



SOULUTIONS

Health & Fitness, Warsash

Warsash Maritime Academy, Newtown Road, Warsash, Southampton, SO31 9ZL
Tel: 01489 556270 E-mail: joe.pinto@solent.ac.uk

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

The best value gym locally with the most flexible memberships!

1. Peak	Annual	= £160
	4 month	= £65
2. Off Peak (9am-2pm)	Annual	= £125
	4 month	= £49
3. Pay as you go		= £3.20

Other memberships include: 1 month trail, Student, Junior, Senior & Corporate.

Bonus £1.50 guest session at Soulutions at Southampton Solent Uni in Southampton city centre

We have 92 square meters of gymnasium with 11 pieces of brand new 'Technogym' Cardio equipment, 11 resistance machines, 400kg of Olympic weights, Dumbbells up to 50kg & Kettlebells. We have a team of qualified & friendly Fitness Instructors ready to help & advise you.

Opening times:

Mon-Thur	9am-9.30pm
Fri:	9am-9pm
Sat & Sun:	10am-1pm



SOULUTIONS Activities Studio Classes

Classes are open to non-members!

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

<input type="checkbox"/>	Boxing Club	Mon	7-9pm	POA
<input type="checkbox"/>	Pilates	Tue	7-8pm	£2.80*
<input type="checkbox"/>	Yoga	Wed	5.45-6.45pm	£2.80*
<input type="checkbox"/>	Beginner - intermediate Circuits	Wed	7-8pm	£2.80*
<input type="checkbox"/>	Hatha Yoga	Thur	9.30-11am	£4.50
<input type="checkbox"/>	Boxing Club	Thur	6.30-9.00pm	POA
<input type="checkbox"/>	GKR Karate	Fri	6.30-8pm	POA
<input type="checkbox"/>	ZDL Chinese Kickboxing	Sat	10-11.30am	£4.50
<input type="checkbox"/>	GKR Karate	Sun	10.30-12pm	POA

*Members prices

Hire the Activities Studio for only £10 per hour!

Perfect for Instructors looking to deliver classes, personal training, or seminars. Please phone for further details on classes: 01489 556270.

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

