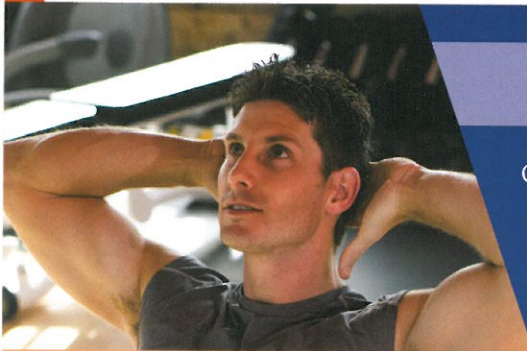


Sports facilities for students and staff

Do you want to **join the gym?**

Do a **fitness class?** Use the **Sports Hall?**



Gym

The gym at Richmond House offers a wide range of cardiovascular equipment, resistance machines, free weights and core stability equipment to meet all fitness needs. Staff can devise tailored individual training programmes if required.

Additional benefits of joining the gym

- Members can book the sports hall at The Maltings at weekends for activities including five a side football, basketball, badminton and table tennis.
- Use of the spa pool, steam room and sauna in The Spa at Richmond House
- Use of the gym at the sports hall in The Maltings (opening times vary)

Gym membership

Student	Full year £40	Half year £30
Staff	Full year £55	Half year £35
Alumni	£75	

(NB: Students under 18 will need to provide a completed parental consent form when joining the gym. Forms are available from the Spa reception).

Richmond House Gym opening hours

Mon - Tue 12.30pm - 7.30pm Wed - Fri 12.30pm - 6.30pm

For more information call 0121 604 1000 ext 454

Group Fitness Classes

Group fitness classes, lead by qualified and experienced instructors, take place in the Dance Studio on the second floor of Richmond House.

We can consider running a particular type of class if there is sufficient demand. During the academic year we occasionally run sample classes to give members the opportunity to experience something new.

To book a place on a group class please visit the Spa reception or call them on **0121 604 1020**.

(Please note: You do not have to be a member of the gym to join a fitness class)

