



Membership Options



Monday - Gym



Wednesday - Studio



Friday - Swim

Gym - A Personalised Approach.....

Here at Valley Leisure we offer a personalised approach to your health and fitness. We guarantee results for you with our introduction programmes, with continued support from our fitness professionals who are with you every step of the way.

Studio Classes - Something for Everyone!

The range of studio classes is outstanding, regardless of your age or fitness level there will be something for you. With a number of different classes to choose from, including high energy Body Combat to more relaxed Yoga and Pilates, achieve your results in a fun, relaxed environment!

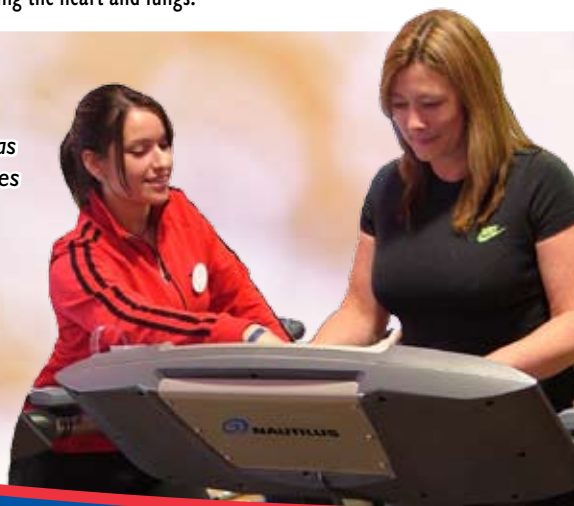
Swim - A Low Impact Full Body Workout!

Swimming is a fantastic activity that is both healthy and relaxing. It tones the body and provides an excellent cardiovascular workout, whilst strengthening the heart and lungs.

As a charitable trust we strive to keep our prices as low as possible, in order to ensure that our facilities can be enjoyed by all sections of the community.

To achieve this we have a number of pricing options in place, including:

- Single session pay as you go.
- Concessionary discounts.
- Inclusive memberships.



www.valleyleisure.com



Become a Fan
Follow the link at
valleyleisure.com



Autumn - Winter
September - December 2011

Welcome to Andover Leisure Centre



Welcome to our new September - December programme at Andover Leisure Centre. This season we have many new exciting activities to boast.

In the gyms, we have implemented new introduction programmes and "Pit Stop" refreshers for current users. In the ladies gym we have a whole range of new equipment as well as a timetable of group workouts designed to add variety and compliment your programme. We have also added Aqua Zumba to the pool programme, investment to the Super School and Explore Outdoor holiday programmes plus new inflatables in the creche. Something new for everyone.

Reception Opening Hours

Monday - Friday 8.30am - 9.45pm
Saturday - Sunday 8.30am - 5.45pm

Andover Leisure Centre

West St
Andover
Hants
SP10 1QP



01264 347100
enquiries@andover-leisure-centre.co.uk



Welcome to The Gyms

Welcome to our Gyms at Andover Leisure Centre.

We offer 3 fully equipped gyms, all containing state of the art fitness equipment. Our main gym contains over 140 cardiovascular and resistance machine stations as well as free weights and multi-functional training areas. We also offer a dedicated ladies only gym and a fully equipped strength training gym complete with Olympic weights and a further selection of resistance machines.

To compliment the fantastic facilities, our professional staff are committed to offering a personalised approach to your fitness. Whatever your goals may be, our instructors are at hand to design you a personalised fitness programme and

will be with you every step of the way.

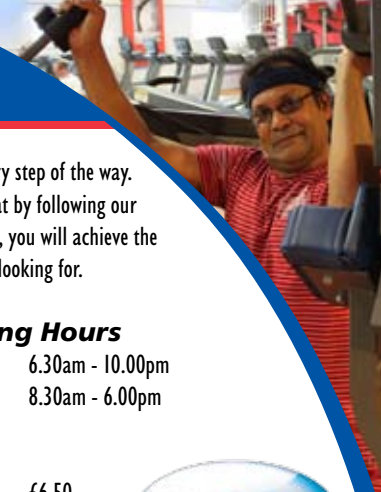
We are confident that by following our advice and guidance, you will achieve the results that you are looking for.

Gym Opening Hours

Monday - Friday 6.30am - 10.00pm
Saturday - Sunday 8.30am - 6.00pm

Prices

Non member £6.50
Concessionary Member £2.95



NEW Ladies Gym Group Workouts and Gym Upgrade



Fun, Functional Workouts

Circuit based workouts designed to provide variety and support in a fun enjoyable environment.

Monday, Wednesday & Friday
7.30 - 8.00pm

These workouts will seriously compliment your exercise programme and fast track you onto your way to success.

FREE: Included in your gym session.

New Equipment

- Medicine Balls
- Vipers
- Air Discs
- Squat Rack
- Barbells
- Power Bags



Book Your Programme Review Today!

As an inclusive member, programme reviews are part of the package. If you feel as though your programme needs refreshing, or if you just want a catch up our friendly staff are at hand to get you back on track. Contact a member of the fitness team for more information.

'More Exciting Activities for Children of all ages & abilities'
Explore Outdoor at Charlton Lakeside



Valley Leisure Committed to the community

Valley Leisure is a charitable organisation that exists solely for the benefit of the communities in which it operates. It is a not for profit organisation, providing affordable health, wellbeing and leisure services. Any surpluses are reinvested into the facilities providing those who use us with the best opportunities available.

To learn more about our impact in the community, visit www.valleyleisure.com and download our latest impact report.



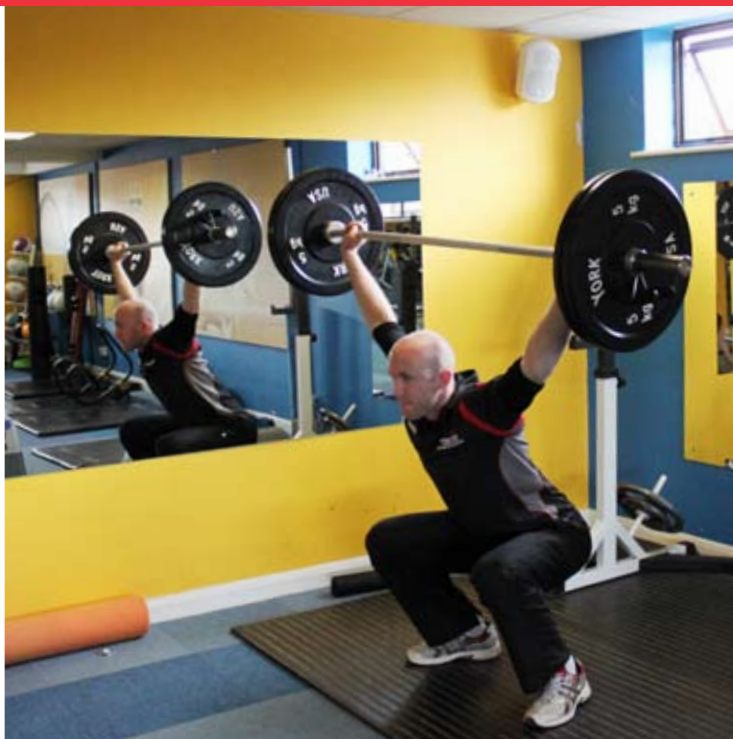
Welcome to the Fitness Studio



Welcome to our 4 professionally equipped studios. Here you will find a versatile programme of classes and courses for all to enjoy.

If you are new to the Studios please read our Studio Screening policy; this will ensure that you are fit to exercise and will give you an introduction to the facility.

All classes are available for non members and members to book online. To make a booking collect your member ID and pin from reception (if you already know your member ID you can retrieve this online).



Health & Fitness Courses

Health and fitness courses offer a structured programme to ensure that all participants progress at a steady rate. For courses start dates please see the web or enquire at reception.

Pilates (Beginners)	Wednesdays	6.00pm - 7.00pm
Pilates (Mixed)	Thursdays	6.00pm - 7.00pm
Chi Ball	Saturdays	10.00am - 11.00am
Yoga Bump (34 - 40 weeks)	Fridays	5.15pm - 6.10pm
Yoga Bump (16 - 34 weeks)	Fridays	6.15pm - 7.15pm
Tap Dance	Tuesdays	7.00pm - 7.55pm
Strictly Dance	Tuesdays	8.00pm - 9.00pm
An Intro to Studio Cycling	Thursdays	8.15pm - 8.45pm
Strength Training	Sundays	3.00pm - 6.00pm
Olympic lifting Course	Tuesdays	7.30pm - 8.30pm
Running Club	Mondays	6.00pm - 7.00pm

4 week Courses £29.60 • 5 week Courses £37.00 • 6 week Courses £44.40



Studio Timetable

September - December 2011

Non Member Class Prices
Band A £5.70
Band B £5.00



Monday			Tuesday		
A	9.30am - 10.25am	S1 Body Combat™	A	9.45am - 10.45am	S2 Zumba®
A	10.30am - 11.30am	S1 Studio Strength	A	10.00am - 10.55am	S1 Body Step™
A	11.35am - 12.05pm	S1 Relaxation	A	10.55am - 11.55am	S2 Yoga
A	5.45pm - 6.45pm	H Zumba® Unleashed	A	11.00am - 12.00pm	S1 Aerotone
A	6.00pm - 6.55pm	S1 Pure Tone	B	12.20pm - 1.00pm	S3 Studio Cycle
A	6.00pm - 6.55pm	S2 Legs Bums Tums	B	6.00pm - 6.40pm	S3 Studio Cycle
B	6.00pm - 6.40pm	S3 Studio Cycle	A	6.00pm - 6.55pm	S1 Zumba®
A	7.00pm - 7.45pm	S2 Abs	A	6.00pm - 7.00pm	S2 Swiss Ball Tone
A	7.00pm - 7.55pm	S1 Body Step™	A	7.00pm - 8.00pm	CLP Explore Outdoor Fitness
B	7.00pm - 8.00pm	S3 Endurance Cycle	B	7.00pm - 7.40pm	S3 Studio Cycle
A	7.30pm - 8.25pm	S4 Yoga	A	7.00pm - 7.55pm	S1 Studio Strength
A	8.05pm - 9.05pm	S1 Circuits	A	8.05pm - 9.05pm	S1 Body Attack™
A	8.05pm - 9.05pm	S2 Zumba®			
A	8.30pm - 9.30pm	S4 Yoga			
Wednesday			Thursday		
B	7.00am - 7.40am	S3 Studio Cycle	B	9.30am - 10.10am	S3 Studio Cycle
A	10.00am - 10.55am	S1 Legs Bums Tums	A	10.00am - 10.55am	S1 Body Attack™
A	10.00am - 11.00am	S2 Body Combat™	B#	10.15am - 11.00am	S2 Abs
B	11.00am - 11.40am	S3 Studio Cycle	A	11.00am - 12.00pm	S1 Body Balance™
A	11.00am - 12.00pm	S1 Body Balance™	B	12.20pm - 1.00pm	S3 Studio Cycle
B	6.00pm - 6.40pm	S3 Studio Cycle	B	6.00pm - 6.40pm	S3 Studio Cycle
A	6.00pm - 6.55pm	S1 Step Circuit	A	6.00pm - 6.55pm	S1 Studio Strength
B	7.00pm - 7.40pm	S3 Beginner Cycle	A	6.00pm - 7.00pm	CLP Explore Outdoor Fitness
A	7.05pm - 8.00pm	S4 Yoga	A	7.00pm - 7.55pm	S2 20 20 20
A	7.00pm - 7.55pm	S1 Body Combat™	B	7.00pm - 7.40pm	S3 Studio Cycle
A	8.05pm - 9.05pm	S4 Body Balance™	A	7.05pm - 8.00pm	S1 Boxercise
A	8.00pm - 9.00pm	S1 Legs Bums Tums	A	8.05pm - 9.05pm	S1 Zumba®
Friday			Saturday		
B	7.00am - 7.40am	S3 Studio Cycle	A	9.00am - 10.00am	S2 Chakra Yoga
A	9.50am - 10.50am	S1 Studio Strength	B	10.00am - 10.45am	S3 Studio Cycle
B	10.00am - 10.40am	S3 Studio Cycle	A	11.00am - 12.00pm	S2 Swiss Ball Tone
A	10.55am - 11.55am	S1 Yoga	Sunday		
B	5.30pm - 6.15pm	S3 Studio Cycle	A	9.00am - 9.55am	S1 Body Step™
A#	5.30pm - 6.25pm	S1 20 20 20	B	9.20am - 10.00am	S3 Studio Cycle
A	6.30pm - 7.25pm	S1 Body Combat™	A	10.05am - 11.05am	S2 Family Circuits
A	6.30pm - 7.30pm	S2 Body Step™	A	10.10am - 11.10am	S1 Studio Strength
A	7.30pm - 8.30pm	S4 Body Balance™	A	11.10am - 12.10pm	S2 Zumba®
			A	11.15am - 12.15pm	S1 Yoga: (1st Sunday of each month 11.15am - 1.15pm)

■ Cardiovascular	S1 Studio 1
■ Toning	S2 Studio 2
■ Strength	S3 Studio Cycle
■ Yoga	S4 Studio 4
■ Studio Cycling	H Main Hall
# Not on during holidays	CLP Charlton Lakeside

Refunds will not be issued for non attendance. We reserve the right to discontinue classes with very low attendance at short notice.



NEW Aqua Zumba!
Join in with this fun and exciting class today!

Pool Term Timetable

5th September - December 2011

Monday	6.45 - 8.45am 9.30 - 10.15am 10.15 - 11.30am 11.30 - 12.00pm 12.00 - 1.45pm	Adult Lane Swimming Aqua Fit General Public Peter Pan Adult Lane Swimming
Tuesday	6.45 - 8.45am 9.00 - 10.45am 11.15 - 12.00pm 12.00 - 1.45pm 3.00 - 5.55pm 7.00 - 8.30pm	Adult Lane Swimming Swim and Spa Pre & Post Natal Swim Adult Lane Swimming General Public Adult Lane Swimming

Wednesday	6.45 - 8.45am 11.30 - 12.00pm 12.00 - 1.45pm 3.00 - 7.00pm 7.00 - 7.45pm 8.30 - 10.00pm	Adult Lane Swimming Peter Pan / Pre & Post Natal Adult Lane Swimming General Public SS Aqua Zumba Adult Lane Swimming
Thursday	6.45 - 8.45am 9.30 - 10.15am 10.15 - 11.00am 11.00 - 12.00pm 12.00 - 1.45pm 3.00 - 4.30pm 7.30 - 8.15pm 8.15 - 10.00pm	Adult Lane Swimming Aqua Fit Ladies Only Swimming 50+ Swimming Adult Lane Swimming General Public Aqua Fit Adult Lane Swimming

Friday	6.45 - 8.45am 9.00 - 10.45am 12.00 - 1.45pm 3.00 - 5.00pm 5.00 - 7.30pm 7.30 - 9.00pm	Adult Lane Swimming Swim and Spa Adult Lane Swimming General Public DB General Public SS Adult Lane Swimming
Saturday	12.15 - 1.15pm 1.30 - 3.00pm 3.30 - 4.30pm 4.30 - 5.30pm 6.45pm Onwards	Available For Private Hire Inflatable Session General Public DB Adult Lane Swimming Available For Private Hire
Sunday	7.00 - 8.15am 10.30 - 12.30pm 12.30 - 1.30pm 2.00 - 3.00pm 3.30 - 5.00pm 5.00 - 6.00pm	Adult Lane Swimming Fun Session General Public Inflatable Session General Public DB Adult Lane Swimming

A bather admission policy exists. Please see the web or pick up a leaflet. Visitors are advised to read our pool information leaflet available at Andover Leisure Centre or online.



Swim Fees

Adult	£3.40
Junior	£2.30
Under 3 years	FREE
Aqua Fit	£4.80
Swim & Spa Session	£4.80
Pre & Post Natal	£3.40
Parent & Baby	£2.30
Parent & Toddler	£3.40
Adult Inflatable	£3.60
Junior Inflatable	£3.00

Timetable Notes

DB Diving board available
SS Shared with Swim School
 For Private hire contact Tammy Dewhurst on 01264 347121.

Pick up a leaflet or visit the website

Other Activities

Children's & General Activities



Crèche

A perfect venue to drop your child whilst you work out or relax in the centre.

		Under 1yr	Over 1yr
Monday - Wednesday	9.15 - 1.30pm	£3.05	£3.90
Thursday - Friday	9.15 - 12.30pm	£3.05	£3.90
Saturday	9.30 - 11.30am	£3.05	£3.90

Teddy Club

A soft play session designed to develop your child's sensory, movement and coordination skills. Thursday & Saturdays:

12 months - 3 years	9.30am - 10.15am	£3.40
2½ - 5 years	10.20am - 11.05am	£3.40

NEW Youth Club

Friday after school club delivered by experienced children's activity leaders. A combination of sport and play activities with something different every week. Term time only.

4.15pm - 5.45pm	7yrs - 11yrs	£3.75
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Archie's World

The soft play structure with 3 levels and a variety of fun features. The ideal venue for children aged 18 months - 10 years. Parents can relax and enjoy a coffee in Archie's Cafe.

Open daily from 10.00am - 6.00pm	
Term time weekdays 10.00am - 3.30pm	£2.10
Weekdays & School Holidays 3.30pm - 6.00pm	£4.25

Parental supervision is required at all times for under 8's. Socks must be worn. A height restriction of 4 feet 11 inches applies.

Mini Squash

An ideal introduction to the game, led by a qualified coach.

Sunday	5 - 11yrs	4.00 - 5.00pm	£3.55
Sunday	11yrs +	5.00 - 6.00pm	£3.55

Gymnastics & Trampoline

Courses are aimed at building confidence, coordination and are delivered by dedicated qualified coaches.

Courses start week commencing Monday 5th September 2011 and are available from pre school age through to adults. Prices start from £37.60 for a 7 week course. Contact reception or visit the website for further information.

Teen Fitness

A structured introduction to the gym for teenagers aged 13 - 15 years.

Tuesday	4.15pm - 5.15pm	
5 weeks	13/09/11 - 11/10/11	£24.50
5 weeks	01/11/11 - 29/11/11	£24.50

Sunday	1.00pm - 2.00pm	
5 weeks	18/09/11 - 16/10/11	£24.50
5 weeks	06/11/11 - 04/12/11	£24.50

School Holiday 5 Day Courses:

Mon - Fri	1.00pm - 2.00pm	
5 Days	24/10/11 - 28/10/11	£24.50
5 Days	19/12/11 - 23/12/11	£24.50

Teaching Pool Timetable

Monday	1.30 - 2.30pm	Parent & Toddler
Thursday	10.00 - 11.00am	Parent & Toddler*
Friday	9.30 - 11.00am	Parent & Toddler
Saturday	1.30 - 3.00pm	Fun Session
	3.30 - 4.30pm	General Public
Sunday	10.30 - 12.30pm	Fun Session
	12.30 - 1.30pm	General Public
	2.00 - 3.00pm	Fun Session
	3.30 - 4.30pm	General Public

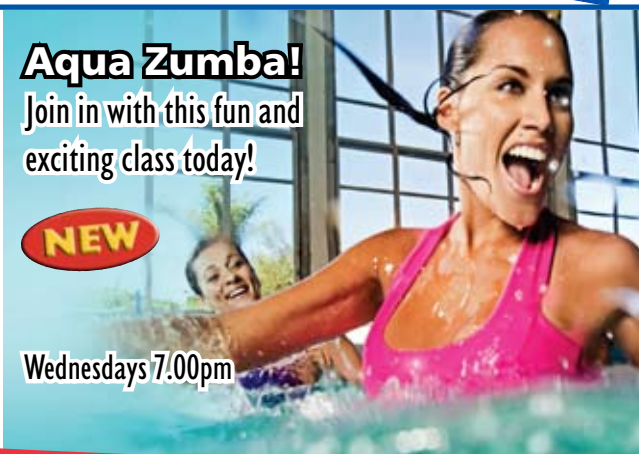
*Structured instructor led Parent & Toddler session.

Aqua Zumba!

Join in with this fun and exciting class today!

NEW

Wednesdays 7.00pm



Main Hall General Bookings

Squash	£7.80	Table Tennis	£6.90
Badminton	£6.90	Team Games	£28.15

Adult Activities

Adult Badminton		
Thursday	9.30 am - 12.00pm	£3.15

Adult Badminton & Table Tennis		
Thursday	2.15pm - 4.15pm	£2.60

Peter Pan Club

Monday and Wednesday	9.30am - 1.30pm	£2.90
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Activities for the 50+ including sports & swimming. Contact Ted Hartley on 01264 359868 or pick up a leaflet in Reception.

Clubs

Andover Leisure Centre is home to many sporting clubs ranging from Kick Boxing to a Swimming Club. If you would like to find out more information please visit our website.

Functions & Events

A versatile hall available to cater for all sports and entertainment events.

