

Sports & Recreation Centre Information Sheet

Community & Groups (external)



Ara's Sports and Recreation Centre offers a variety of sports and recreation programmes and activities, and health and wellbeing services, all located in the Te Whareora building (W Block).

www.ara.ac.nz/services-and-support/recreation-and-sport

Gym/weights room

The City Campus Gym/Weights Room can be accessed by purchasing a gym membership, allowing full access to a fully equipped gym, including a wide variety of weights machines, free weights, and cardio equipment.

Gym membership pricing

	CASUAL/SINGLE SESSION	1 MONTH	3 MONTH	6 MONTH	12 MONTH
COMMUNITY	\$15	\$80	\$225	\$420	\$700
GROUPS	Pricing available on request				

Purchasing a new or renewing your membership:

- 1 Complete a gym membership application form; located outside the gym (W Block) and Student Finance office (Rakaia Centre). Currently not available online.
- 2 Take completed gym membership form to the Student Finance office to process application.
- 3 EFTPos or cash payments will be accepted. Currently, there is no online payment option available.
- 4 Take your gym membership application form, with receipt attached, to the Security office (Rakaia Centre) to obtain a new security access card, or update an existing card with current gym access.

Opening hours:

Monday - Friday: 6am to 9pm (last access 8.30pm) | Saturday 8am to 4pm | Sunday 10am to 4pm (last access at weekend 3.30pm)

Group Fitness & Social Sports

The Sports & Recreation Centre currently offers a variety of group fitness classes and social sports for staff participation.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CITY CAMPUS	Boxing 6.45pm-7.45pm W223 \$10 fee applies Yoga 6.30pm-7.30pm	City Combat 7pm-9pm W223 Membership fee applies Yoga 6.30pm-7.30pm	Boxing 6.45pm-7.45pm W223 \$10 fee applies Yoga 6.30pm-7.30pm	City Combat 7pm-9pm W223 Membership fee applies	Social Badminton 4.30pm-6.30pm W133 Cost \$2/person

Class descriptions:

Boxing - fun and energetic class using boxing equipment and techniques.

Yoga - stress busting, strength building, flexibility enhancing, angst free yoga. An evening class timetable is also offered by an external hirer. For more information: www.yogabykotte.com NB. Classes continue during term break holidays

City Combat School - prior to participation it is compulsory to contact pavel.lao@gmail.com

Social Badminton - for more information, please contact event organiser reccentre@ara.ac.nz

The Zone - Ara's Health, Wellness and Sports Performance Centre

www.ara.ac.nz/thezone

The Zone offers a wide range of services and tailored programmes for sports teams, schools, clinical groups and individuals aiming to enhance their health, wellbeing and/or maximise their sports performance.

Service delivery is facilitated by highly experienced, qualified coaches, within a state-of-the-art, custom-built sport and exercise science facility.

For more information about these services, or to make an appointment, please contact thezone@ara.ac.nz or phone 03 940 8653.

Ara Osteopathy Clinic

www.ara.ac.nz/services-and-support/health-and-wellbeing/osteopathy-clinic

