

## 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 members only. We encourage members feedback on a regular basis, including any event ideas you may have.

## Low Impact Circuits

(Prices correct up to 31/07/18)

Join anytime on to one of our two externally run low impact classes:

*Young at Heart 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 8 times per week by qualified rehab instructors:

*Mondays 11am, 1pm & 2pm.*

*Tuesdays 11am.*

*Wednesdays 10.30am.*

*Fridays 11am, 1pm & 2pm*

Visit [www.rethinkfitness.co.uk](http://www.rethinkfitness.co.uk) for more information

## Active Hearts Cardiac

(Prices correct up to 31/07/18)

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 hospital. Sessions are open to members and non-members and cost £5 per class.

Classes are held: *Tuesdays &*

**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 or online for any weekly programme deviations. See website or reception notice board for up to date information. Tel: 01273 643706

*Fridays 09.45am.* Ask at reception for information on joining.

## Gym

The centre is open 07.30 - 20.00 Monday - Friday and 08.30 - 17.00 on Saturday & Sundays / bank holidays.

## 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 three guests - they don't have to be a member. Prices and times vary, see reception for details.

## Relax

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

## Open Swims

Open swim sessions are at the following times and are open to TOFF members. Please see reception, website and open swim brochure for amendments to the following standard timetable.

Please note that the pool is closed for annual maintenance 07/08/18 - 28/08/18

**Monday** 07.30 - 09.00

12.00 - 14.00

19.00 - 20.30

### Tuesday

09.00 - 11.00

20.00 - 21.30

### Wednesday

07.30 - 09.00

12.00 - 14.00

### Thursday

09.00 - 11.00

20.00 - 21.30

### Friday

07.30 - 09.00

12.00 - 14.00

20.00 - 21.30

### Saturday

13.00 - 15.00

### Sunday

13.00 - 15.00

# TOFF

## CLASSES & SWIMS

11 June 2018 - 23 Sept 2018



Visit  
us  
online



University of Brighton

sportbrighton

[sport.brighton.ac.uk/programmes](http://sport.brighton.ac.uk/programmes)

# 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 opposite.



## Monday

**Aqua - Pool**  
09.00 - 10.00  
No class - 11/06/18, 13/08/18,  
20/08/18, 27/08/18

**Aerobics - Studio**  
09.00 - 10.00  
No class - 27/08/18

**Swim - Pool**  
10.00 - 12.00  
No session: 13/08/18,  
20/08/18, 27/08/18

## Tuesday

**Yoga beginners - Gaudick**  
09.00 - 10.00

**Zumba - Studio**  
09.30 - 10.30  
No class - 24/07/18

**Tai Chi - Gaudick**  
10.00 - 11.00

**Strength & Tone - Studio**  
10.30 - 11.30

**Swim - Pool**  
11.00 - 13.00  
No session: 07/08/18,  
14/08/18, 21/08/18, 28/08/18

**Spin Biking - Studio**  
12.15 - 13.00

## Wednesday

**Yoga advanced - Gaudick**  
09.30 - 10.30

**Swim - Pool**  
10.00 - 12.00  
No session: 08/08/18  
15/08/18, 22/08/18

## Thursday

**Zumba - Studio**  
10.00 - 11.00

**Strength & Tone - Studio**  
11.00 - 11.45  
No class -19/07/18

## Friday

**Aqua - Pool**  
09.00 - 10.00  
No class - 15/06/18, 10/08/18,  
17/08/18, 24/08/18

**Yoga - Gaudick**  
09.30 - 10.30  
No class - 15/06/18

**Core & More - Studio**  
10.00 - 11.00  
No class - 15/06/18

**Swim - Pool**  
10.00 - 12.00  
No session - 15/06/18,  
10/08/18, 17/08/18, 24/08/18

## Saturday

**Swim - Pool**  
11.00 - 13.00  
No session - 16/06/18,  
11/08/18, 18/08/18, 25/08/18

## Class Booking

We recommend booking classes in advance. Members can book online 7 days in advance, non-members 48 hours in advance.

Pre-booked but unattended class bookings that are not cancelled at least 3 hours prior to commencement will result in a cancellation charge equal to the non-

## Membership

**Associate**  
Annual ..... £200  
Per month ..... £20

**TOFF exercise classes**  
Member ..... Included  
Non Member ..... £5

Prices correct up to 31/07/18

- Toff Swim
- Mind & Body
- Cardio & Strength