



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.

Monday: 2.00pm – 5.00pm **Tuesday:** 2.00pm – 5.00pm **Wednesday:** 9.15am - 12.30pm **Thursday:** 9.15am - 12.30pm

fees per session (1 April 2019 – 31 March 2020)

price bands	casual entry price to 50 Plus Club	membership 50 Plus Club is also included in our Key Fitness annual or monthly memberships for the over 50's*
Standard price available to everyone	£6.50 standard	£47 per month or £517 annually
Key Status: Offer discounts for pre-school, full time education, aged 60 and over, disabled customers, and those on a government training scheme. Card: £8.00 per year.	£5.20 Key Status cardholder	£33 per month or £363 annually
Key Concession: Offer discounts for Woking residents on a low income meeting eligibility requirements for selected means tested benefits) Card: £5.50 per year.	£3.00 Key Concession cardholder	£33 per month or £363 annually

***Additional benefits included for Key Fitness annual / monthly members:**

Free entry to 50 Plus club sessions, gym (except £3.00 week nights 6pm–9pm, free at other times), swimming, racket sports per person, wet and dry group fitness classes and Heatwaves sauna, spa and steam suite.

Key cards also offer the facility to book up to 7 days in advance and pay on the day on selected activities at Woking Leisure Centre Woking Sportsbox and Pool in the Park, register for online bookings, and enjoy discounts and promotions at other partners in Woking www.woking.gov.uk/thekey

come along and try...

badminton * aerobic warm up * table tennis * squash/racketball * short tennis * short mat bowls * fun dance * steam room* gym * jacuzzi * sauna * water aerobics* swim in the leisure lagoon (Monday & Tuesday only)

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 together 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.

****Please ensure that you complete a health commitment statement form before you participate in your first Fifty Plus Club session****

Organised trips, a monthly guided walk, and friendly competitions both with other 50 plus Clubs and within the club itself are a special feature of the club. All equipment is provided. If you would like to purchase your own rackets at a discounted price, please ask a committee member for the relevant form.

Woking Leisure Centre Gym

A state-of-the-art gym with the latest fitness equipment designed for all your exercise needs, to ensure your body gets an all over work-out.

Gym 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!

The 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 the gym you must attend a group induction, where you will receive a demonstration of the cardiovascular and weight machines and gain help with basic gym exercise methods.

50 plus induction times	
Monday	3.00pm
Tuesday	3.00pm
Wednesday	n/a
Thursday	n/a
Held on the last session of each month	

50 plus gym times	
Monday	2.30pm – 5.00pm
Tuesday	2.30pm – 5.00pm
Wednesday	10.00am - 12 noon
Thursday	10.00am - 12 noon
Each week	

50 plus 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 achieve your aims and give you the confidence and ability to use the machines.

Your programme will be recorded on an exercise programme card so you can follow your tailored routine every time you visit the gym.

To book a 50 plus exercise programme at a discounted rate please speak to a member of the gym staff.

50 plus 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 a gym instructor. **50 plus fitness assessments at a discounted rate can be booked at the gym reception, please ask for details.**

NB The 50 plus Induction does not allow you to use gym outside of the 50+ Club times. Only persons taking out a personalised exercise programme or key fitness membership may use the gym during normal opening hours (upon payment of the appropriate entrance charge).

50 plus session activities

aerobic warm-up

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.

gym

A state-of-the-art gym with friendly, professional staff set in a modern, fresh environment. The gym at Woking Leisure Centre provides the latest fitness 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 offers a steam room, two saunas, shower and a Jacuzzi, offer the perfect way to complement your club activities. Simply go to reception where a member of staff will give you access.

fun dance

This 30 minute session combines fun and fitness using a mix of different dance styles.

table tennis

Table tennis tables are set up in the studio on the upper 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 plus Club during each session. Badminton rackets and shuttlecocks are provided.

short tennis

Short tennis courts are available during each session. Rackets and balls are provided.

squash/racketball

Several courts are available to the 50 plus Club. Rackets and balls are provided.

short mat bowls

Short mat bowls is available on request in the Wurlitzer Hall. All equipment required is provided.

leisure lagoon

Our leisure pool offers exciting features, including 2 flumes, two spa pools, water cannons, bubble rings, lazy river, and wave machine. Please note: the Leisure Lagoon is not available during Wednesday & Thursday morning sessions.

competition pool

Lane swimming in the competition pool is also available to 50 plus 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		Tuesdays		Wednesdays & Thursdays	
meeting	2.00pm	meeting	2.00pm	meeting	9.15am (Thursdays)
warm up	2.15pm – 2.45pm	warm up	2.15pm – 2.45pm	warm up	9.30 – 10am (Thursdays)
badminton / short tennis	2.00pm – 5.00pm	badminton / short tennis	2.00pm – 5.00pm	badminton / short tennis	9.30am – 12.30pm
squash / racketball	2.00pm – 5.00pm	dance fitness	2.45pm - 3.15pm	short mat bowls on request	10.15am – 12pm
table tennis	2.15pm – 5.00pm	squash / racketball	2.00pm – 5.00pm	squash / racketball	9.30am – 12.30pm
healthsuite	2.00pm – 5.00pm	table tennis	2.30pm- 5.00pm	table tennis	9.30am – 11.00am
swimming	2.00pm – 3.00pm / 4.00pm – 5.00pm (main pool) 3.00pm – 5.00pm (lagoon)	swimming	2.00pm – 5.00pm (main pool) 4.00pm – 5.00pm (lagoon)	gym	10.00am – 12.00pm
gym	2.00pm – 5.00pm	healthsuite	2.00pm – 5.00pm	swimming	10.30am – 12.30pm (main pool only)
		gym	2.00pm – 5.00pm	aqua class	11.30am – 12.15pm (Thursdays)
Please note that the programme is subject to change. Updates for the day will be given at the meeting.		aqua class	3.15pm – 4pm	heatwaves	10.00am – 1.00pm (men only until 12noon Thursdays)

Woking Leisure Centre & Pool in the Park

1/3/19

Name: (Mr/Mrs/Ms/Miss)

.....
.....

Address:

.....
.....
.....

Postcode

Email:

.....

Home tel. no.

.....

Mobile tel. no.

.....

Date of birth:

Where did you hear about the 50+ Club?

.....

Do you have any hobbies or interests? (please list)

.....
.....

If you are interested in receiving newsletters and other information from freedom leisure or Woking Borough Council including communications from the 50 Plus Club please tick here

This screening form has been designed for your benefit. It will highlight any point, which may affect your exercise capacity. It is therefore important that you complete it truthfully, and to the best of your knowledge. If you have any queries, please mention it to your instructor. **All information is strictly confidential.**

G.P.'s name

Address:

.....
.....
.....

Postcode

Have you had any major operations?

Do you regularly take any medication?

Do you suffer from chest pains?

Do you get out of breath easily?

Do you suffer from

diabetes

epilepsy

fainting spells

headaches

asthma

Do you suffer from back pain?

Do you suffer from joint or muscular pain?

Do you smoke? If so, how many per day?

Is there any other information which you feel is of relevance?

Signed

Date