

Sports Massage Therapy

Our sports massage therapy sessions offer full body or site-specific myofascial release, trigger points and massage therapy.

Benefits

Benefits of a sports massage therapy session can include:

- improving posture
- reducing anxiety
- reducing pain and muscular tension
- aiding recovery
- promoting quality of sleep
- reducing headaches and chances of migraines
- correcting muscle imbalance
- more efficient training
- increasing flexibility and range of motion

Price

£35 for 45 minutes and £25 for 30 minutes.

Booking Information

For complex physiotherapy needs we can also assist by directing your query to our associated physiotherapist.

To book a sports massage therapy appointment or for physiotherapy referrals please email us at physio.sportspark@uea.ac.uk



FITNESS

January 2020

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Sportspark

125 Station Fitness Centre
Dance & Functional Studios
Cardio Section
Free Weights
Resistance Area
Group Exercise Programme
Personal Training
Myride®+ Indoor Cycling Studio
Sports Massage Therapy
Fitness Assessments
Nutrition/Weight Management



With a 125 station Fitness Centre & over 70 classes a week for all abilities and ages, everyone can find a way of getting fit at Sportspark.

Plus, with a highly qualified and experienced team, you can be assured you'll get the best advice possible.

Fitness Centre

To ensure you get the most out of the Fitness Centre, new users need to book an induction. Inductions are available every day. If you are a Gold or Silver member your induction is free! Our staff can prepare you with an individual workout programme to meet your needs. If you find it difficult to keep motivated and need extra support, why not book a one-to-one or small group session with a personal trainer. Ask a Fitness Advisor for further details.

Becoming an inducted Fitness Centre user is the only way to gain access to the Functional Studio or Myride®+ Indoor Cycle Studio, outside of timetabled classes. (Current open-use times are displayed within the Fitness Centre).

Use of the fitness centre and all fitness sessions, unless specified, are restricted to over 16's.

Opening Times: 06:30 - 22:20 7 days a week

Peak: 16:00 - 20:30

Off Peak: All other times

Call now on 01603 592398 or visit www.sportspark.co.uk



www.sportspark.co.uk



Personal Training

Personal Training sessions have the ability to increase the effectiveness of your workouts with numerous benefits:

- Keeps training varied, fun and challenging.
- Improves motivation.
- Increases workout efficiency.
- Corrects technique.
- Delivers recorded, progressive training.
- Finds an approach that suits YOU.
- Educates and empowers.
- Establishes a balanced and healthy lifestyle.

If all you need is a session to help you get started, we suggest you book a 60 minute programme-writing session which includes a 30 minute review session to be taken at a later date.

All of our Personal Trainers are highly qualified and experienced Fitness Professionals, each with their own areas of expertise. With various options available to fit your needs and budget, why not check out our online Personal Trainer profiles or speak to a Fitness Advisor on your next visit?

Fitness & Health Assessments

In order to decide on your direction, you need to know your starting point....

Whether you want to track your body fat percentage, keep check on your blood pressure and cholesterol, or need to evaluate your strength and flexibility, our new Fitness Assessment packages can help you do just that.

Starting from as little at £10 they offer great value. Please speak to a Fitness Advisor on your next visit to discuss the package best suited to your needs.

Short courses

Our Instructors have a wealth of knowledge and are dedicated to helping you achieve your goals. Throughout the year our SPecialists provide a number of educational, fun and extremely beneficial short courses. Delivered in a group setting, you will gather a wealth of knowledge to take into your training to come, as well as fantastic value for money.

New courses are added regularly but have recently included:

- Cycle Performance Training
- Olympic Lifting
- Essentials of Weight Management
- Beginners' Running.

Look out for details of all our upcoming courses on our website or on the Fitness noticeboards.

FitKidz

Don't forget we also offer our FitKidz Fitness courses to children aged 10-15.

A fun 6 week course that delivers theoretical and practical guidance on the benefits of regular exercise our FitKidz graduates are then entitled to use the gym 10:00-18:00 at the weekends and 10:00-16:00 during school holidays.

(Please note that all children under 12 MUST be accompanied by a parent or guardian during these subsequent graduate sessions)

Myride®+ Indoor Cycle Studio

Sportspark is proud to offer a state of the art Myride®+ Indoor Cycle Studio and brand new ICG bikes.

Available to all Fitness Centre users as virtual sessions, or for all participants as part of our Group Exercise Timetable.



Experience a cycle class like no other: take a climb through the Alps, descend the Rocky Mountains or sprint your way to a stage victory within our dedicated Myride®+ Indoor Cycle Studio.

Please see the Fitness notice boards for our current "open use" timetable or our Group Exercise timetable for our instructor-led sessions. This room is also available for private hire.

Group Exercise

Training with others has been shown to increase adherence to exercise by providing supportive, fun, diverse and varied workouts. Make the most of your time with our Group Exercise Programmes:

Studio Timetable We provide a multitude of different classes, instructors and durations to fit every lifestyle. Available as Pay & Play or included within Gold and Silver membership packages.

Please visit www.sportspark.co.uk for our class descriptions.

	Starts	Class	Location	Mins
MONDAY	07:00	Indoor Cycle	Cycle Studio	30
	08:15	Pilates	Dance Studio	60
	10:00	Aerobics	Dance Studio	60
	11:00	BodyPump	Dance Studio	60
	11:15	Indoor Cycle	Cycle Studio	30
	12:05	BodyBalance	Dance Studio	60
	12:15	Coach by Colour	Cycle Studio	30
	13:00	Circuits	Arena	40
	17:30	BodyPump	Dance Studio	60
	18:00	Indoor Cycle	Cycle Studio	45
	18:45	Zumba	Dance Studio	60
	19:00	Synrgy Circuit	Func. Studio	60
	19:45	BodyBalance	Dance Studio	60
	20:30	Indoor Cycle	Cycle Studio	45
20:45	Boxercise	Dance Studio	45	

	Starts	Class	Location	Mins
TUESDAY	07:00	Swimfit	Pool	60
	09:10	LBT	Dance Studio	45
	10:00	Dynamic Yoga	Func. Studio	60
	11:10	Dynamic Yoga	Func. Studio	55
	11:15	BodyPump	Dance Studio	45
	12:15	Indoor Cycle	Cycle Studio	30
	12:15	Pilates	Dance Studio	45
	13:00	Circuits	Arena	40
	13:05	LBT	Dance Studio	45
	15:15	Qigong	Dance Studio	45
	17:30	Aerobics	Dance Studio	60
	18:00	Indoor Cycle	Cycle Studio	45
	18:30	Step	Dance Studio	60
	19:15	Coach by Colour	Cycle Studio	45
19:15	Boxercise	Func. Studio	60	
19:30	BodyCombat	Dance Studio	60	
20:30	Restorative Yoga	Dance Studio	60	

	Starts	Class	Location	Mins
WEDNESDAY	07:00	Coach by Colour	Cycle Studio	30
	10:00	Synrgy Circuit	Func. Studio	60
	10:30	BodyPump	Dance Studio	60
	11:35	BodyBalance	Dance Studio	60
	13:00	Vinyasa Flow Yoga	Dance Studio	60
	13:15	Indoor Cycle	Cycle Studio	30
	17:30	BodyCombat	Dance Studio	60
	17:45	Indoor Cycle	Cycle Studio	45
18:00	HIIT	Func. Studio	30	
18:30	BodyPump	Dance Studio	60	
19:45	Indoor Cycle	Cycle Studio	45	
20:00	BodyBalance	Dance Studio	60	

	Starts	Class	Location	Mins
THURSDAY	07:00	BodyPump	Dance Studio	45
	07:00	Swimfit	Pool	60
	09:15	Pilates	Dance Studio	45
	11:00	Indoor Cycle	Cycle Studio	30
	11:45	BodyPump	Dance Studio	60
	12:30	Vinyasa Flow Yoga	Func. Studio	60
	13:00	Circuits	Arena	40
	17:30	Body Blitz	Dance Studio	60
	18:15	Coach by Colour	Cycle Studio	45
	18:30	Fitness Pilates	Dance Studio	60
	19:30	BodyCombat	Dance Studio	60
	20:30	Zumba	Dance Studio	60

	Starts	Class	Location	Mins
FRIDAY	07:00	Synrgy Circuit	Func. Studio	45
	09:30	BodyPump	Dance Studio	45
	10:30	BodyBalance	Dance Studio	45
	11:30	Zumba	Dance Studio	60
	12:15	Indoor Cycle	Cycle Studio	30
	13:00	BodyPump	Dance Studio	45
	13:05	Synrgy Circuit	Func. Studio	40
	17:30	Step & Tone	Dance Studio	60
	17:45	Indoor Cycle	Cycle Studio	45
	18:45	BodyBalance	Dance Studio	45

	Starts	Class	Location	Mins
SATURDAY	09:30	BodyCombat	Dance Studio	60
	09:45	Indoor cycle	Cycle Studio	45
	10:30	BodyPump	Dance Studio	60
	10:45	BodyBalance	Func. Studio	60
11:45	Coach by Colour	Cycle Studio	30	

	Starts	Class	Location	Mins
SUNDAY	09:20	Yoga	Dance Studio	60
	10:30	Triple Challenge	Dance Studio	60
	10:30	Indoor Cycle	Cycle Studio	45
11:35	Body Pump	Dance Studio	60	
12:45	Pilates	Dance Studio	60	

To download this timetable please visit the Group Exercise page at www.sportspark.co.uk

All classes must be booked in advance either in person or over the telephone at reception, at one of our self-serve kiosks or on-line. Please note:

- No bookings will be accepted within 5 minutes of the advertised start time
- No admittance will be allowed once the class has commenced.