



## WINCHESTER FITNESS AND SPORTS CLUB :

### **Club Activities and current charges from 1<sup>st</sup> April 2025 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 £39 a year ... as much as they like for an entire year!

Contact Dave Kemp ([davekemp89@gmail.com](mailto:davekemp89@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	£4.25
12:00- 13:00	Senior Rackets–short tennis [sports hall-7 ]	Up to 1 hour	£4.25
12:00- 13:00	Senior Rackets – pickle ball [sports hall-8 ]	Up to 1 hour	£4.25
10:00- 12:00	Senior Rackets–badminton [sports hall-1,2,3 ]	Up to 2 hours	£4.25
12:00- 13:00	Senior Rackets–badminton [sports hall-1,2 ]	Up to 1 hour	£4.25
10:00- 13:00	Senior Rackets– table tennis [squash court 1+4 ]	Up to 3 hours	£4.25
10:00- 13:00	Senior Rackets–table tennis [sports hall-4 ( x2) ]	Up to 3 hours	£4.25
10:00- 13:00	Senior Rackets–squash singles [ squash court-3]	Up to 3 hours	£4.25
10:00- 13:00	Senior Rackets–squash doubles[squash court 1/2]	Up to 3 hours	£4.25
10:00- 10.45	Forever Fit [ Senior Keep Fit ]–in studio	45 mins	£6.65
10.50- 11.45	Chair Yoga –in studio	55 mins	£4.65
11.00- 11.45	Spinning [ Group Cycling ]–Not currently available	45 mins	
10:00- 13:00	Swimming	55 mins per session	£1.80
10:00- 13:00	Gym	55 mins per session	£1.70
11:45 start	Fit & Sport Aqua [Senior Aquacise ]	49 mins	£6.65

## **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 Sandra Herron ([sandraherron@ntlworld.com](mailto:sandraherron@ntlworld.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 Sandra Herron([sandraherron@ntlworld.com](mailto:sandraherron@ntlworld.com)) for further details.

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

<b>Time</b>	<b>Activity</b>	<b>Duration</b>	<b>Cost</b>
09.05- 09.50	Forever Fit & Sport [ Senior Keep Fit ] – in studio	45 mins	£6.65
10:00- 12:00	Senior Rackets–short tennis [sports hall-1,2,3 ]	Up to 2 hours	£4.25
12:00- 13:00	Senior Rackets–short tennis [sports hall-2 ]	Up to 1 hours	£4.25
12:00- 13:00	Senior Rackets – pickle ball [sports hall-1 ]	Up to 1 hour	£4.25
10:00- 12:00	Senior Rackets – badminton [sports hall-5,6,7,8 ]	Up to 2 hours	£4.25
12:00- 13:00	Senior Rackets – badminton [sports hall-7,8 ]	Up to 1 hour	£4.25
10:00- 13:00	Senior Rackets–table tennis [squash court-1+4]	Up to 3 hours	£4.25
10:00- 13:00	Senior Rackets–table tennis [sports hall-4 ( x2) ]	Up to 3 hours	£4.25
10:00- 13:00	Senior Rackets–squash singles [ squash court-3 ]	Up to 3 hours	£4.25
10:00- 13:00	Senior Rackets–squash doubles[squash court1/2]	Up to 3 hours	£4.25
10:00- 10.55	Fit & Sport Pilates[Senior Pilates]- in studio	55 mins	£5.20
10:00- 13:00	Swimming	55 mins per session	£1.80
10:00- 13:00	Gym	55 mins per session	£1.70
11:25- 12.10	Fit and Sport Yoga [Senior Yoga] - in studio	55 mins	£6.65
12:40- 13.25	Fit and Sport Tai Chi [Senior Tai Chi] - in studio	55 mins	£6.65
13:00- 13.45	Fit and Sport Aqua [Senior Aquacise]	45 mins	£6.65

## **FRIDAYat 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-Highly Competitive Standard-Short Tennis [sports hall-1,2 ]	Up to 2 hours	£4.25
10:00- 13:00	Gym	55 mins per session	£1.70