



PRESS RELEASE

On behalf of Ilkley & District u3a and
Ilkley Lawn Tennis & Squash Club



Game, Set and Match for u3a and Ilkley Lawn Tennis & Squash Club

Ilkley & District u3a – part of a UK-wide movement of interest groups with 1,800 local members, has partnered with the Ilkley Lawn Tennis & Squash Club (ILTSC) to launch a programme of specially designed fitness and movement classes

u3a sessions at the tennis club gym were first offered earlier this year to help members keep active, using the attractive facilities. Under the stewardship of professional ILTSC staff, members of u3a enjoyed sessions carefully designed for their varied needs and preferences, initially encompassing Move Freely, two levels of Pilates and vigorous Spin classes.

The classes proved so popular that ILTSC is now offering special 'off peak' membership of the gym to u3a members who will have full use of the gym at less busy times of day. The new membership arrangement will also allow unlimited participation in fitness sessions which could include Yoga, Tai Chi and other suggestions.

A launch event was held on Friday 1st September at the tennis club gym when ILTSC staff were on hand to demonstrate some of the latest equipment and answer questions about the scheme. Over 70 members of u3a have now signed up for the initial trial membership period, and more will do so in the months ahead. The pilot scheme will run to March 2024 and will be reviewed early in the New Year.

Both parties believe that expanding the offer by providing an innovative special membership will be of mutual benefit. Chris Harrison, General Manager at the tennis club comments:

ILTSC is thrilled to continue the relationship with u3a, cementing us as the “go to” fitness destination in the local community. The feedback from the pilot sessions has been brilliant and it’s great to see the project grow. Facilitating u3a members during our off peak times is great for everyone involved and we hope to continue this relationship long into the future.

For further information, just search online for Ilkley & District u3a and follow the links for u3a gym membership. The website also provides details of over 100 different groups ranging from walking to science, art appreciation to railways. All with the aim of keeping folk socially and actively engaged after the world of full time work.

Ends

For further information contact John Hancock (octopuss@btinternet.com) or 07976 803220 or info@iltysc.co.uk and 01943 607182 for the tennis club.

Pictures attached are from the launch event of this partnership held at the tennis club on Friday 1st September.



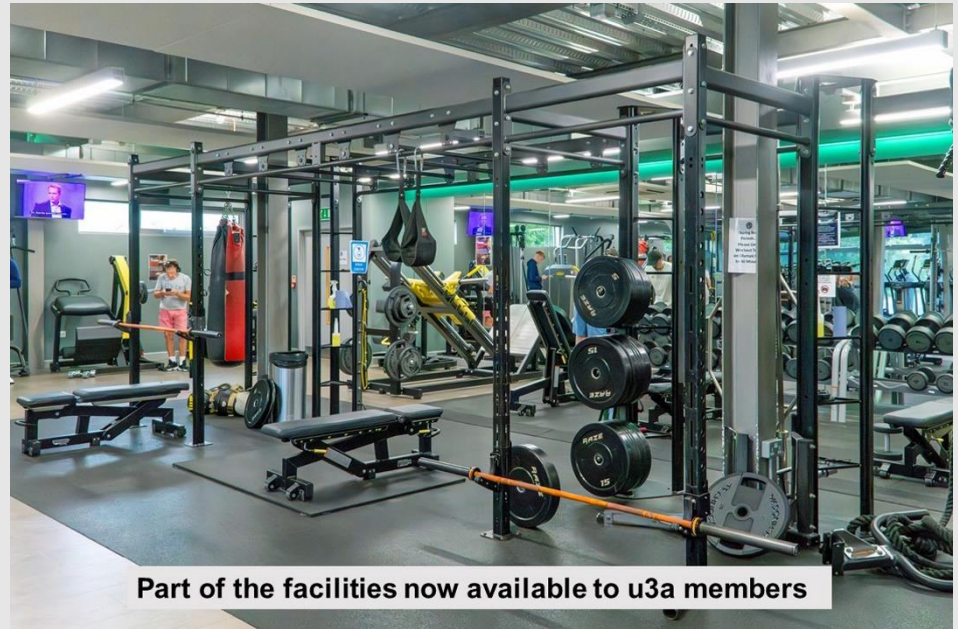
Illkley Tennis Club Gym with splendid views



Launch event registration desk



Explaining gym equipment to u3a members



Part of the facilities now available to u3a members



u3a spin class ready to go



The café terrace at the gym



Part of the gym facilities that are available to members



The u3a spin class ready to go

Ilkley u3a team up with tennis club

By Claire Lomax

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Explaining the gym equipment to u3a members