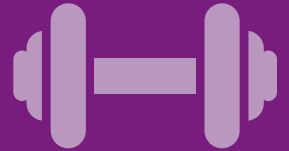


General Activities





OPENING HOURS

Monday to Friday 6am-10pm

Saturday and Sunday 9am-7pm

Peak: Valid during all opening hours

Off Peak: Valid any time except 4pm-10pm Monday-Friday

Off Peak members can pay a supplementary fee to use facilities during peak times

Parking restrictions are in place 8am-4pm Monday-Friday during term time

Parking permits are available from RGU SPORT reception, strictly only valid while using RGU SPORT facilities.

RGU SPORT • GYM • SWIM • CLASSES • SPORTS HALL • FITNESS



To book classes, sports hall activities, and other courses online visit rgusportonline.rgu.ac.uk/bookings

Sports Hall Activities

Both Members and Non-Members can book up to 7 days in advance.

Courses

Climbing Courses, NPLQ, and First Aid at Work courses can be booked 8 weeks in advance.

Classes

Members

Book into your favourite classes 7 days in advance and collect your ticket on the day of the class at the fast track kiosks.

Non-Members

Book into your favourite class online on the day or sign up at reception from 2 hours before the class starts. Collect your ticket from reception.

For more information about memberships please visit rgusportonline.rgu.ac.uk/memberships. Memberships are subject to terms and conditions.

ONLINE SERVICES • BOOKINGS • MEMBERSHIPS • SPORT HALL • COURSES • CLASSES



GYM

TREADMILLS • VIRTUAL TRAINER SPIN BIKES • CROSS TRAINERS • UPRIGHT BIKES • RECUMBENT BIKES • ROWING MACHINES • FREE WEIGHTS • CABLE MACHINES • PLATFORMS • STRENGTH AND CONDITIONING ROOM • TECHNOGYM • BENCHES • PLYOMETRIC BOXES

SERVICES

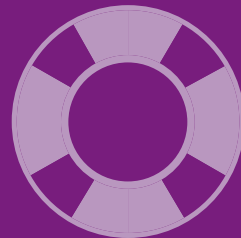
Gym Induction - Introduction to main fitness area, with instruction of CV and fixed resistance machines. Ideal for people with no gym experience.

Gym Programmes - RGU SPORT's Gym programmes allow members to work through a personalised programme that will look to help reduce fat or increase strength. The programmes are split into two different pathways, Fat Burning and Strength. Programmes have three different stages and each lasts for a period of 8 weeks.

Talented Athlete Programme (TAP) – A service that assist with your sporting goals through the input of a structured strength and conditioning programme. Providing individuals with coached sessions within our strength and conditioning facility as well as swimming pool access.

Teen Gym – A Supervised, drop in gym session for 13-15 year olds. Sessions take place on Monday and Friday afternoons from 4pm – 5.30pm. Our experienced staff not only ensure safe use of equipment but also offer guidance and advice on gym programmes.

Personal Training – RGU SPORT offer a personal training service, delivered by a third party. For more information please contact reception.



SWIM

25 METRE • 6 LANES • AQUA AEROBICS • SCHOOLS • CORE 94 • LEARN TO SWIM •
AQUA ZUMBA • TRAINING • FAMILY FUN SESSION • CLUBS • OPEN SWIM

SERVICES

Learn to Swim - Quality and affordable swimming tuition, catering for all ages and abilities. Small Classes and individual teaching available. For more information please ask at reception.

Aqua Aerobics – Simply Aerobics in the pool. A low impact workout for those with weaker joints.

Aqua Zumba – Low impact, high energy, aquatic exercise class. Helps improve cardio-conditioning and muscle tone with Zumba's little touch of Latin flavour.

Family Fun Session – Weekend sessions for all the family to enjoy. Floats and toys will be available for children to use during this open session. All those under the age of 8 must be accompanied by an adult. For more information please ask at reception.

CLASSES



ABS BLAST • AQUA AEROBICS • AQUA ZUMBA • AWARENESS YOGA • BODY BALANCE • BODY ATTACK • BODY COMBAT
• BODY PUMP • BODY STEP • CALLANETICS • CARDIAC REHAB • CX WORX • CYCLE BLAST • INDOOR CYCLING • JOG SCOTLAND
• METAFIT • PILATES • TECHNOGYM • YOGA • ZUMBA GOLD • PIYO

• STRENGTH AND TONE • POWER • AEROBIC FITNESS • FAT BURN •

*Classes available are subject to change.

INHALE • EXHALE • FOCUS
CLASSES FOR THE MIND, BODY AND SOUL

Yoga

A combination of breathing and stretching exercises which will improve flexibility and posture whilst feeling re-energised and relaxed.

Pilates

Pilates concentrates on slow and measured movements in order to create lean and strong muscles.

Callanetics

A cross between Pilates and Ballet using very small repetitive movements to tone and shape. A low impact but hard working class.

Awareness Yoga

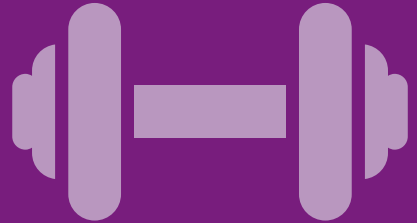
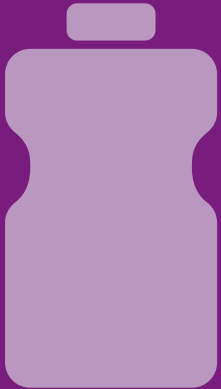
Aimed towards those with more experience in yoga, but all welcome. Asana postures, mudras, bandhas and pranayama for energy and relaxation.

Les Mills Body Balance

Controlled breathing, concentration with a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance. Improves joint flexibility and range of motion, increases core strength and reduces stress levels.

Piyo

Combining Pilates and Yoga to create a unique blend of strength and core conditioning. You will burn calories, tone muscles and improve flexibility.



• STRENGTH AND TONE • POWER • AEROBIC FITNESS • FAT BURN •

*Classes available are subject to change.

EXERT • ENHANCE • DEVELOP
CLASSES FOR STRENGTH AND TONE

Abs Blast

Dedicated to conditioning the muscles in the core section of the body. Every exercise will work, tone and strengthen the core muscles.

BSPT BootCamp

Barry Stephen Personal Training's weekly class is a combination of circuit training and HIIT methods. It is a full body workout using various forms of resistance and body weight exercises to create a challenging, fun and highly rewarding training session. An ideal class for those looking to lose body fat, tone and improve conditioning levels.

Les Mills Body Pump

The original barbell class that strengthens your entire body. The class challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and awesome instructors.

Les Mills CX Worx

30 Minute workout based on cutting edge scientific research, is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back and obliques.



• STRENGTH AND TONE • POWER • AEROBIC FITNESS • FAT BURN •

*Classes available are subject to change.

EXERT • CONDITION • DEVELOP FITNESS & AEROBIC CLASSES

Cycle Blast

A great way to kick start your day with a great combination of cycling, and abs.

Jog Scotland

A great way to build yourself from a walk to a jog. Jog Scotland meet in the café area of RGU SPORT and then discuss what's going to happen in that session. Sessions take place outside so dress accordingly.

Indoor Cycling

A real calorie burner, using upbeat music, no set routines or choreography to keep the body guessing. Highly motivated classes set to all ages and abilities. Uses specially designed spinning bikes.

MetaFit

The metafit 30 minute bodyweight training system gets results. A functional and effective, metabolic workout using high intensity training.

EXERT • ENHANCE • DEVELOP
FITNESS & AEROBIC CLASSES

Les Mills Body Attack

A Sports inspired cardio workout that will build strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivates everyone towards their fitness goal. Available in 60, 45 or 30 minute sessions.

Les Mills Body Combat

An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, thai chi and muay thai. Powerful Instructors and driving music help you kick & punch your way through the calories.

Les Mills Body Step

This is an energising step workout. Using a height adjustable step and simple movements on, over and around the step. You push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

HEALTH • WELLNESS • ACTIVE SPECIALIST & SENIOR CLASSES

Grampian Cardiac Rehabilitation

GP referral class, combining CV and conditioning exercises to maintain quality of life. Attendees to be referred to us from GP.

Aqua Aerobics

Simply Aerobics in the pool, low impact workout.

Aqua Zumba

For those looking to make a splash, this low impact, high energy, aquatic exercise class is a great workout which helps improve cardio-conditioning and muscle tone with Zumba's little touch of Latin Flavour.

Chair Based Yoga

Combining Yoga and Pilates to create a tailored class designed to enhance fitness and quality of life. Start by using a chair and as you progress and become more stable, try standing and use the chair for support. Each class covers breathing work and guided relaxation for a well-rounded practice to stimulate your body and mind. All ages and abilities welcome.



Technogym

For those looking to work out in a friendly and social environment. Great for those looking to maintain/improve quality of life through cardiovascular, conditioning and balance exercises. Using low impact machines where everyone works at their own pace. Please email technogym@rgu.ac.uk for more information.

Zumba Gold

Designed for older adults or active people who have not been exercising for some time. Class focuses on balance, range of motion and coordination. Lower intensity than Zumba but still uses the same great style of Latin music.



CLIMBING

LEARN TO CLIMB • CLIMBING ASSESSMENTS • CLIMBING PARTIES •
BOULDERING • TASTER SESSIONS • KIDS CLUB • FAMILY SESSIONS

For further information contact
email: climbing@rgu.ac.uk

Climbing Assessment - Running for just half an hour, an assessment is mandatory before gaining access to the climbing facilities. Once assessed climbers are eligible to sign in up to 2 non-assessed buddies aged 5 years and above.

No teaching or assistance will be provided during Assessments. These are purely to assess your current ability to use the wall safely.

Climbing Parties - Parties are available for ages 5-15 and for groups of 8 (maximum 16). Parties last for one hour and may include some time in the bouldering room (subject to time and availability.)

All equipment will be provided and is included in the cost of the party

Kids Climbing Club – Running throughout school term time the club is open to those who have completed a Learn To Climb course. This club is a great way for children to keep climbing without having to rely on parents and guardians to be there.

Monday 11 – 15 years 4.30pm – 6.00pm

Wednesday 5 – 10 years 4.30pm – 6.00pm

Learn To Climb - All of the basics are covered, from tying in and belaying to climbing technique and bouldering. The participants will work towards being assessed on the last week so they can return and climb unsupervised (adults only). Children gain an RGU SPORT registration card which is used to attend the kids' clubs. Equipment hire is included in the price of the course.

Discount Night

After 1800 every Tuesday

Discount Morning

Before 0900 every week day.

Learn to climb options

Family (2 adults / 2 kids)

Can cater for (1 adult / 1 kid) etc.

Organised at time convenient to customer
5-10 year old (4 x 1hr every wednesday from 1800 - 1900)

11-15 year old (4 x 1hr every Monday from 1800 - 2000)

Adult (3 x 2hr every Thursday from 1800 - 2000)

LTC courses start 1st day of month i.e. Adult LTC begins on 1st Thursday of the month and runs for 3 consecutive Wednesdays.

SERVICES

Advanced Bookings – Members and non-members can book Sports hall activities up to seven days in advance.

Set up ready for you to go – All sports hall activities will be set up and ready for you to enjoy when you arrive.

Please go to rgusportonline.co.uk for prices and Full T&C's

SPORTS HALL



BADMINTON • 3-A-SIDE BASKETBALL • 5-A-SIDE FOOTBALL • VOLLEYBALL • HOCKEY • TABLE TENNIS •
SHORT TENNIS • FULL BASKETBALL COURT • NETBALL • INTERNATIONAL BASKETBALL • CONTRACT HIRE

Book now at rgusportonline.rgu.ac.uk/bookings

PHYSIOTHERAPY@RGU:WELLNESS

Our mission is to provide a comprehensive professional physiotherapy service based on clinical excellence which is accessible to all.

We offer expert and holistic treatment for:

- Sport injuries
- Joint/Muscle pain
- Back / Neck pain
- Sports massage
- Biomechanical issues
- Neurological conditions
- Whiplash

To book online visit www.rgu.ac.uk/clinic or call 01224 262626

- RGU:Wellness offers physiotherapy and sports massage to help you get back on track, ready for life, work and leisure
- We are able to draw on the expertise and facilities offered by RGU SPORT and the Human Performance Lab within the School of Health Sciences
- Appointments can be booked on 01224 262626 or online
- For full information on prices and services visit www.rgu.ac.uk/clinic
Email: rguwellness@rgu.ac.uk



