday 9th August - Friday 13th August

Monday 16th August - Friday 20th August

Monday 23rd August - Friday 27th August



In extreme weather conditions the pool will be closed to safeguard swimmers.

The area around Cornwall House Pool will undergo substantial redevelopment including demolition, construction and road layout changes over the next 18 months. This work is likely to start in June/July with some work happening directly against the pool perimeter fencing. Until the nature and timescales of the work are known the pool will open and close as advertised. If the works are deemed too disruptive the pool may shut earlier than advertised. All plans will be communicated well in advance of any closure.



## Thornton Hill Walk

- Start:** Great Hall Car Park, Stocker Road
- Distance:** Approx. 1.6 km / 0.9m
- Time:** 25 - 35 mins
- Terrain:** Streets and Surfaced public footpaths
- Level:** First half mostly downhill, second half mostly uphill finishing with Stocker Road hill.

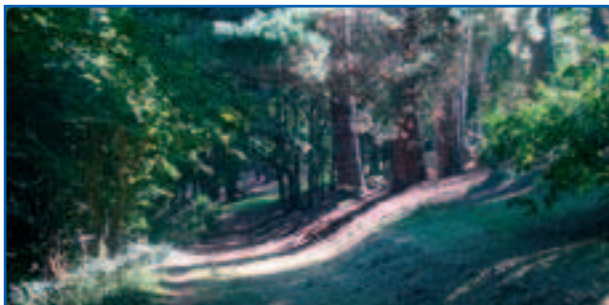
# Thornton Hill Walk

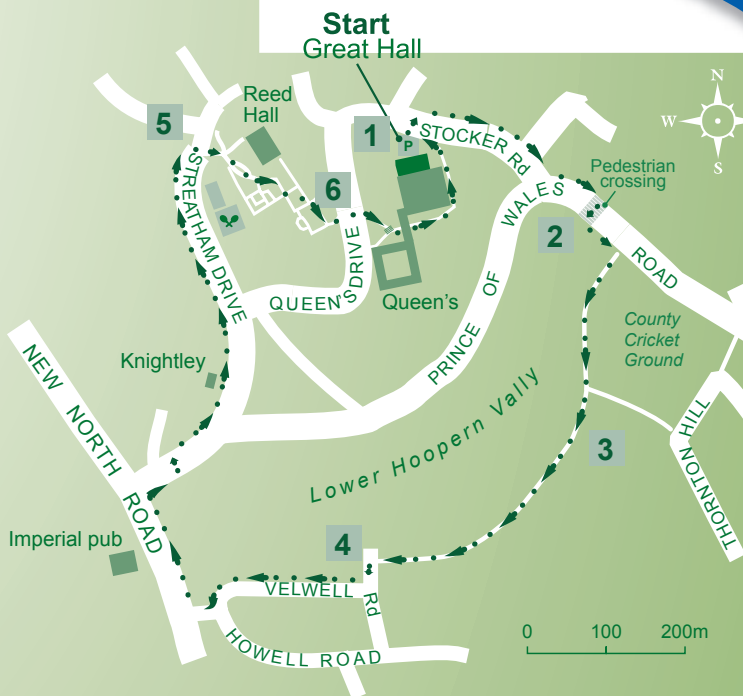
## *Directions:*

1. Turn right down hill past car park & woods.  
At Rennes Drive turn left, with Amory on left & XFi building on right.
2. At the end of the pavement carry straight on & take the first footpath on the right to Lafrowda.
3. Turn left & up half the steps & then turn right, going around the flats to the road, with Cornwall House to the right.  
Turn left & then right along St German's Road out of the campus to PoW Rd.
4. Cross at the zebra crossing & go down Hoopern Lane opposite.  
When at Pennsylvania Road turn right down the hill & walk 200m, past Coop shop to a mini-roundabout
5. Turn right into Blackall Road & first right again up Thornton Hill.  
At the top of the road go straight across onto the narrow footpath beside the playground.  
At the end of this path turn right along footpath in LHV back to PoW Rd.
6. Turn left & cross at the pedestrian crossing, turn right into the campus at the bottom of St Rd. Continue up & back to the GH.

## *Keys:*

Great Hall Car Park – GH | Stocker Road – St Rd  
Prince of Wales Road – PoW Rd | Streatham Drive – Str Dr  
Devonshire House – DH | Lower Hoopern Valley – LHV





## Lower Hoopern Valley Walk

- Start:** Great Hall Car Park, Stocker Road  
**Distance:** Approx. 2 km / 1.2m  
**Time:** 30 - 40 mins  
**Terrain:** Streets & Surfaced public footpaths  
**Level:** First half mostly downhill, second half mostly uphill.

# Lower Hoopern Valley Walk

## *Directions:*

1. Turn right down the hill past the car park & woods to the University entrance on PoW Road.
2. Turn left & cross at the pedestrian crossing, up the hill as far as the entrance to LHV pathway on the right.
3. Walk along this path (shared with cyclists) overlooking the LHV to its end, at Velwell Road. – here you can see the University across the valley & Dartmoor in the distance
4. Enter Velwell Road & turn first right, walk to the other end, along Howell Road & down the short hill  
Turn right & along New North Road past the Imperial pub & take the first right at Str Dr.  
Cross Str Dr & bear off to the left into the campus (passing Music Dept).  
Continue straight along Str Dr past the tennis courts to the right (no pavement here – beware traffic).
5. Turn first right & past the Reed Hall entrance then round to the left.  
Take the first path on the right & then diagonally left through the flower beds & up the steps.
6. Turn right along the path to come out by a bus stop on Queens Drive.  
Cross & turn right then immediately left along a path with steps down at the end.  
Turn left & through the archway of DH & Queens, past the metal sculpture to the front of the shops, left & back to St Rd, up to GH.

## *Keys:*

Great Hall Car Park – GH | Stocker Road – St Rd  
Prince of Wales Road – PoW Rd | Streatham Drive – Str Dr  
Devonshire House – DH | Lower Hoopern Valley – LHV







## Duryard Valley Park Walk

- Start:** Great Hall Car Park, Stocker Road
- Distance:** Approx. 3 km / 1.86m
- Time:** 40 - 55 mins
- Terrain:** Surfaced & some unsurfaced (not muddy) public footpaths & minor roads
- Level:** More strenuous countryside walk, some long gradual hills up and down throughout

# Duryard Valley Park Walk

## *Directions:*

1. Turn right down the hill past the car park & woods.  
At Rennes Drive cross & turn left, passing Amory on left & XFi building on the right (follow Exeter Green Circle signs).
2. At the end of the pavement carry on & take the first footpath on the left, before the pond.  
At the next footpath junction turn right across the wooden bridge & up the hill through some trees.
3. Join the minor road past an old farm building & then take the gravel track to the left, passing a white house.  
Follow the surfaced path straight ahead alongside a field & up the steps at the end turning right onto a lane (Belvidere Road).  
(The fields on your left are part of Duryard Valley Park managed as Belvidere Meadows local nature reserve. Go through the small gate a short way along on your left to get a view in the distance of Dartmoor).  
Continue up the end of Belvidere Road passing houses on your left.
4. Turn left and walk along Argyll Road (700m), a long gradual descent on a surfaced road between houses initially but then becoming a gravel track.
5. At the junction at the bottom turn left passing Argyll Gardens house.  
Continue along this track onto surfaced road (Lower Argyll Rd).
6. Turn left at the first junction onto Belvidere Rd & fork right onto the first track which is Clydesdale Road.  
Continue along this track passing houses on both sides.  
At the entrance to the last house follow the narrow path to the right which becomes Clydesdale Avenue on the campus.  
Walk past University accommodation to Str Dr.
7. Cross straight over & go past Reed Hall entrance & round to the left.  
Take the first path on the right & then diagonally left through the flower beds & up the steps.
8. Turn right along the path to come out by a bus stop on Queens Dr.  
Cross & turn right then immediately left along a path with steps down at the end.  
Turn left & through the archway of DH & Queens, past the metal sculpture to the front of the shops, left & back to St Rd, up to GH.

## *Keys:*

Great Hall Car Park – GH | Stocker Road – St Rd  
Prince of Wales Road – PoW Rd | Streatham Drive – Str Dr  
Devonshire House – DH | Lower Hoopern Valley – LHV



## Clydesdale Walk

- Start:** Great Hall Car Park, Stocker Road
- Distance:** Approx. 2.6 km / 1.62m
- Time:** 30 - 40 mins
- Terrain:** Streets & Surfaced public footpaths, (one short stretch is stony).
- Level:** First half mostly downhill & second half mostly uphill, with one steep short section.

# Clydesdale Walk

## ***Directions:***

1. Turn right down St Rd & almost immediately right again past the front of the University shops.
2. Turn right at the end of the shops & straight ahead under the arch between DH & Queens.  
Turn left down Queens Drive & at the bottom turn left down Str Dr.  
Turn right at the bottom, continuing down Str Dr to New North Road.
3. Turn right onto New North Rd & walk approx. 500m to entrance to Birks Halls of Residence.
4. Turn right & up the drive passing Birks Halls reception & new halls.(Keep to path avoiding traffic)
5. At the end of this road, follow signs to the Catholic Chaplaincy along a path through a gap in the hedge.  
Walk the length of this road (Glenthorne Road) past the chaplaincy & Coplestone Drive entering from the right.  
At the end, turn right up Lower Argyll Road.
6. Turn right into Belvidere Road (stony surface) & then fork right onto the first track which is Clydesdale Road.  
Continue along this track passing houses on both sides.  
At the entrance to the last house follow the narrow path to the right which becomes Clydesdale Avenue on the campus.  
Walk past University accommodation to Str Dr.
7. Turn left & up the steep hill past Mardon Hall & along the path by the Islamic Centre to St Rd.  
Turn right and back to the GH.

## ***Keys:***

Great Hall Car Park – GH | Stocker Road – St Rd  
Prince of Wales Road – PoW Rd | Streatham Drive – Str Dr  
Devonshire House – DH | Lower Hoopern Valley – LHV



The facilities are superb, these discounted prices are fantastic and the opportunities are endless.

## EXCELLENCE

You qualify for this price category - so make the most of it! Membership prices are discounted, so are the activity prices. All you need to know is how to use them.

Try the facilities and we are sure you will see the benefit of our membership options. Whether you want to discount your activity prices and select the pay-as-you-go option or choose one of the pre-paid options - you will soon realise the benefits.

## OPPORTUNITIES

**STANDARD** - Pay-as-you-go - discounted activity prices and membership rights.

**GOLD** - Pre-paid unlimited use of the 2 gyms - discounted prices for all other activities.

**PLATINUM** - Pre-paid unlimited use of the 2 gyms, fitness classes, badminton, squash, outdoor tennis, indoor swimming, climbing and table tennis.

### SPORTS PARK

Gym (fitness suite)

2 Exercise studios

8 Badminton courts sports hall

4 Squash courts

Water based Astro

2 Sand filled Astro pitches (1 full sized)

Rubber-crumb Astro

Outdoor Swimming Pool

6 Outdoor Netball courts

The Sir Christopher Ondaatje Indoor Cricket Centre  
(completion early 2009)

MacLellan Physiotherapy and Lifestyle Centre

### EXETER TENNIS CENTRE

4 Indoor tennis courts

6 outdoor tennis courts

### St LUKE'S SPORTS CENTRE

Indoor Swimming Pool

Sports Hall

Gym (fitness studio)

Gymnasium



### SPORTS PARK & EXETER TENNIS CENTRE

Mon to Fri 0715 - 2200

Sat & Sun 0900 - 1800

### St LUKE'S SPORTS CENTRE\*

Mon to Fri 0900 - 2200

Sat 0900 - 1800

Sun 1000 - 1800

\*Vacation times may vary

### OUTDOOR POOL\*

Mon to Sun 0800 - 2000

\*May to Sept (inclusive), weather permitting

### Sports Park & Tennis Centre

Sports Park, University of Exeter,  
Stocker Road,  
Exeter. Devon  
EX4 4QN

Tel: 01392 264452

### St Luke's Sports Centre

University of Exeter,  
Heavitree Road,  
Exeter. Devon  
EX1 2LU

Tel: 01392 264940

Email: [exetersport@exeter.ac.uk](mailto:exetersport@exeter.ac.uk)

Web: [www.sport.ex.ac.uk](http://www.sport.ex.ac.uk)

## Category 2

University of Exeter & PCMD Staff, University of Exeter Retired Staff,  
University of Exeter Alumni, Ley Member, Corporate.

## Activity Prices



# ACTIVITY PRICES

## Category 2

University of Exeter & PCMD Staff, University of Exeter Retired Staff, University of Exeter Alumni, Ley Member, Corporate.

Standard £37.00

Gold £220.00

Platinum £260.00

DD £19.50 p/m

DD £22.50 p/m

### Sports Park

ACTIVITY	PEAK			OFF-PEAK		
	STD	GOLD	PLAT	STD	GOLD	PLAT
Gym	£3.20	free		£2.40	free	
Gym Induction	£3.00	free		£3.00	free	
Fitness Classes	£2.90		free	£2.90		free
Punch Bag	£3.20		free	£2.40		free
Badminton	£2.80		free		free	
Squash	£2.70		free		free	
Sports Hall Cricket Nets	£5.80			£5.00		
Table Tennis	£2.70		free		free	
Climbing	£2.80		free		free	
Basketball Shooting	£5.60			free		
Netball Shooting	£2.80			free		
Half Main Hall	£14.00			£8.00		
Main Hall	£28.00			£16.00		
Exercise Studio	£20.00			£20.00		
Indoor Tennis Court	£13.20			£7.70		
Indoor Walk-on Court	£6.60			£6.60		
Outdoor Tennis Court	£2.80		free	£2.30		free
Outdoor Netball	£11.00			£11.00		
MUGA	£14.00			£8.00		
1/4 Rubber Crumb	£15.00			£12.50		
1/2 Rubber Crumb	£28.50			£23.00		
Rubber Crumb	£57.00			£46.00		
1/2 Sand Pitch	£16.00			£11.30		
Sand Pitch	£32.00			£22.60		

Prices for the Outdoor Pool on request.

### St Luke's Sports Centre

ACTIVITY	PEAK			OFF-PEAK		
	STD	GOLD	PLAT	STD	GOLD	PLAT
Gym	£3.20	free		£2.40	free	
Gym Induction	£3.00	free		£3.00	free	
Badminton	£2.20		free	free		
Fitness Classes	£2.20		free	£2.20	free	
Upper Gym	£8.50			£8.50		
Lower Gym	£12.00			£11.50		
Swimming	£1.70		free	£1.70		free

Off-peak: Opening - 1500 (Mon to Fri)

Prices are per activity not per person

Prices are per hour / session (classes) or 40 minutes (squash)

STD - Standard GOLD - Gold PLAT - Platinum

Guest fee is £2.00 for non-members

Membership is for 12 months

Swimming: Under 5 years FREE, accompanied by adult (1:1 ratio)  
 under 12 years members £1.00 non-members £2.00, accompanied by adult

The facilities are superb, these discounted prices are fantastic and the opportunities are endless.

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### SPORTS PARK

Gym (fitness suite)

2 Exercise studios

8 Badminton courts sports hall

4 Squash courts

Water based Astro

2 Sand filled Astro pitches (1 full sized)

Rubber-crumb Astro

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4 Indoor tennis courts

6 outdoor tennis courts

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Indoor Swimming Pool

Sports Hall

Gym (fitness studio)

Gymnasium



### SPORTS PARK & EXETER TENNIS CENTRE

Mon to Fri 0715 - 2200

Sat & Sun 0900 - 1800

### St LUKE'S SPORTS CENTRE\*

Mon to Fri 0900 - 2200

Sat 0900 - 1800

Sun 1000 - 1800

\*Vacation times may vary

### OUTDOOR POOL\*

Mon to Sun 0800 - 2000

\*May to Sept (inclusive), weather permitting

### Sports Park & Tennis Centre

Sports Park, University of Exeter,

Stocker Road,

Exeter. Devon

EX4 4QN

Tel: 01392 264452

### St Luke's Sports Centre

University of Exeter,

Heavitree Road,

Exeter. Devon

EX1 2LU

Tel: 01392 264940

Email: [exetersport@exeter.ac.uk](mailto:exetersport@exeter.ac.uk)

Web: [www.sport.ex.ac.uk](http://www.sport.ex.ac.uk)

# Category 4

Non-Members

## Activity Prices



# ACTIVITY PRICES

## Category 4

Non - Members

### Sports Park

ACTIVITY	PEAK	OFF-PEAK
Gym	Members Only	Members Only
Gym Induction	Members Only	Members Only
Fitness Classes	£4.20	£4.20
Punch Bag	£4.00	£4.00
Badminton	£5.20	£4.70
Squash	£5.20	£4.70
Sports Hall Cricket Nets	£8.50	£8.00
Table Tennis	£5.20	£4.70
Climbing	£4.00	£3.30
Basketball Shooting	£10.40	£9.40
Netball Shooting	£5.40	£4.70
Half Main Hall	£22.00	19.50
Main Hall	£44.00	£39.00
Exercise Studio	£28.00	£28.00
Indoor Tennis Court	£17.60	£12.10
Indoor Walk-on Court	£9.90	£9.90
Outdoor Tennis Court	£6.00	£4.50
Outdoor Netball	£11.00	£11.00
MUGA	£20.00	£16.50
1/4 Rubber Crumb	£20.50	£18.00
1/2 Rubber Crumb	£40.00	£38.00
Rubber Crumb	£80.00	£75.00
1/2 Sand Pitch	£24.00	£23.00
Sand Pitch	£48.00	£46.00

Prices for the Outdoor Pool on request.

### St Luke's Sports Centre

ACTIVITY	PEAK	OFF-PEAK
Gym	Members Only	Members Only
Gym Induction	Members Only	Members Only
Badminton	£5.20	£4.70
Fitness Classes	£2.60	£2.60
Upper Gym	£18.00	£18.00
Lower Gym	£21.00	£20.00
Swimming	£3.00	£3.00

Off-peak: Opening - 1500 (Mon - Fri)

Prices are per activity not per person

Prices are per hour / session (classes) or 40 minutes (squash)

Swimming: Under 5 years FREE, accompanied by adult (1:1 ratio)  
 under 12 years members £1.00 non-members £2.00, accompanied by adult