



**Prices 2008-9**

1 August 2008 – 31 July 2009

	<b>Student</b>	<b>UCL Staff / Alumni</b>	<b>Public</b>
Annual Offer Anytime	£140.00	£200.00	£255.00
Annual Offer Off-Peak (Annual Offer Period 1st August to 31st October 2008)	£115.00	£160.00	£200.00
Annual Anytime	£200.00	£260.00	£310.00
Annual Off Peak	£160.00	£210.00	£250.00
Six Month Anytime	£110.00	£145.00	£170.00
Six Month Off Peak	£90.00	£115.00	£130.00
Three Month Anytime	£65.00	£90.00	£115.00
Three Month Off Peak	£55.00	£75.00	£85.00
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Day membership	£3.50	£4.50	£5.50
Card replacement fee	£2.00	£2.00	£2.00
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Beginners Induction	FREE	FREE	FREE
Next Step Consultation (60min)	£7.50	£7.50	£7.50
New Training Programme	£15.00	£15.00	£15.00
Fitness Assessments	£15.00	£15.00	£15.00
Body Fat measurement	£6.00	£6.00	£6.00
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Squash 7.30am to 10.45 am	FREE	FREE	FREE
Squash (45 mins) from 11.30am	£2.00	£2.00	£2.00
Squash Cancellation Fee	£2.00	£2.00	£2.00
Squash racket hire	£2.00	£2.00	£2.00
Fitness Classes	FREE	FREE	FREE
BF Martial Arts Class	£1.00	£1.00	£1.00

**Bloomsbury Fitness is open 7.30am – 10.00pm Mon – Fri and Saturday 9.00am – 5.00pm. Closed on Sundays and Bank Holidays.**

Activities cease 15 minutes before closing time

Off-peak membership excludes admission 11am – 7:00pm, Mon – Fri.

Our Day Membership covers admission to fitness classes as well as gym access.

Please note class capacity is limited and members must book to attend. Fitness classes can be booked up to one day in advance. Squash Courts can be booked up to one week in advance.

For UCL Union Clubs' session fees please contact the individual clubs.

**PLEASE NOTE THAT WHEN JOINING OR RENEWING MEMBERSHIP, STUDENTS AND UCL STAFF NEED TO PRODUCE A VALID COLLEGE PHOTO ID CARD, UCL ALUMNI NEED TO PRODUCE A VALID UCL ALUMNI CARD. THANK YOU.**

We accept payments by cash, and all major credit cards, except American Express.

Terms and Conditions apply.



## CLUBS

Bloomsbury Fitness is host to a number of UCL Student Union sports and martial arts clubs and societies as well as BF and externally run clubs. Look at the Bloomsbury Fitness Activity Timetable for the full range of activities available.

Please note that the responsibility for provision of club classes or sessions and Instructors lies with the individual Clubs and not with Bloomsbury Fitness. Some clubs do not operate in the vacations or over the summer term. Dance classes are not held while rehearsals for the Dance Society Show are underway.

### CLUB MEMBERSHIP

Any person wishing to participate in club sessions at Bloomsbury Fitness needs to become a member of Bloomsbury Fitness.

**Membership of UCL Union Clubs:** There is additionally an **annual fee to UCL Union** which should be paid to the CSC (2nd floor, Bloomsbury Theatre Building). UCL Union Clubs are run by UCL students for UCL students. Non-UCL people are welcome to join the Clubs but the number of such memberships is restricted so as not to deprive UCL students and staff of places. Please check with the Club for availability of non-UCL memberships before joining Bloomsbury Fitness.

**Insurance:** In the case of martial arts clubs, there is also an annual fee to the organisation/governing body which covers insurance to train. Contact the club for details.

### CHOOSING A MARTIAL ARTS CLUB

Each Martial Art has its own characteristic style and teaching method. Emphasis on the nature of the training varies from competitive to non-competitive, traditional training to sport, self-defence to spiritual or self-development. Etiquette is an essential element in such training. The relationship between training partners (or opponents) and between students and teachers must be one of mutual respect and consideration.

We are often asked which Martial Art is the best? When you are deciding which Martial Art you should take up, the question you should be asking is: Which Art will be best for you? It is important to choose an Art that you will enjoy doing and that suits you physically. Take a look at some of the different classes or better still take part in them and then make your choice.

**Do you have to be fit to start a Martial Art?** As in any sporting activity, lack of fitness (muscular endurance and strength, cardiovascular endurance, flexibility) increases the risk of injury. It is advised that when you take up your Martial Art you should also take up a fitness building routine specific for your activity.

**What do you have to do to join in a class?** Get in touch with the Club to check which of the classes or practices are suitable for you, to check the fees and what equipment you will need to buy. The best way is to talk to a Club Officer before or after a class (please not during the class).

**What should you wear for Martial Arts?** Beginners should bring loose, sturdy training clothes such as a T-shirt and track suit trousers to wear. For safety, watches and all jewellery, e.g. rings, earrings, stud earrings, neck-chains, bracelets must be removed before training. If you are doing a martial art you will eventually need to buy the appropriate martial arts uniform e.g. Judo or Karate suit.