



2010-11



WELCOME TO THE 50+ CLUB Woking Leisure Centre & Pool in the Park

Open to any person over the age of 50. Although we call it a club, there are no joining fees; simply turn up each week at Woking Leisure Centre to enjoy a wide variety of activities. The centre supplies all equipment required. All you need are clothes that will allow you to move freely and non-marking plimsolls.

Weekly Session Times:

Monday: 2 pm – 5 pm
Tuesday: 2 pm – 5 pm
Thursday: 9.30 am - 12.30 pm

Fees (2010-11):

£4.30 per session (including admission charge) for members over 60 years of age.
£5.60 per session (including admission charge) for members under 60 years of age.

Tickets are not transferable or refundable.

Regular physical activity is an important key to good health. Being in good shape gives us all a great feeling of personal well-being. Our fitness is something that we can all improve - it is not necessary to be champion of champions to enjoy the benefits of being fit.

Come along and try:

*Badminton * Keep-Fit * Table Tennis * Squash/Racketball
Short Tennis * Short Mat Bowls * Country Dancing * Steam Room* Gym
Jacuzzi * Sauna * Water Workout * Swim in the Leisure Lagoon*

This introductory pack will give you a brief insight into the various activities that we have available to club members. Each week simply choose which activities you wish to partake in. If you're feeling energetic, you could have a go at all the activities on offer, or dedicate yourself to mastering a few. The choice is yours!

At the beginning of all sessions club members meet in the restaurant to find out whether there is any change to the normal programme and to get information about forthcoming events, etc.

The club has a committee, which is made up of members of the club. They are on hand to give you advice if you have any problems or queries. They will show you round on your first visit and explain to you how the Club works. You will be able to pick these key members out as they wear a committee member badge.

Organised trips, a monthly guided walk, and friendly competitions both with other 50+ Clubs and within the Club itself are a special feature of the Club. Tuition (golf, swimming, ball games) is also organised on a regular basis.

Equipment

All equipment is provided. However, if you would like to purchase your own rackets at a discounted price, please ask a committee member.

A newly refurbished gym with the latest Cybex equipment designed for all your exercise needs, to ensure your body gets an all over work-out.

Evolve Fitness Suite sessions are always supervised by a qualified instructor, helping you with your exercises whenever necessary. The machines are simple to use and designed for everyone to be able to get use out of them in a work-out!

Evolve Fitness Suite exercise machines are split into 2 areas:

Cardiovascular equipment (treadmills, cycles, steppers and rowing machines) are used to make you healthier, lower blood pressure, reduce stress, aid weight management and help improve your fitness level. Weights equipment can be used to improve muscle endurance, strength and help counter the effects of osteoporosis.

Before you are allowed to use Evolve Fitness Suite you must attend a group induction, where you will receive a demonstration of all the cardiovascular and weight machines and gain help with basic gym exercise methods.

50+ Induction Times

Monday 3pm
Tuesday 3pm
Thursday 10.30am

Held on the last 50+ Club session of each month

50+ Evolve Fitness Suite Usage Times

Monday 2.30pm - 5pm
Tuesday 2.30pm - 5pm
Thursday 10am - 12 noon

50+ Exercise Programme

Once you have completed your induction and you discover you are enjoying using the gym, you may wish to take your exercise to the next level with a personalised **Exercise Programme** designed with one of our instructors, specifically for your health and fitness needs!

After a confidential discussion with your instructor, you will proceed to create an **exercise programme** using specific machines that will help you directly and give you the confidence and ability to use the machines. You now have the advantage of an **Exercise Programme Card** to follow your own regime at all visits to Evolve Fitness Suite.

To book a 50+ Exercise programme at the discounted rate of £14.50, please speak to a member of the gym staff.

50+ Fitness Assessment

If you are unsure of your current fitness level and would like to have your fitness checked before embarking on your exercise routine, our computerised Fitness Assessment offers you a complete evaluation with an Evolve instructor. **50+ Fitness Assessments at the special rate of £11.50 can be booked at the Evolve Fitness Suite reception.**

NB 50+ Induction does not allow you to use Evolve Fitness Suite outside of the 50+ Club times. Only persons taking out a personalised exercise programme may use Evolve Fitness Suite during normal opening hours (upon payment of the appropriate entrance charge).

Activities Available

Mobility/Stretch Class

This half-hour session is designed especially for people of 50 and over. It is a low to moderate intensity workout, for anyone looking to get back into shape or start a training programme.

Evolve Fitness Suite

This has a newly refurbished gym with friendly, professional staff in a modern, fresh environment. Evolve Fitness Suite provides the latest Cybex equipment which has been designed for all your exercise needs to ensure your body gets an all over workout.

Heatwaves Health Suite

Heatwaves Health Suite is sheer indulgence. Essenced steam room, two sauna cabins, an invigorating power shower and a blissfully relaxing Jacuzzi, offer the perfect way to complete your club activities. Simply go to reception where a member of staff will give you access.

Country Dancing

This 40 minute session combines fun and fitness. Each week you will learn different steps and routines.

Table Tennis

Table tennis tables are set up in the studio on the first floor balcony, or on squash court 6. Balls and bats are provided and can be obtained from reception.

Badminton

Several Badminton courts are available to the 50+ Club during each session. Badminton rackets and shuttlecocks are provided and can be obtained from reception.

Short Tennis

Short tennis courts are available during each session. Rackets and balls are provided and can be obtained from reception.

Squash/Racketball

Several courts are available to the 50+ Club. Rackets and balls are provided. These can be collected from reception.

Short Mat Bowls

Short mat bowls is set up in the Projectile Hall. We have 3 lanes available for use. All equipment required is provided.

Leisure Lagoon - Pool in the Park

This water wonderland provides a tropical paradise along with a host of exciting features, including 3 exhilarating flumes, two bubbling Jacuzzis, water cannons, bubble rings, mushroom fountains, tumbling waterfalls, rapids ride, wave machine and nine screen video wall. Enjoy the features, or lie back and relax in the Jacuzzi. Please note: the Leisure Lagoon is not available during Thursday morning session.

Lane swimming in the main pool is also available to 50+ members.

Water Workout

A 45-minute water workout is held in the swimming pool during the Tuesday and Thursday sessions. Using the water's natural resistance and support, the muscles are safely exercised with little stress to the joints and skeletal system.

Mondays

Activity	Times Available	Location
Meet in Restaurant	2pm	
Aerobics Warm Up	2.15 - 2.45pm	Projectile Hall
Badminton/Short Tennis	2pm - 5pm	Main Hall
Short Mat Bowls	2.45pm - 5pm	Projectile Hall
Squash	2pm - 5pm	Given on day
Racketball	2pm - 5pm	Given on day
Table Tennis	2pm - 5pm	Studio
Heatwaves Health Suite	2.30pm - 5pm	Heatwaves
Swimming	2pm - 3pm	Main Pool
	4pm - 5pm	Main Pool
	3pm - 5pm	Leisure Lagoon
Evolve Fitness Suite	2.30pm - 5pm	<i>*must be authorised user</i>

Tuesdays

Activity	Times Available	Location
Meet in Restaurant	2pm	
Aerobics Warm Up	2.15pm - 2.45pm	Projectile Hall
Country Dancing	2.50pm - 3.20pm	Practice Hall
Badminton/Short Tennis	2pm - 5pm	Main Hall
Short Mat Bowls	2.50pm - 5pm	Projectile Hall
Squash	3.30pm - 5pm	Given on day
Racketball	3.30pm - 5pm	Given on day
Table Tennis	2.30pm - 5pm	Studio
Heatwaves Health Suite	2pm - 5pm	Heatwaves
Swimming	2pm - 5pm	Main Pool
	4pm - 5pm	Leisure Lagoon
Water Workout	3.15pm - 4pm	Main Pool
Evolve Fitness Suite	2.30pm - 5pm	<i>*must be authorised user</i>

Thursdays

Activity	Times Available	Location
Meet in Restaurant	9.30am	
Aerobics Warm Up	9.45am - 10.15am	Projectile Hall
Badminton/Short Tennis	9.30am - 12pm	Main Hall
Short Mat Bowls	10.15am - 12pm	Projectile Hall
Squash	9.30am - 12pm	Given on day
Racketball	9.30am - 12pm	Given on day
Table Tennis	10am - 12pm	Squash court 6
Swimming	10.30am - 12.30pm	Main Pool
Water Workout	11.30am - 12.15pm	Main Pool
Evolve Fitness Suite	10am - 12.00pm	<i>*must be authorised user</i>
Heatwaves Health Suite	12pm - 2pm	[men only until 12.00]

- **Users must have attended a group induction, held on the last 50+ club session of each month.**
- **Please note: Programme and venue is subject to change**

