



WINCHESTER FITNESS AND SPORTS CLUB :

Club Activities and current charges from 1st April 2026 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 £40 a year (£30.50 for Adult Saver members) ... as much as they like for an entire year!

Contact Anne Parry (acuparia2000@yahoo.co.uk) for further details

TUESDAY at Winchester Sport and Leisure Park [Bar End]

Time	Activity	Duration	Cost
10:00- 12:00	Senior Rackets–short tennis [sports hall-5,6,7,8]	Up to 2 hours	£4.50
12:00- 13:00	Senior Rackets–short tennis [sports hall-7]	Up to 1 hour	£4.50
12:00- 13:00	Senior Rackets – pickle ball [sports hall-8]	Up to 1 hour	£4.50
10:00- 12:00	Senior Rackets–badminton [sports hall-1,2,3]	Up to 2 hours	£4.50
12:00- 13:00	Senior Rackets–badminton [sports hall-1,2]	Up to 1 hour	£4.50
10:00- 13:00	Senior Rackets– table tennis [squash court 1+4]	Up to 3 hours	£4.50
10:00- 13:00	Senior Rackets–table tennis [sports hall-4 (x2)]	Up to 3 hours	£4.50
10:00- 13:00	Senior Rackets–squash singles [squash court-3]	Up to 3 hours	£4.50
10:00- 13:00	Senior Rackets–squash doubles[squash court 1/2]	Up to 3 hours	£4.50
10:00- 10.45	Forever Fit [Senior Keep Fit]–in studio	45 mins	£7.00
10.50- 11.50	Chair Yoga –in studio 2	1hr	£5.50
10:00- 13:00	Swimming	Up To 1hr per session	£3.50
10:00- 13:00	Gym	Up To 1hr per session	£3.50
11:45 start	Fit & Sport Aqua [Senior Aquacise]	49 mins	£6.00

TUESDAY at the Hyde Abbey Club

Outdoor Bowls from Tuesday 03rd May at 2.00pm at a cost of £2.00 per session

Contact Sandra Heron (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 Heron (sandraherron@ntlworld.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	£7.00
10:00- 12:00	Senior Rackets–short tennis [sports hall-1,2,3]	Up to 2 hours	£4.50
12:00- 13:00	Senior Rackets–short tennis [sports hall-2]	Up to 1 hours	£4.50
12:00- 13:00	Senior Rackets – pickle ball [sports hall-1]	Up to 1 hour	£4.50
10:00- 12:00	Senior Rackets – badminton [sports hall-5,6,7,8]	Up to 2 hours	£4.50
12:00- 13:00	Senior Rackets – badminton [sports hall-7,8]	Up to 1 hour	£4.50
10:00- 13:00	Senior Rackets–table tennis [squash court-1+4]	Up to 3 hours	£4.50
10:00- 13:00	Senior Rackets–table tennis [sports hall-4 (x2)]	Up to 3 hours	£4.50
10:00- 13:00	Senior Rackets–squash singles [squash court-3]	Up to 3 hours	£4.50
10:00- 13:00	Senior Rackets–squash doubles[squash court1/2]	Up to 3 hours	£4.50
10:00- 10.45	Fit & Sport Pilates[Senior Pilates]- in studio	45 mins	£6.00
10:00- 13:00	Swimming	55 mins per session	£3.50
10:00- 13:00	Gym	Up To 1hr per session	£3.50
11:15 start	Fit and Sport Yoga [Senior Yoga] - in studio	55 mins	£6.00
13:00- 13.45	Fit and Sport Aqua [Senior Aquacise]	45 mins	£7.00

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	£4.50
10:00- 13:00	Gym	Up To 1hr per session	£3.50