

Fitness Unlimited

at EIS-Sheffield

- Gym
- Fitness Classes
- 200m Indoor Track
- Spa area
- One-to-one sessions

Memberships
from
£21
a month



Book a free trial online today!
www.fitnessunlimited.co.uk

**30 SPORTS,
3 VENUES, 1 CAMP**

Coached sports camp for 8-13 year olds

Book now
0114 223 3833

www.sivltd.com/supercamp



BIRTHDAY PARTIES

What's your party piece?

Choose from one of our fantastic childrens party packages at the English Insitute of Sport Sheffield, and our expert hosts and activity coaches will help you to create the perfect party and promise maximum fun with minimum fuss.

foodetc. café

The foodetc café is open Monday – Friday 11.30am – 1.30pm. Serving a great selection of hot and cold food and a large variety of hot and cold beverages. Outside of these times hot drinks and snacks are available from reception.

Get your...

life CARD
...today

Save money on sport, leisure,
entertainment and events

Join today and **SAVE 20%**

www.sheffieldlifecard.com

Price Guide

	PEAK	OFF PEAK		
	lifeCARD	lifeCARD		
Badminton Court (per court)				
Adult	£11.90	£9.50	£8.10	£6.50
Junior	£6.30	£5.00	£5.00	£4.00
Table Tennis Table				
Adult	£11.90	£9.50	£8.10	£6.50
Junior	£6.30	£5.00	£5.00	£4.00
Athletics Hall				
Adult Athletics Entry	£4.50	£3.60		
Junior Athletics Entry	£3.10	£2.50		
Athletics Unlimited - Adult			£15.00	
Athletics Unlimited - Student			£12.00	
Athletics Unlimited - Junior			£10.00	
Gym & Fitness Classes				
Fitness Unlimited Membership			from £21.00	
Fitness Classes: F U Member			FREE	
Non-members 45 minute class	£5.00	£4.00		
Non-members 1 hour class	£6.00	£4.80		
Casual Gym Usage	£7.50	£6.20	£6.00	£5.00
Small Group Training - Members	£2.50		£2.00	
Small Group Training - Non-members	£5.60	£4.50	£5.60	£4.50
Sports & Coached Activities				
Taekwon Do /	Adult	£5.30	£4.20	
TangSoo Do / Aikido	Junior	£4.00	£3.20	
	Family	£12.50	£10.00	
SIV Athletics Academy*		£43.80	£35.00	
Teen Athletics*		£43.80	£35.00	
Junior Basketball		£4.40	£3.50	
Open Volleyball (Adult & Junior)		£5.30	£4.20	
EISS Amateur Boxing Club - Adult		£5.90	£4.70	
EISS Amateur Boxing Club - U16		£4.60	£3.70	
Court & Hall Hire				
Badminton Hall Adult	£51.30	£41.00	£40.00	£32.00
Badminton Hall Junior	£37.10	£29.70	£29.10	£23.30
Netball Court Adult	£51.30	£41.00	£40.00	£32.00
Netball Court Junior	£37.10	£29.70	£29.10	£23.30
Multi Purpose Hall Adult	£51.30	£41.00	£40.00	£32.00
Multi Purpose Hall Junior	£37.10	£29.70	£29.10	£23.30
Table Tennis Hall Adult	£51.30	£41.00	£40.00	£32.00
Table Tennis Hall Junior	£37.10	£29.70	£29.10	£23.30

* Payable in 10 week blocks. Slice Card discount available.

Peak activity times are 4pm- 10pm Weekdays and Off Peak are 8am-4pm Weekdays and Weekends. Family ticket is up to 1 adult and 2 children.



The English Institute of Sport - Sheffield
Coleridge Road, Sheffield S9 5DA

0114 223 5600
info@eis-sheffield.co.uk
www.eis-sheffield.co.uk



follow us on facebook
www.facebook.com/eissheff

WHERE TO FIND US

Bus: 69 from the city centre, stop just outside.

Supertram: Don Valley stop.

Car: Plenty of parking available.



The English Institute of Sport - Sheffield is Sport England Lottery-funded and managed by Sheffield International Venues Ltd.

The English Institute of Sport-Sheffield

PRICE GUIDE & TIMETABLE



Go online to see our latest offers,
news and events:
www.eis-sheffield.co.uk

SPORTS & COACHED ACTIVITIES

There is something for everyone at EIS-Sheffield

Our coached training sessions and clubs are open to everyone who wants to try something new, improve their existing skills or get fit. Come along and try lots of new sports and train, practice and play in a relaxed atmosphere.



Athletics

Sheffield Athletics Academy Join our ten week course in our fantastic facilities at both EIS-Sheffield and Don Valley Stadium where there are lots of opportunities to learn new skills and try different activities.

Teen Athletics Try a range of track and field events to see what they enjoy the most. Sessions are open to everyone from beginners to experienced athletes.

Basketball

Basketball with the Sharks

Slam Dunk and shoot baskets with Sheffield's Premier League Basketball team, Sheffield Sharks. Improve your skills and tactics and develop your balance, co-ordination and teamwork. Runs October-May only.

Badminton

Hire a Badminton court for 2-4 players at EIS-Sheffield and enjoy a game at your own pace. Equipment is available to hire.

Boxing

Amateur Boxing Academy Throw punches, get fit and learn boxing skills. Boxing can help to build self-confidence, discipline and motivation and beat stress

Ladies Boxing Circuits Develop and improve your aerobic fitness, agility and strength through this fun boxing class.

Fitness Classes

Whether you're a beginner or a regular at the gym - Fitness Unlimited at EIS-Sheffield has a class for you. See our full fitness timetable for all of our group fitness classes.

Opening Times:

Monday – Friday 8:00am - 10:00pm
Saturday 9:00am - 5:00pm
Sunday 9:00am - 5:00pm

ENGLISH INSTITUTE OF SPORT - SHEFFIELD PROGRAMME

Timetable									
Mon					Junior Basketball 5.00-6.00			Adult Aikido 7.30-9.00	
Tues				SIV Athletics Academy 5.00 – 6.00	Teen Athletics 6.00 – 7.00	Junior Amateur Boxing Academy 7.00-8.00 7+	Karate 7.15-8.15	Adult Amateur Boxing Academy 8.00-9.00	
Wed				SIV Athletics Academy 5.00 – 6.00	Ladies Boxing Circuits 6.00-7.00	TaeKwon Do 7.30-9.00	TangSoo Do 7.30-9.00		
Thurs					Junior Amateur Boxing Academy 6.00-7.00 7+	Junior Aikido 6.30-7.30	Adult Amateur Boxing Academy 7.00-8.00	Adult Aikido 7.30-9.00	
Fri					Karate 6.00-8.00 8 years +				Adult Volleyball 8.00-10.00
Sat		TaeKwon Do 11.00-12.30							

■ Fitness Classes
 ■ Young People
 ■ Adult Sessions

Martial Arts

Aikido is a Japanese Martial Art which develops and promotes fitness, confidence and good posture. It is also a great form of self-defence.

Karate is suitable for all ages and abilities and teaches balance, co-ordination and self-defence.

TaeKwon Do is a Korean Martial Art developing fitness, flexibility and body strengthening. Techniques are taught to all levels and a great way for all the family to keep fit & train together.

TangSoo Do is a Korean Martial Art focusing on self-defence, to develop mental and physical well-being, body co-ordination, conditioning, self-discipline, respect and confidence.



Volleyball

Adult Volleyball A great way for adults to keep fit and competitive regardless of fitness levels. Improve your general fitness, make new friends and have fun.

Table Tennis

Hire a table. Get your own competition going and hire a Table Tennis Table for an hour. You don't need to have played before just come down and have a go. Equipment is available to hire.