

# Shephall Leisure Centre Sports & Leisure Guide



Shephall Leisure Centre  
Barnwell, Stevenage, Herts SG2 9SW

01438 210 100

E. [shephall@stevenage-leisure.co.uk](mailto:shephall@stevenage-leisure.co.uk)

**Stevenage**  
BOROUGH COUNCIL

[www.stevenage-leisure.co.uk](http://www.stevenage-leisure.co.uk)

24 hour Customer Information Line: 0300 012 0300

join us on facebook at  
[www.facebook.com/shephalleisurecentre](http://www.facebook.com/shephalleisurecentre)



# 40 reasons to exercise at Shephall Leisure Centre

1. Lowers blood pressure
2. Burns calories
3. Increases muscle mass
4. Lowers cholesterol
5. Improves flexibility
6. Increases metabolic rate
7. Strengthens heart
8. Improves posture
9. Enhances weight loss
10. Rehabilitates after injury
11. Increases immunity from illness
12. Improves co-ordination
13. Improves respiration
14. Increases bone density
15. Improves muscle tone
16. Improves stamina
17. Provides relief from pmt
18. Improves liver function
19. Improves complexion
20. Improves body appearance
21. Combats stress
22. Alleviates depression
23. Improves quality of sleep
24. Raises libido
25. Releases 'feel-good' endorphins
26. Endorses relaxation
27. Improves digestion
28. Boosts self esteem
29. Can help you smoke less or give up
30. Improves concentration
31. Increases activity levels
32. Gives you 'me' time
33. Meet new people
34. Improves motivation
35. Live longer
36. Feel more energised
37. Gain competitive edge
38. Reduce risk of cancers
39. Maximise life efficiency
40. Boosts confidence

## SLL Mission Statement

*"To deliver the best service for our customers and clients"*

# Welcome to the Shephall Leisure Centre

Originally constructed in 2002 as part of a £1.4m project in Stevenage funded by a range of partners including the Sport England, Stevenage Borough Council, and Hertfordshire County Council, the centre officially opened on 1st June of that year, and has been managed by SLL since 14th June 2002.

Shephall Leisure Centre provides leisure facilities to the local community by delivering a high standard of sport and fitness opportunities coupled with great service and value for money

## Opening Times

Monday - Friday 08:00 - 22:00

Saturday 09:00 - 18:00

Sunday 09:00 - 20:00

Bank Holidays 10:00 - 16:00

Last admission 1 hour before close.



Shephall Leisure Centre participates in the Wow! Awards - a scheme which catches people doing things right.

## Accessibility

This Programme is available in larger formats, please see a member of staff for details. Audio information can be found on the Stevenage Leisure Customer Information Line on 0300 012 0300

The following facilities are also available and accessible to all

Baby Changing

Toilets

Showers

Parking – Disabled Badge holders

Hearing Loop – available at reception

The air conditioned fitness@shephall gym is fitted with 26 stations of cardio-vascular with integrated entertainment system and resistance stations, plus free weights, abdominal crunches and a stretch area.

Our qualified and dedicated fitness instructors are on hand to ensure that you are getting the most out of your exercise programme.

Fitness@shephall offers health and fitness facilities for everyone – regardless of your age, or current fitness level and at an affordable price.

### Membership Options

There are many membership options available to suit your needs including peak and off-peak memberships offering exceptional value for money, and casual 'pay as you go' prices

Contact a member of staff on 01438 210100 for more information on membership options.



*"I come to the gym every morning and I'm always greeted with a smile. I've lost over a stone and I feel much healthier for it!"*

*"The guys are always willing to help me out with my programme and when I'm in the gym. That's the reason why I keep coming back!"*

**Keith Hilton, Fitness Member**



### Workout Classes

We are confident that with our selection of classes, there is truly something for everyone. See descriptions of classes run and Shephall Leisure Centre opposite.

Please contact the centre for booking information.

**Please pick up a class timetable from reception**



**Abs & More** - Tone those waistlines with a workout focusing on the abdominal and dorsal muscles.

**Boxercise** - Learn boxing skills from basic punches and combinations to self defence, footwork and skipping

**Circuits** - Station based workout for the whole body, with a mixture of cardiovascular and strength work, allowing you to work at your own intensity regardless of your fitness ability.

**Legs Bums & Tums** - Designed to tone and shape the lower body with minimal impact, sculpting those areas you love to hate.

**Pilates** - The original authentic mat-work exercise that gives you long lean toned muscles, better posture, a healthy back, perfect body shape and a calm mind.

**Studio Cycle** - This is a high energy, calorie burning cardiovascular indoor cycling workout set to vibrant music

**Thai Boxing** - Dynamic class that is guaranteed to get your heart pumping! Suitable for both men and women.



**Zumba** - Latin dance fitness class that blends the latest red-hot international music with addictive steps.

# Exclusive Membership Benefits

**10% Discount** off tennis bookings

**John Henry Newman**

Hitchin Road, Stevenage, SG1 4AE

01438 218 791

**10% Discount** off children's parties

**10% Discount** off pamper parties

**Half Price** spa sessions

**15% Discount** at Laura's Beauty

**Stevenage Swimming Centre & The Wellness Centre**

St. George's Way, Stevenage, SG1 1XY

01438 218 770

**10% Discount** off adult & child courses

**10% Discount** off hot & cold menu & hot drinks only at Costello's Cafe

**Fairlands Valley Park**

Six Hills Way, Stevenage, SG2 0BL

01438 353 241

**20% Discount**

**D2**

21 West Gate, Stevenage, SG1 1QR

01438 741 366

**10% Discount** off selected shows

**10% Discount** off children's parties

**The Gordon Craig Theatre**

Lytton Way, Stevenage, SG1 1LZ

01438 363 200

**20% Discount** off children's parties

**10% Discount** off room hire

**10% Discount** at pulse physiotherapy

**50% Discount** off your first sports therapy session

**50% Discount** off your first Lifestyles personal training session

**10% Discount** at the coffee house

**Stevenage Arts & Leisure Centre**

Lytton Way, Stevenage, SG1 1LZ

01438 242 605

**10% Discount**

at the pro shop

**10% Discount**

off the driving range & par 3

**10% Discount**

at the coffee house

**Stevenage Golf Centre**

Aston Lane, Stevenage, SG2 7EL

01438 880 424



## Sports Activities

Shephall Leisure Centre has a large fully equipped Sports Hall, which is available to hire for a range of sports such as:

- Badminton
- Basketball
- 5-a-side Football
- Trampolining
- Indoor Hockey
- Short Tennis
- Indoor Cricket
- Netball

These facilities are available for both members and non-members and can be booked in advance. Please contact Reception for more information

The Centre is the home of many sports clubs in the area, who are always looking for new members. Clubs include martial arts, trampoline, basketball, badminton, cricket and football. For more information on joining one of the local clubs please contact Reception,



### Clubs using Shephall Leisure Centre

Stevenage Borough Juniors FC

St. Johns Badminton Club

Scobe Badminton

Herts Choi Kwang-Do

Tae Kwon Do

Zen Kempo Ryo Ju-Jitsu

Shephall Junior Badminton Club

Stevenage Scorpions Basketball Club

Stevenage Cricket Club

Sport Stevenage

Diamond Dolls

North Central Herts School of Dance

Woolmer Green FC

East Area Thai Boxing

### Contact

Brian Mitchell

Rob Wade

Bruce Chinnery

Simon Sparrow

Russell Harper

Terry Coughtrey

Rob Wade

Mark Wright

David Carr

Louise Gallagher

Charlotte Mason

Gemma Self

Kevin Travis

Ferguson Myron



## Children's Activities

Many clubs using Shephall Leisure Centre have an active Junior Members section. Please contact Reception for details of these clubs.

### Trampoline Club

Shephall Leisure Centre's Trampoline Club is a great way to increase your fitness, whether your 5 or 105! No previous experience is necessary for this friendly recreational club, where the emphasis is on learning in a fun and safe environment. Sessions run on Tuesday's during term time.

Please contact Reception for booking information.



### Wildcats

Wildcat gym sessions are available for full-time students aged 13 and over. Simply book an induction at Reception, and pay £2.50 each visit. Times are restricted to Monday - Friday 3.00pm -5.00pm and weekends after 3.00pm.

Or why not join up as a Wildcat Member?

**Pay £16 a month for unlimited gym use anytime.**

Contact reception for details on upcoming holiday activities.



## Party Time!

### Parties with that extra something!

We can take away the worry and stresses of birthdays and provide you with a hassle free party that your children will remember; and give you value for money!

All parties last an hour and a half, with one hour for the activity and half an hour for eating food. Maximum amount of children is 16. Minimum age of the children is 5 years old..

### FOOTBALL PARTIES - £75.00

Use the spacious sports hall for a fun, energetic football party.

### TRAMPOLINE PARTIES - £85.00

Have a bouncy time with a trampoline party. Our instructors will take the children through some fun games and basic moves. This price includes: One trampoline and an instructor for an hour.

### INFLATABLE - £75.00

Run around and have fun in the spacious hall with our Birthday Cake Bouncy Castle and Inflatable Ball Pit.

### DANCE PARTIES - £80.00

Use the fitness studio and let them dance or cheer like their favourite pop stars to fun and funky routines. This price includes a dance teacher.

### COMBO PARTIES - £75.00

Can't decide? Why not have two different parties instead of one?



# Pricelist

Sports Activities	Time	Peak	Off Peak
Badminton	55 min	£9.00	£7.00
Short Tennis	55 min	£9.00	£7.00
Basketball – 1 Court	55 min	£9.00	£7.00
Basketball – Whole Hall	55 min	£39.75	£32.00
Indoor Football	55 min	£39.75	£32.00
Friday Football	55 min	£20.00	

Fitness	Members	Peak	Off Peak
Induction	FREE	£12.00	£12.00
Non-Members Review	FREE	£12.00	£12.00
Gym Session	FREE	£6.00	£6.00*
Technogym Key	£10.00	£10.00	£10.00

\*Early Bird and Twilight Discount also available

Exercise Classes	Peak	Off Peak
1 hour Class	£5.00	£5.00
45 min Class	£4.00	£4.00
1 hour Pilates Class	£4.00	£4.00

**Attend more than one class a week? ..**

**You could save money with one of our memberships!**

**Gym memberships from as little as 51p a day!**

**Contact our customer advisors for more information**

**01430 210 100**

Great deals for our members!

## REFER A FRIEND REWARD



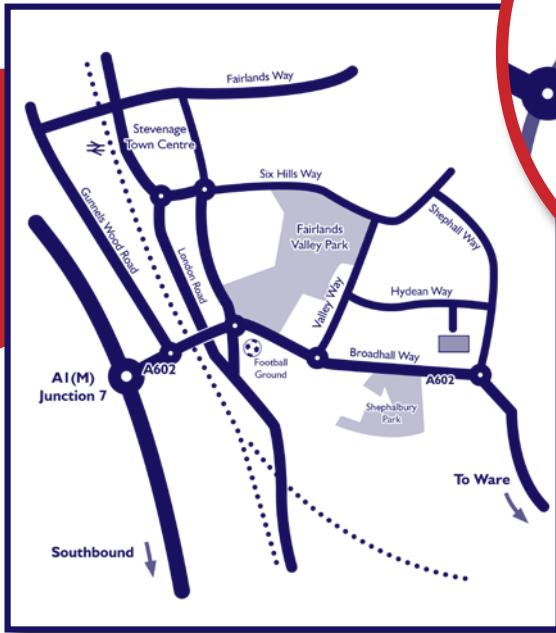
- It will ensure your attendance on a regular basis
- It will help you get motivated to follow an exercise routine
- It will make you work harder when you are in together
- You will both see the benefits of regular exercise
- You can compete against each other, if you wish
- It will help you to enjoy exercise more
- It will help with your social life – you can catch up with friends whilst exercising

**REFER A FRIEND and receive ONE MONTH'S FREE MEMBERSHIP!**

**REFER A FRIEND FLIER MUST BE COMPLETED PRIOR TO YOUR FRIEND JOINING.**

**NO MAXIMUM – \*THE MORE FRIENDS YOU REFER THE MORE FREE MONTHS YOU GET!**

# Finding Shephall Leisure Centre



## Location

- Barnwell School (Near 'The Hyde shops')
- 5 minute drive from town centre
- Call 01438 210100 for directions

## Bus Routes

Bus 4, 5 & 5a  
from Town Centre Bus Station.

**FREE ONE  
DAY PASS**



**Visit our  
Website**



facebook



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