



Warsash Gym, Health & Fitness Centre



Warsash Maritime Academy, Newtown Road, Warsash, Southampton, SO31 9ZL

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Warsash Gym is part of Southampton Solent University's network of Sports, Health & Fitness facilities.

We have 92 square meters of gymnasium with 14 resistance machines, 400kg of Olympic weights, Dumbbells up to 50kg & Kettlebells. A CV suite comprising of 14 pieces of 'Technogym' Cardio equipment and 4 Concept II rowers, punch bags and stretch area. We have a team of qualified & friendly Fitness Instructors ready to help & advise you.

The best value gym locally with the most flexible memberships!

Annual = £175
4 month = £75
1 month = £20
Pay as you go = £3.50

Opening times:

Mon-Thur

9am-9.30pm

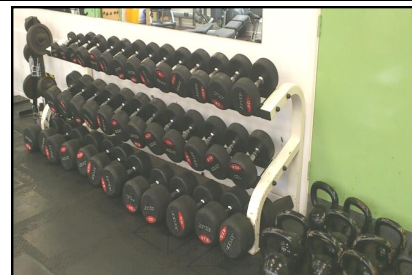
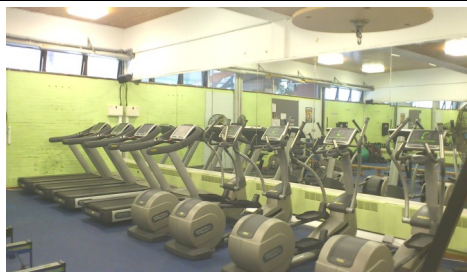
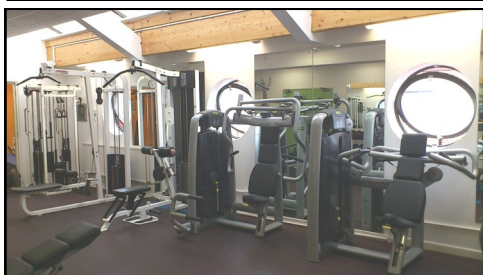
Friday

9am-9pm

Sat & Sun:
10am-1pm

Other memberships include: External Student, Junior, Senior & Corporate.

Bonus £1.50 guest session at St Marys Leisure Centre part of Southampton Solent University in Southampton city centre.

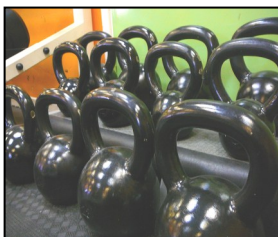


Warsash Gym CV suite Classes are open to non-members!

Fully mirrored hall with matted sprung floor and 3 heavy punch bags.

Class	Days	Time	POA	Members Price
Boxing Club	Mon & Thurs	7-9pm	POA	
Zumba Latino Dance	Tue	7-8pm	£3.00*	£4.00
Pilates	Tue	7-8pm	£2.80*	£3.30

*Members prices



Other Facilities include: Showers & Changing rooms, Costa Coffee, Bar & Restaurant.