

#GETACTIVE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--|--|---|--|--|------------------------------|
| Morning 08:00 – 11:00 | Spin YSV 09:30 – 10:30 * | Les Mills Spin YSV 07:15 – 08:00 | SUF Cycling YSV 09:30 – 10:30 * | Body Pump YSV 09:30 – 10:30 * | | Park Run YSV 09:00 |
| Afternoon 13:00 – 16:00 | £1 Swim YSV 13:00 – 16:00 | Fitness Yoga YSC 12:00 – 13:00 * | | £1 Swim YSV 13:00 – 16:00 * | £1 Swim YSV 13:00 – 16:00 * | |
| Evening 18:00 – 20:00 | Cheerleading YSC 18:30 – 19:30 Gymnastics YSC 17:00–19:00 | Athletics Club Runs YSC Meet 19:00 | | Basketball - Arena YSC 15:30 – 16:30 Athletics Club Runs YSC Meet 19:00 | 5 a side - Arena YSC 16.30 – 17.30 Gymnastics YSC 17:00–19:00 | |

KEY

YSC – York Sports Centre

YSV– York Sports Village

The Get Active Sport and Physical Activity offer, provides a range of accessible exercise sessions on a weekly basis during term time. These turn up and play opportunities provide a non competitive and non commitment environment for all abilities.

As a member of the University of York Students Union, you can access any of these sessions at any time. Sessions starred with an *, will have an associated cost of £1 per session, which can be paid at the centre reception upon arrival. You can book fitness sessions 7 days in advance by calling York Sport Centre on 01904323856.