



University of Brighton

sportbrighton

www.brighton.ac.uk/sport



### About

Our Eastbourne Sports Centre has a special membership option for the general public in its TOFF programme. The Programme specifically caters for local residents over the age of fifty five. This includes a free induction, exclusive classes and pool times as well as other health and well-being initiatives. To take advantage of this programme users must hold a valid Associate membership. Membership includes use of swimming pool and fitness suite during allotted periods. As a TOFF member you will also benefit from exclusive excursions and special offers (see overleaf for detail). The current exclusive programme is below:

#### Monday (no sessions on Bank Holidays)

09.00-10.00	Aqua	No sessions 21/08 - 01/09
09.00-10.00	Aerobics	No session 28/08
10.00-12.00	Swim	11am-12pm on 12/06 No sessions 21/08 - 01/09

#### Wednesday

09.30-10.30	Yoga (Advanced)	No session 26/07 & 23/08
10.00-12.00	Swim	No sessions 21/08 - 01/09

#### Tuesday

09.00-10.00	Yoga (Beginners)	No session 25/07 & 22/08
09.30-10.30	Zumba	
10.00-11.00	Tai Chi	No session 25/07 & 22/08
11.00-13.00	Swim	No sessions 21/08 - 01/09
12.15-13.00	Spin Biking	

#### Thursday

10.00-11.00	Zumba	
11.00-11.45	Strength & Tone	

#### Friday (no sessions 15/09/17)

09.00-10.00	Aqua	No sessions 21/08 - 01/09
09.30-10.30	Yoga	No session 25/08
10.00-11.00	Core 'n' More	
10.00-12.00	Swim	No sessions 21/08 - 01/09

#### Saturday

11.00-13.00	Swim	No sessions 21/08 - 01/09
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### Associate Membership

Associate Member annual / 1 month	£190 / £17.50	
TOFF Exercise classes mem/non	Inc / £4.50	(Prices correct to 31/07/17)

Pre-booked but unattended class bookings that are not cancelled at least 3hr prior to commencement will result in a cancellation charge equal to the non-member booking rate. Please book in advance to avoid disappointment.

### Notes

As we are a higher education establishment priority will be given to academic requirements as necessary. We try to avoid amending structured sessions but please check reception for any weekly programme deviations.

See website or reception notice board for up to date information.

Tel: 01273 643706

## Events

From time to time events will be organised for the TOFF membership. In the past these have included theatre trips, flower shows, dinners and special offers that are exclusive to TOFF club members only. We hold bi-annual meetings to keep you up to date with ongoing matters at Sport Brighton and encourage members feedback on a regular basis including any event ideas you may have.

## Low Impact Circuits

Join anytime onto one of our two externally run low impact classes: Young At Hearts Circuits and Fit For Life Gym Machine Circuits. Both use exercise stations to give a whole body workout. Beneficial for those who prefer guidance, support and motivation during exercise. Classes open to both members and non-members and cost £6 per class. Circuits are held eight times a week by qualified rehab instructors: Mondays 11am, 1pm & 2pm, Tuesdays 11am, Wednesdays 10.30am and Fridays 11am, 1pm & 2pm. Visit [www.rethinkfitness.co.uk](http://www.rethinkfitness.co.uk) for more info.

## Active Hearts Cardiac

An exercise programme designed to help those with heart conditions improve health and fitness and open to anyone who has been referred by their GP or by the hospital. Sessions are for both members and non-members and cost £5 per class. Classes held: Tuesdays 9.45am & Fridays 9.45am. Ask at reception for info on joining.

## Open Swims

Open swim sessions are at the following times and TOFF members are more than welcome to utilise these: Please see Open Swim brochure and reception for amendments to the following standard timetable. Pool Closure: 21/08-01/09

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
07.30-09.00 12.00-14.00 19.00-20.30	13.00-15.00 20.00- 21.30	07.30-09.00 12.00-14.00	09.00-11.00 20.00-21.30	07.30-09.00 20.30-21.30	13.00-15.00

## Gym

The centre is open 7.30am-10pm Mon-Fri and 8.30am-5pm on weekends / bank holidays so why not make use of your inclusive membership! The centre is closed over the Christmas to New Year period.

## Court Bookings

Why not book a facility at reception? You can hire badminton, table tennis, netball, basketball and much more. You can bring up to 3 guests – and they don't have to be a member. Prices and times vary.

## Relax

Sprinters cafe offers pre and post exercise refreshments, including hot meals, baguettes and snacks. Anyone is welcome here including members and friends. Sprinters can be accessed via the Hillbrow building, but if you can't find it please ask reception for directions.