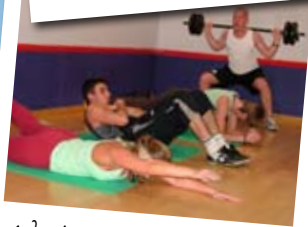


# Membership Options

Andover Leisure Centre, West St, Andover, Hants, SP10 1QP.



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.

New to this timetable are free coached sessions to improve your technique and fitness, join us on a Friday evening.



New Changing Facilities

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](http://www.valleyleisure.com)

Virtual Tours

Book Online

Join Online



Become a Fan  
Follow the link at  
[valleyleisure.com](http://valleyleisure.com)



Spring - Summer

April - August 2011

# Welcome to Andover Leisure Centre



Welcome to our new April - August programme guide. At Andover Leisure Centre we have a wide range of activities that are suitable for everybody. Whatever your age or ability we have something for everyone!

Whether you want to improve your general health, try a new activity or simply find an enjoyable way to spend your leisure time, our friendly and helpful team are dedicated to ensuring that each and every visit exceeds your expectations.

### 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



**"Over 1,800 children learning to swim per week at our Swim Schools"**



### 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](http://www.valleyleisure.com) and download our latest impact report.



# Welcome to The Gym

Welcome to The 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.

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

Prices  
Non member £6.50  
Concessionary Member £2.95



### Begin Your Journey to Success

*"The fitness instructors are just brilliant in what they do. In the 10 months, I have achieved my dream of getting fit and losing weight. I really enjoyed the introduction to fitness.*

*I now have regular programme updates every 8 weeks; we take my measurements and set short term goals. I am so happy with my results.*

*I have lost 3 and a half stone and over 18 inches in total!"*

**Beatrice Member**



### 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.



# Welcome to the Fitness Studio



Welcome to Andover Leisure Centres Studio Classes. Here at Andover Leisure Centre we offer 4 dedicated studios professionally equipped with sprung floors, mirrors and drinking water points all provided in a climate controlled environment.

Our team of dedicated instructors are fully qualified and promise to lead our classes in a fun safe environment.

If you are new to the Studios please read our Studio Screening policy, this will ensure that you are fit to exercise and it will also give you a good introduction to the area as well as some valuable tips.

All classes are included in the inclusive membership scheme.



**NEW Studio 4**  
Featuring: Yoga, Body Balance & Pilates

**66 classes to choose from**

# Studio Timetable 26th April - August 2011

## Monday

A	9.30am - 10.25am	S1	Body Combat™
A	10.30am - 11.30am	S1	Studio Strength
A	5.45pm - 6.45pm	H	Zumba® Unleashed
A	6.00pm - 6.55pm	S1	Pure Tone
A	6.00pm - 6.55pm	S2	Legs Bums Tums
B	6.00pm - 6.40pm	S3	Studio Cycle
B	7.00pm - 7.45pm	S2	Abs
A	7.00pm - 7.55pm	S1	Body Step™
B	7.00pm - 8.00pm	S3	Endurance Cycle
NEW	8.05pm - 9.05pm	S1	Circuits
A	8.05pm - 9.05pm	S2	Zumba®
A	8.05pm - 9.05pm	S4	Yoga

## Tuesday

A	9.45am - 10.45am	S2	Zumba®
A	10.00am - 10.55am	S1	Body Step™
A	11.00am - 12.00pm	S1	Music & Movement
B	12.20pm - 1.00pm	S3	Studio Cycle
B	6.00pm - 6.40pm	S3	Studio Cycle
A	6.00pm - 6.55pm	S1	Zumba®
A	6.00pm - 7.00pm	S2	Swiss Ball Tone
NEW	7.00pm - 8.00pm	CLP	Explore Outdoor Fitness
B	7.00pm - 7.40pm	S3	Studio Cycle
A	7.00pm - 7.55pm	S1	Studio Strength
A	8.05pm - 9.05pm	S1	Body Attack™

## Wednesday

B	7.00am - 7.40am	S3	Studio Cycle
A	10.00am - 10.55am	S1	Legs Bums Tums
A	10.00am - 11.00am	S2	Body Combat™
B	11.00am - 11.40am	S3	Studio Cycle
A	11.00am - 12.00pm	S1	Body Balance™
B	6.00pm - 6.40pm	S3	Studio Cycle
A	6.00pm - 6.55pm	S1	Boot Camp
B	7.00pm - 7.40pm	S3	Beginner Cycle
A	7.05pm - 8.05pm	S4	Yoga
A	7.00pm - 7.55pm	S1	Body Combat™
A	8.05pm - 9.05pm	S4	Body Balance™
A	8.00pm - 9.00pm	S1	Legs Bums Tums

## Thursday

B	9.30am - 10.10am	S3	Studio Cycle
A	10.00am - 10.55am	S1	Body Attack™
B#	10.15am - 11.00am	S2	Abs
A	11.00am - 12.00pm	S1	Body Balance™
B	12.20pm - 1.00pm	S3	Studio Cycle
B	6.00pm - 6.40pm	S3	Studio Cycle
A	6.00pm - 6.55pm	S1	Studio Strength
NEW	6.00pm - 7.00pm	CLP	Explore Outdoor Fitness
A	7.00pm - 7.55pm	S2	20 20 20
B	7.00pm - 7.40pm	S3	Studio Cycle
A	7.05pm - 8.00pm	S1	Boxercise
NEW	8.05pm - 9.05pm	S1	Zumba®
NEW	8.15pm - 8.45pm	S3	Intro to Studio Cycle

## Friday

B	7.00am - 7.40am	S3	Studio Cycle
A	9.30am - 10.30am	S2	Body Attack™
A	9.45am - 10.45am	S1	Studio Strength
B	10.00am - 10.40am	S3	Studio Cycle
A	10.50am - 11.50am	S2	Yoga
B	5.30pm - 6.15pm	S3	Studio Cycle
A#	5.30pm - 6.25pm	S1	20 20 20
A	6.30pm - 7.25pm	S1	Body Combat™
A	7.00pm - 8.00pm	S2	Body Step™
A	7.30pm - 8.30pm	S4	Body Balance™

## Saturday

A	9.00am - 9.55am	S2	Chakra Yoga
B	10.00am - 10.45am	S3	Studio Cycle
A	11.00am - 12.00pm	S2	Swiss Ball Tone

## Sunday

A	9.00am - 9.55am	S1	Body Step™
B	9.20am - 10.00am	S3	Studio Cycle
A	10.00am - 11.00am	S2	Family Circuits
A	10.10am - 11.10am	S1	Studio Strength
A	11.15am - 12.15pm	S4	Yoga: (1st Sunday of each month 11.15am - 1.15pm)

## Health & Fitness Courses

Health and Fitness courses are also a great way to get introduced to the studios in a more personal structured way.

### Introduction to Strength Training

A 4 week tutorial in the gym with power lifting world champion Robyn Brown. Perfect for all levels of ability.

#### Sunday 5.30pm - 6.30pm

4 weeks 02/05/11 - 29/05/11 £29.60

### Introduction to Studio Cycle

Progressive introduction to cycling with music, perfect for the absolute beginner. This is free for inclusive members.

#### Thursday 8.15pm - 8.45pm

5 weeks 28/04/11 - 27/05/11 £25.00  
5 weeks 09/06/11 - 07/07/11 £25.00

### Pilates with Jane

A combination of Yoga and Pilates, focusing on concentration, breath control and alignment. The Yoga adds a wider combination of routines to explore, providing strength and suppleness.

Wednesday	6.00pm - 7.00pm	Beginners
Wednesday	8.10pm - 9.10pm	Intermediate
Thursday	12.00pm - 1.00pm	Intermediate

### Pilates with Virginia

Gradual progression is made by starting with the basic levels. As you progress through the course, further levels and variations are provided. An excellent complement to any toning and cardio classes.

Thursday	6.00pm - 7.00pm	Mixed
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### Pilates Course Dates & Prices:

Courses start the week commencing:		
04/04/11 for 4 weeks		£29.60*
02/05/11 for 4 weeks		£29.60
30/05/11 for 5 weeks		£37.00
04/07/11 for 4 weeks		£29.60

\*Excludes Wednesdays 8.10pm - 9.10pm Intermediate Course.

**NEW** **EXPLORE outdoor FITNESS**

Experience fitness & fun at the scenic Charlton Lakeside!

- Cardiovascular
- Toning
- Strength
- Yoga
- Studio Cycling
- # Not on during holidays

- S1 Studio 1
- S2 Studio 2
- S3 Studio Cycle
- S4 Studio 4
- H Main Hall
- CLP Charlton Lakeside

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



Non members are required to make payment at time of booking. Refunds will not be issued for non attendance. We reserve the right to discontinue classes with very low attendance at short notice.

# Pool Term Timetable

April - August 2011

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

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

Friday		Saturday	
6.45 - 8.45am	Adult Lane Swimming	12.15 - 1.15pm	Available For Private Hire
9.00 - 10.45am	Swim and Spa	1.30 - 3.00pm	Inflatable Session
12.00 - 1.45pm	Adult Lane Swimming	3.30 - 4.30pm	General Public DB
3.00 - 5.00pm	General Public DB	4.30 - 5.30pm	Adult Lane Swimming
5.00 - 7.30pm	General Public SS	6.45pm Onwards	Available For Private Hire
7.30 - 9.00pm	Adult Lane Swimming		
(Free Coached Session from 8.00 - 9.00pm)			

**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.

## Teaching Pool

Monday	1.30 - 2.30pm	Parent & Toddler
Thursday	10.00 - 11.00am	Parent & Toddler*
Friday	9.30 - 11.00am	Parent & Toddler
Saturday	12.30 - 1.30pm	Parent & Toddler
	1.30 - 3.00pm	Fun Session
	3.00 - 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.

## Timetable Notes

DB	Diving board available
SS	Shared with Swim School

For Private hire contact Tammy Dewhurst on 01264 347121.



## 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

# 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 - Friday	9.15 - 1.30pm	£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:

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

## 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 - 12.00pm £3.15
Adult Badminton & Table Tennis	
Thursday	2.15 - 4.15pm £2.60

## Peter Pan Club

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

## 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 25th April 2011 and are available from pre school age through to adults. Prices start from £22.75 for 5 weeks and £31.85 for 7 weeks. 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	26/04/11 - 24/06/11	£24.50
5 weeks	07/06/11 - 05/07/11	£24.50
Sunday	1.00pm - 2.00pm	
5 weeks	01/05/11 - 29/05/11	£24.50
5 weeks	12/06/11 - 10/07/11	£24.50

## School Holiday 5 Day Courses:

Mon - Fri	1.00pm - 2.00pm	
5 Days	11/04/11 - 15/04/11	£24.50
5 Days	30/05/11 - 03/06/11	£24.50

## 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.**



For more information or to make a booking please contact Nicki on 01264 347127.