



become a member

2020 Membership Guide



Basingstoke Sports Centre,
Festival Place Basingstoke. RG21 7LE

Charity No. 301731

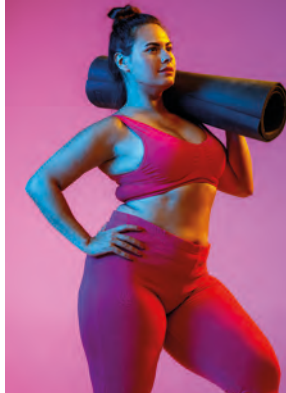
hello!

Basingstoke Sports Centre is a not-for-profit social enterprise and registered charity with the friendliest and most welcoming gym in town. With 75,000 sq ft of activity in the heart of Basingstoke, we work with you to help you achieve your fitness and activity goals by supporting you through an engaging and motivating fitness journey. Our Centre boasts four impressive fitness suites, each with the latest equipment.

Evolve Mixed Gym is easily one of the friendliest and best gyms in Hampshire, comprising of the latest Pulse Series 3 Kit - spanning two floors plus functional zone.



Shape is our Exclusive Ladies-Only Gym, recently refurbished with over 50 pieces of kit to allow you to enjoy your workout without compromise.



Move is our newest Wellbeing Suite, aimed at those with impaired mobility, health conditions, or not used to regular exercise. A smaller, very friendly workout using a circuit of power assisted equipment.



choose your membership plan

12 Month Saver

Monthly Direct Debit

Our most popular type of membership - save £5 per month by subscribing to 12 months of membership. After 12 months, you'll keep your cheaper contract price, but will also have the flexibility of a Zero package! 12 month contracts also have a price for life.

Zero Membership

Monthly Direct Debit

Not ready to commit to a 12 month contract? No problem! With a Zero membership, there are no ties and you're free to cancel whenever suits you! You'll have all the same access and features of a 12 month contract but with added flexibility.

12 Month Super Saver

Paid Up Front Membership

Interested in committing to 12 months but would like further reductions? Our Paid Up-Front Super Saver enables you to pay for 11 months up-front and get the 12th month free! **11 months upfront with 12th free**

Prices listed in this booklet are 12 Month Saver plans. For a 'Zero' Flexible plan, add £5 per month.

To book an appointment, please call 01256 302242 or email membership.team@mybst.org. Sign up online at www.mybst.org/basingstoke/memberships/online-joining. Membership Terms & Conditions Apply.

premier

MEMBERSHIP

Our most sought after membership, giving you unlimited access to our top facilities!

£41.95 /pm



teen & student

A Special Premier Discount! Excludes Spa. Off Peak Hours only. See Ts&Cs for details.

£19.95 /pm

premier senior

Premier membership at a snip for those aged 60 years of age and above.

£29.95 /pm

premier plus

Premier membership with unlimited badminton, squash and table tennis bookings.

£51.95 /pm

Are you on a government apprenticeship scheme? Enquire about our Premier Apprentice membership!

NEW!

move

£29.95

Our new Wellbeing Suite is perfect for those not used to exercise or those with limited mobility. Move is equipped with state-of-the-art power-assisted resistance machines that work with your body rather than against it. Book sessions with our qualified move supervisors to improve your mobility, strength, fitness and meet new friends! For more information, visit mybst.org/move

Want to add unlimited* swimming and health spa to your move membership?

+£5pm

JUST gyms



+ 500 Virtual Studio Classes

Unlimited Access to both Evolve Mixed Gym and Shape Ladies Gym

£29.95 /pm

JUST swim



Unlimited* Access to our 25m Swimming Pool
*(See Pool Timetable)

£27.00 /pm

JUST rackets



Unlimited Squash, Badminton and Table Tennis Bookings

£42.00 /pm

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corporate membership

Many studies have found that employees who exercise regularly are more productive, more effective with time management, and feel more satisfied at the end of the day. Plus, there is growing evidence that exercise helps prevent and treat certain medical conditions, including heart disease and type 2 diabetes, and reduces the risk of cancer. So let us help your employees be fitter and healthier with your Corporate Membership.

Why invest in corporate memberships?

Healthy staff perform better. Living a healthy lifestyle can lead to better work performance with less days off sick and better physical and mental health.

Regular exercise can:

- Reduce stress, boost creativity and increase concentration levels
- Give you more energy and motivation
- Improve your immune system and fight off infection
- Enhance confidence and mood, encouraging better working relationships.

Interested?

Pick up a corporate memberships leaflet or contact our sales team (details below) to discuss how we can help you build a fitter, healthier workforce.

Find us by Car - M3, Junction 6

Follow signs for town centre parking, and use the NCP Festival Place car park. This costs only £1.50 after 17:00. More details at mybst.org

01256 302242
membership.team@mybst.org

Membership Sales Department

Mon & Tues 09:00 - 21:00, Wed & Thurs 09:00 - 20:00
Fri: 09:00 - 19:00, Sat: 09:00 - 17:00 Sun: 10:00 - 17:00

Find us Opposite Pret!

We're located in Porchester Square.

Basingstoke Sports Centre

Festival Place, Basingstoke. RG21 7LE



NEW! Download the BST App from the App Store or Google Play



bst is an independent leisure trust and **registered charity**. We provide an inclusive range of services and facilities to **encourage greater participation in physical activity**, sport, leisure and health & wellbeing programmes. As a charity, we have no shareholders and so **100% of any surplus** we generate is **reinvested back into the local services and facilities** we provide for our local communities. Our health and wellbeing programmes include **Cancer and Cardiac Rehabilitation, Parkinson's, Falls Prevention (Steady and Strong), GP Referral (Active in Health) and Anxiety and Depression (Healthy Bodies, Healthy Minds)**.

By becoming a Member of Basingstoke Sports Centre, **you are actively investing in your community**, particularly for those people who wouldn't be able to benefit from participating in physical activity without the **specialist programmes** and support we provide. Therefore, taking out a membership is **both an investment in you and an investment in your local community**. As we do not receive regular financial support for our health and wellbeing programmes **we are enormously grateful to all of our members and customers**, without whom this would not be possible.