



**WINCHESTER FITNESS AND SPORTS CLUB :**

**Club Activities and current charges from 1<sup>st</sup> April 2024 onwards**

**MONDAY and WEDNESDAY at the River Park Leisure Centre – outdoor courts**

**Lawn Tennis at the River Park Leisure Centre – outdoor courts 10.00 -12.00am.**

If anyone intends to play tennis regularly they should join the Winchester City Council *Love Tennis* scheme - their Annual Pass allows members to play tennis at River Park for £35 a year ... as much as they like for an entire year!

Contact Membership Secretary (membershipwfsclub@gmail.com) for further details

**TUESDAY at Winchester Sport and Leisure Park [ Bar End ]**

<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Cost</b>
10:00- 12:00	Senior Rackets–short tennis [sports hall-5,6,7,8]	Up to 2 hours	£3.75
12:00- 13:00	Senior Rackets–short tennis [sports hall-7 ]	Up to 1 hour	£3.75
12:00- 13:00	Senior Rackets – pickle ball [sports hall-8 ]	Up to 1 hour	£3.75
10:00- 12:00	Senior Rackets–badminton [sports hall-1,2,3 ]	Up to 2 hours	£3.75
12:00- 13:00	Senior Rackets–badminton [sports hall-1,2 ]	Up to 1 hour	£3.75
10:00- 13:00	Senior Rackets– table tennis [squash court 1+4 ]	Up to 3 hours	£3.75
10:00- 13:00	Senior Rackets–table tennis [sports hall-4 ( x2) ]	Up to 3 hours	£3.75
10:00- 13:00	Senior Rackets–squash singles [ squash court-3]	Up to 3 hours	£3.75
10:00- 13:00	Senior Rackets–squash doubles[squash court 1/2]	Up to 3 hours	£3.75
10:00- 10.45	Forever Fit [ Senior Keep Fit ]–in studio	45 mins	£6.15
10.50- 11.45	Chair Yoga –in studio	55 mins	£4.55
11.00- 11.45	SPINNING [ Group Cycling ] – in spin studio	45 mins	£5.60
10:00- 13:00	Swimming	55 mins per session	£1.30
10:00- 13:00	Gym	55 mins per session	£1.20
11:45 start	Fit & Sport Aqua [Senior Aquacise ]	49 mins	£6.15

## TUESDAY at the Hyde Abbey Club

**Outdoor Bowls from Tuesday 03<sup>rd</sup> May at 2.00pm at a cost of £2.00 per session**

Contact Dave Kemp ([davekemp89@gmail.com](mailto:davekemp89@gmail.com)) for further details

## WEDNESDAY at the Riverside Bowls Centre at River Park

**Indoor Bowls at the Riverside Bowls Centre 8:45 – 11am.**

Cost is £3 a session plus a fee to join the centre.

Contact Dave Kemp ([davekemp89@gmail.com](mailto:davekemp89@gmail.com)) for further details

## THURSDAY at Winchester Sport and Leisure Park [ Bar End ]

Time	Activity	Duration	Cost
09.05- 09.50	Forever Fit & Sport [ Senior Keep Fit ] – in studio	45 mins	£6.15
10:00- 12:00	Senior Rackets–short tennis [sports hall-1,2,3 ]	Up to 2 hours	£3.75
12:00- 13:00	Senior Rackets–short tennis [sports hall-2 ]	Up to 1 hours	£3.75
12:00- 13:00	Senior Rackets – pickle ball [sports hall-1 ]	Up to 1 hour	£3.75
10:00- 12:00	Senior Rackets – badminton [sports hall-5,6,7,8 ]	Up to 2 hours	£3.75
12:00- 13:00	Senior Rackets – badminton [sports hall-7,8 ]	Up to 1 hour	£3.75
10:00- 13:00	Senior Rackets–table tennis [squash court-1+4]	Up to 3 hours	£3.75
10:00- 13:00	Senior Rackets–table tennis [sports hall-4 ( x2 ) ]	Up to 3 hours	£3.75
10:00- 13:00	Senior Rackets–squash singles [ squash court-3 ]	Up to 3 hours	£3.75
10:00- 13:00	Senior Rackets–squash doubles[squash court1/2]	Up to 3 hours	£3.75
10:00- 10.55	Fit & Sport Pilates[Senior Pilates]- in studio	55 mins	£6.15
10:00- 13:00	Swimming	55 mins per session	£1.30
10:00- 13:00	Gym	55 mins per session	£1.20
11:30- 12.25	Fit and Sport Yoga [Senior Yoga] - in studio	55 mins	£6.15
12:40- 13.25	Fit and Sport Tai Chi [Senior Tai Chi] - in studio	55 mins	£6.15
13:00- 13.45	Fit and Sport Aqua [Senior Aquacise]	45 mins	£6.15

## FRIDAY at Winchester Sport and Leisure Park [ Bar End ]

Time	Activity	Duration	Cost
10:00-12:00	Senior Rackets-Highly Competitive Standard-Short Tennis [sports hall-1,2 ]	Up to 2 hours	£3.75
10:00- 13:00	Gym	55 mins per session	£1.20