



## **FITNESS MEMBERSHIP WITH NEWPORT LIVE**

**Join Newport Live and enjoy free personal support including a weekly 1 to 1 with an instructor to help you achieve your fitness goals.**

**Find out more at [www.newportlive.co.uk/membership](http://www.newportlive.co.uk/membership)**

Welcome to the University of South Wales. As a student based in Newport, this leaflet highlights all the sport, health and fitness opportunities available to you. The USW Sport programme includes 30+ student led sports clubs taking part in the British Universities and Colleges Sports (BUCS) programme every Wednesday. You can sign up for these at the Welcome Fest on Newport Campus on Thursday 22 September, 11am-5pm



Join from  
**£15.99\***  
a month  
with voucher code  
**NLUSW20**

## NEWPORT CENTRE

For students wanting to keep fit and healthy more locally, Newport Centre is directly opposite the USW City Campus and offers an excellent membership for those students based in Newport.

### Facilities

Newport Centre is an excellent multi-purpose facility which includes fitness classes, gym access, free weights and court hire including table tennis and badminton.

Members also have access to all other Newport Live facilities including the Regional Pool and Tennis Centre, the Geraint Thomas National Velodrome of Wales and Active Living Centre.

### Membership includes:

- Unlimited access to four main gyms
  - Numerous exercise classes a week
  - Lane swimming at the Regional Pool & Tennis Centre
  - Indoor and outdoor racquet sports
  - Personal fitness support including a weekly 1 to 1 with an instructor and help creating a personal programme.
- More details and opening hours can be found at [newportlive.co.uk](http://newportlive.co.uk)

### Student Membership

(Proof required with NUS card)

- USW freshers offer\* £15.99 per month (£18.95 at all other times)
- No contract or joining fee
- Annual membership £170.55

Call: **01633 656 757**  
Visit: [www.newportlive.co.uk](http://www.newportlive.co.uk)

**NEWPORT LIVE**  
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*Inspiring Happier Healthier*

\*Offer available for Freshers Week only.