

CLASSES Starting Date: 18/9/23

The Mardyke Arena UCC offers a wide range of fitness classes suitable for all levels and abilities. Whether you wish to get fitter, lose weight, tone up or increase flexibility, we have the class for you. Our highly experienced instructors will help you achieve your goal.

Classes must be booked in advance via the booking app. The Strike Policy also applies to classes so please remember to cancel in advance if you cannot make the booked class.

Don't forget to bring your own mat when attending classes or courses. Mat's available to purchase at Reception.

Pricing

UCC Student - **FREE**
Member - **€4.50**
Non-Member - **€9**

Lunchtime cycle
Free to members

NOTICE

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts. Minimum of 4 to start a class.
- Participants must check in with instructor prior to commencing all classes.
- Mats are not provided. Please bring a mat with you.
- All classes will start on time and there will be a 5-minute grace period- Instructor will have the right to denied access after this time.
- If you need to cancel, please use the Maradyke Arena app up to 1 hour before the class.

TIME	CLASS	STUDIO	INSTRUCTOR
MONDAY			
07:10 - 07:55	Total Tone	Studio 8	Arnolda
09:30 - 10:15	Swiss Ball & Tone	Studio 1	Kelly
13:10 - 13:55	Lunchtime Cycle	Studio 3	Ronan
17:30 - 18:15	Kettlebells	Studio 8	Aga
18:00 - 18:45	Yoga for beginners	Studio 7	Diego
18:30 - 19:15	Sculpt & Burn	Studio 8	Aga
19:00 - 19:45	Coach by Colour - Spin	Studio 3	Megan
19:30 - 20:15	Dance Fit	Studio 8	Olga
TUESDAY			
07:10 - 07:55	Sunrise Spin	Studio 3	Arnolda
09:30 - 10:15	Aqua Aerobics	Pool	Aga
13:10 - 13:55	Lunchtime Cycle	Studio 3	Megan
17:30 - 18:15	Sculpt & Burn	Studio 8	Olga
18:00 - 18:45	Spin	Studio 3	Sinead
18:30 - 19:15	Stretch & Flex	Studio 7	Olga
19:00 - 19:45	Zumba	Studio 8	Emilie
19:00 - 19:45	Hatha Yoga	Studio 4	Diego
WEDNESDAY			
07:10 - 07:55	Sunrise Flex	Studio 8	Mary
09:30 - 10:15	Total Tone	Studio 1	Sinead
13:10 - 13:55	Lunchtime Cycle	Studio 3	Brid
17:30 - 18:15	Boxercise	Studio 8	Aga
18:00 - 18:45	Spin - Coach by Colour	Studio 3	Ronan
19:00 - 19:45	Zumba	Studio 8	Emilie
19:30 - 20:15	Dance Fit	Studio 7	Hannah
20:00 - 20:45	Hatha Yoga	Studio 8	Diego
THURSDAY			
07:10 - 07:55	Yoga Flow	Studio 8	Arnolda
09:30 - 10:15	Aqua Aerobics	Pool	Aga
13:10 - 13:55	Lunchtime Cycle	Studio 3	Kaitlyn
17:30 - 18:15	Total Tone	Studio 7	Olga
18:00 - 18:45	HIIT	Studio 8	Brid
18:30 - 19:15	Step & Tone	Studio 7	Olga
19:00 - 19:45	Begin to Spin/FTW	Studio 3	Brid
FRIDAY			
07:10 - 07:55	Total Tone	Studio 8	Mary
09:45 - 10:30	Yoga	Studio 7	Claudia
13:10 - 13:55	Lunchtime Cycle	Studio 3	Brid
17:30 - 18:15	Step N Tone	Studio 8	Sinead
18:30 - 19:15	Pilates	Studio 8	Hannah
SATURDAY			
09:30 - 10:15	FitBall	Studio 1	Olga
10:30 - 11:15	Sunrise Flex	Studio 1	Olga
11:30 - 12:15	Coach by Colour - Spin	Studio 3	Sinead

HOW CAN I START USING THE ARENA?

- Once you are registered as a student in UCC and have paid your fees, your details are on our system, and you are good to go.
- On your first visit and on each visit to the Arena you must bring your UCC student card with you in order to gain entry to the Arena.
- Your student card is your own personal card and should not be shared with any other person.

PLEASE NOTE: Sharing of your card with another person will result in the temporary suspension of your membership with repeat offenders having their membership cancelled.

General Rules

- Use of the car park is strictly reserved for users of the indoor facilities of the Mardyke Arena UCC. Abuse of this privilege will result in you being asked to remove your car, your car may be clamped and/or your parking privilege may be withdrawn.
- Use of your membership card by another person may result in your membership being suspended and/or cancelled.
- Allocated changing rooms to be used.
- Lockers to be used on each visit AND LOCKED!
- Avoid bringing large sums of cash and/or valuables to the Arena.
- Suitable Footwear and Clothing must be worn at all times.

NO CARD – NO ENTRY

Card misuse will result in suspension / cancellation of your membership.



Mardyke Arena
UNIVERSITY COLLEGE CORK

WWW.MARDYKEARENA.COM / 021 490 4751



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SEPTEMBER 2023 NEWSLETTER

WELCOME BACK

Welcome back to the Mardyke Arena UCC for Semester 1 of the new college year 2023/24. A very special welcome to all students who are starting their studies at UCC for the first time. We are quite proud of the fact that, in 2006, with the help of the Students Union and a student vote, we introduced an automatic membership to the Arena for all UCC students, making us the first university in Ireland to do so. This initiative has proven to be hugely successful over the years with a far greater participation level by UCC students in sport and recreational activities than any other 3rd level college in Ireland.

Whether you are a serious sports and fitness person or participate for fun, relaxation, or health reasons we encourage you to make the most of your membership here with us at the Arena.

Even a little physical activity helps enormously with our stress levels, mental health, overall health and will assist you greatly with managing the challenges that lie ahead in your studies and life at college.

Wishing you very success with the year ahead and please avail of and enjoy the facilities of the Mardyke Arena UCC.

What your Arena Membership Offers?

- Entry to each of our 3 Fitness Gyms***
*Green Gym (2nd floor) and Blue Gym (1st floor) are drop-in at any time. Red Gym (ground floor must be pre-booked)
- Entry to the Swimming Pool, Sauna and Steam Room**
- Exercise and Fitness classes (must be pre-booked)**
- Access to Indoor Climbing Wall & Squash Courts (must be booked through Reception)**

OPENING HOURS

MON – FRI	07:00 – 22:30
SAT	09:00 – 19:00
SUN	10:00 – 19:00
Bank Holidays	10.00 – 19.00



LOOKING TO MANAGE YOUR BOOKINGS AT THE MARADYKE MORE EASILY?

SCAN THE QR CODE TO DOWNLOAD OUR APP

WWW.MARDYKEARENA.COM



GYM INFORMATION

Get familiar with our Gym facilities

The Mardyke Arena UCC is proud to offer students the option of working out in three separate Gym areas. Please check out the opening times for each Gym as they differ.

The Red Gym

located on Ground Floor – consists mainly of Resistance Equipment and students are advised to complete an Induction before using any equipment in this Gym. Due to demand, users must pre book this Gym in advance using our Booking App.

The Blue Gym

located on First Floor – consists mainly of Cardio and Machine weights with a Resistance Training area at the back of this Gym.

The Green Gym

located on Second Floor – this is the largest of the three gyms and consists many of Cardio and Machine weights with a Strength Equipment/Resistance Training area at the back of this Gym.

Red Gym Usage

You must pre book your session in advance and cancel online if not attending.

How to book a programme / induction?

You can get an exercise programme designed for you by one of our professionally qualified staff. However, it is recommended that you complete the entire induction process first as this will help you build up a good level of physical fitness before we design you a more detailed programme. Drop into the Green Gym on the first floor and a staff member will register you for a programme.

Don't forget €1 coin required as a deposit for the lockers.

€1 coins are not available at Reception. Trolley coins available to purchase for €2.00.



Booking Requirements for Red Gym

All gym sessions in the Red Gym must be pre-booked via the Mardyke Arena UCC App or online at www.mardykearena.com

Gym sessions will commence on time and finish punctually at designated end time.

You must leave the gym at the end of your booked session.

You will be required to check-in with a staff member in the Red Gym.

The Strike Policy will be applied to any no-shows or people who do not check in at the main reception.

Lockers are provided in all changing areas for the security of your personal belongings. Always use a locker and keep it locked!

MARDYKE ARENA ACCEPT NO RESPONSIBILITY FOR LOST OF STOLEN ITEMS

Strike Policy

As we are now entering into a very busy period, we can no longer ignore such high levels of no shows. If you cannot attend a booking please cancel at least 1 hour in advance via the Mardyke Arena UCC App or Online. Failure to attend or cancel a booked session will result in a strike. The accumulation of 3 strikes will mean that you cannot book a facility here at the Arena for a 2 week period for the initial offence. You will receive an email notifying you that you have received 3 strikes and the date you will be able to book facilities again.

- **1st offence (3 strikes)**
– No Arena Access for 2 weeks
- **2nd offence (6 strikes)**
– No Arena Access for 4 weeks
- **3rd offence (9 strikes)**
– No Arena Access for 6 weeks

BOOKINGS

How to download the app?

- Search Mardyke Arena UCC in the play store/app store.
- Download and register using your student email address.
- A member of staff will verify your account-please be aware this may take up to 24 hours.
- You will be assigned a membership for the Arena.

How to book?

- Once your account has been verified you will be able to book fitness classes and courses and the red gym.
- To Book Classes and the Red Gym choose classes/facilities and select your desired class. To book a course, select courses and choose your desired course.
- Booking opens 24 hours before the class is due to begin.

How to cancel a booking?

- Cancellations can be made up to 1 hour before the class start time.
- Select bookings, select cancel.
- You will receive notification that your booking has been cancelled.
- Please contact Reception if you need to cancel within the hour, otherwise your will accrue a Strike.



Climbing Wall

Are you a Climbing Wall enthusiast? The you should consider joining the UCC mountaineering Club. The Club train from 7pm to 10.30pm on Mondays and Wednesdays.

How to book the climbing wall?

Students may use the Climbing Wall free of charge but are advised to pre-book their session in advance through Reception. Check out our website to view the Climbing Wall Opening Hours.

Booking App – For booking classes / courses and the Red Gym.

The Arena Clinic

The arena clinic is a unique clinic, incorporating physiotherapy, hydrotherapy and specialist rehabilitation. We strive to provide excellence in terms of expertise and equipment to all clients, regardless of ability. We are based at the Mardyke Arena, Cork, a centre already recognised for excellence in its facilities. We are delighted to have access to the excellent facilities on-site, and our own unique equipment (including anti-gravity treadmills, hydrotherapy pool, reformer pilates sessions and world class gym space) in order to maximise our input into maintaining or restoring your good health.

Bookings can be made by contacting 021 490 4760 or you can also book online.

Sustainability

Like all businesses, we have a responsibility and an opportunity to put in place a strategy to tackle our Carbon Footprint and other environmental projects to significantly reduce the company's carbon emissions. We support the UCC Sustainability and Climate Action Plan 2023 – 2028 and are committed to implementing small to big scale projects which will positively impact on the Environment and the Climate Emergency.

We currently hold the ISO 14001 standard which is an internationally agreed standard that sets out the requirements for an environmental management system. It recognises organisations who continually improve their environmental performance through more efficient use of resources and reduction of waste, and engage and consult with the various stakeholders.

We want to hear from you!

We invite you to join in one of our face-to-face forums where you get an opportunity to share your insight, recommendations, ideas and feedback on how we can make our operations more sustainable for all users.

Details of the upcoming forum will be posted on social media and on our digital signage.

Mardyke Arena UCC Squad Gym

We officially launched this state of the art €3 million facility in July 2023. The impressive facility and the Arena Performance team will provide expert support and services to the Performance Sports in UCC; namely Rugby, Soccer, Hockey, GAA, and Rowing while also offering professional support and services to elite athletes and teams in Cork and Munster.

Exciting plans are being developed which will see the facility become a centre for continual professional development of athletes, coaches as well as providing a platform for athletes to reach their potential.

Our Services

- Manual Therapy
- Soft Tissue Release
- Exercise Prescription
- Taping, including Kinesio & Dynamic Taping techniques
- Acupuncture
- Dry Needling
- Hydrotherapy
- Alter-G Anti Gravity Treadmill
- Clinical Pilates
- Aqua Natal Programme Our Treatments
- Sports and Musculoskeletal Injuries
- Orthopaedic Rehabilitation
- Post-Surgical Rehabilitation
- Neurological Rehabilitation
- Repetitive Strain Issues
- Whiplash
- Chronic Pain
- Injury Prevention Screening
- Sports Rehabilitation & Return to Play Programme

UCC Clubs

Please contact UCC Sport directly if you are interested in joining a Club.



SCAN THE QR CODE TO DOWNLOAD OUR APP

