



University
of Glasgow



The University of Glasgow,
charity number SC004401

UofG SPORT

Welcome to the Stevenson Building
Your self-guided tour



1 Welcome to UofG Sport



Entering the Stevenson Building from Oakfield Avenue you'll be welcomed by one of our Membership Assistants.

On your left you'll see a large photo of Dr Laura Muir, a recent graduate of the University of Glasgow who competes for Scotland and Great Britain in middle-distance running.

The swimming pool is below on your left. Directions to changing facilities are by the double doors in front of you.

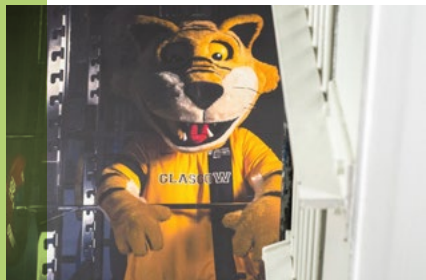


If you head up Stairwell A, you'll come to Level 4 (Green).

Turn left through the door and you'll be in front of Studio 1, our athlete training area. This area is dedicated to members of the University sport clubs and their programmed training sessions.

Walking along the corridor you'll see Studio 2 and Studio 3 on your left. We offer over 100 fitness classes a week, free to members, please come and join in.

Explore our studios



3 Get into Pulse



At the end of the corridor you'll find the entrance to Pulse, one of Glasgow's premier cardiovascular training facilities. Equipment includes treadmills, cross trainers, rowing machines and much more.

It is all fully interactive and there are plenty of trainers to help you plan the most effective workouts.

Next to the treadmills overlooking Gibson Street you'll find the doors for PowerPlay.



Follow the stairs down to enter PowerPlay, the best strength and conditioning suite in Glasgow.

PowerPlay has 12 Olympic lifting platforms, plyo strip, a rebound wall and plenty of free weights. Please #askatrainer. We are here to help you achieve your goals.

Exit PowerPlay and follow the stairs to the top of Stairwell C. This leads to the Sports Hall and FanZone.



Check out PowerPlay

4

Getting around the Stevenson

This is the Stevenson Building at a glance. Note you can only access FanZone, Sports Hall, Pulse and PowerPlay through Levels 4, 5 and 6. All floors can be accessed via the stairwells and lifts.



Level 6

- FanZone (access Level 5 and 6)
- Squash Courts
- Revolve studio

Level 5

- Activity Hall (available to book)
- Sports Hall (available to book)
- Changing rooms, showers and toilets

Level 4

- Studio 1 (athlete training area)
- Studio 2, 3 (member/class area)
- Pulse (access Level 4)
- Changing rooms, showers, toilets

Level 3

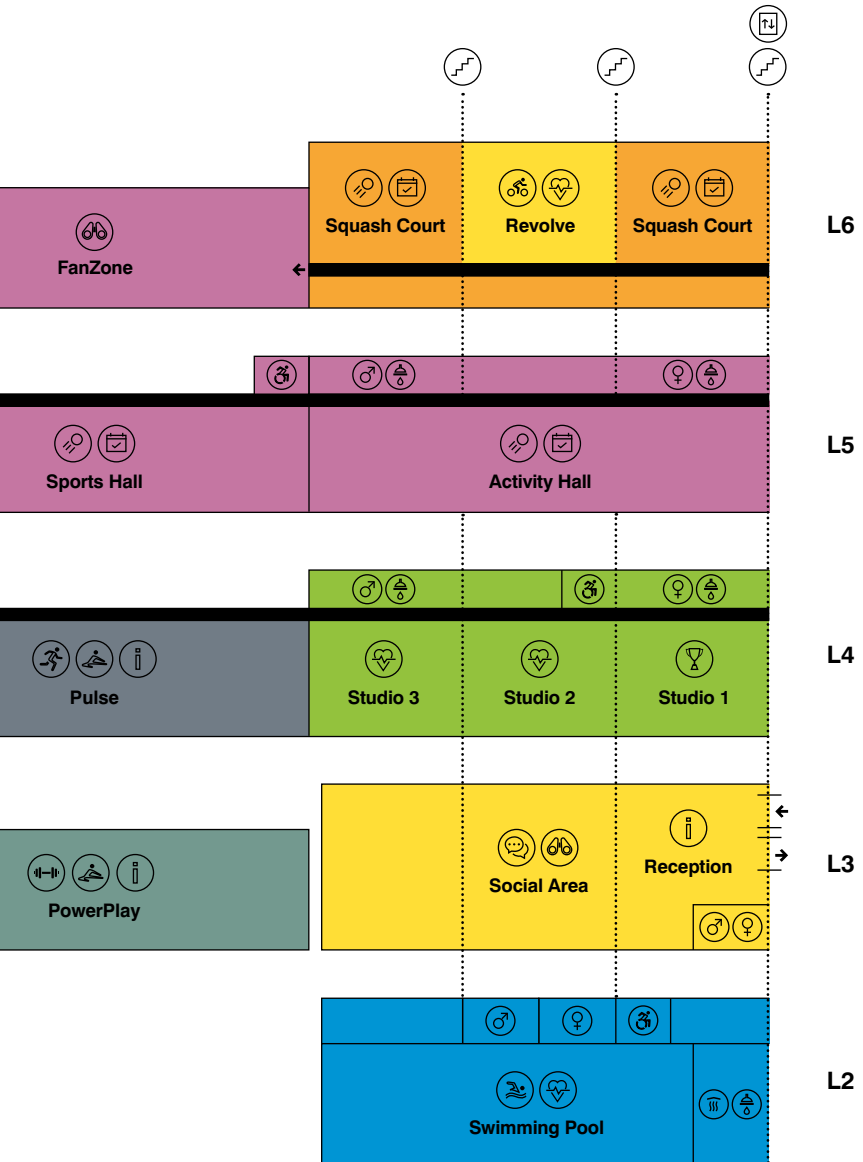
- Reception
- Toilets
- Social area
- View over swimming pool
- PowerPlay (access Level 4)

Level 2

- Swimming pool
- Sauna and steam room
- Private showers
- Changing rooms

-  Lifts
-  Stairs
-  Viewing area
-  Sports court
-  Booking available
-  Cycle studio
-  Wheelchair changing/toilet/shower
-  Male changing/toilets
-  Female changing/toilets
-  Showers

-  Cardio equipment
-  Stretching area
-  Ask a staff member
-  Class/member area
-  Sport team area
-  Strength/conditioning equipment
-  Social area
-  Swimming area
-  Sauna/steam room

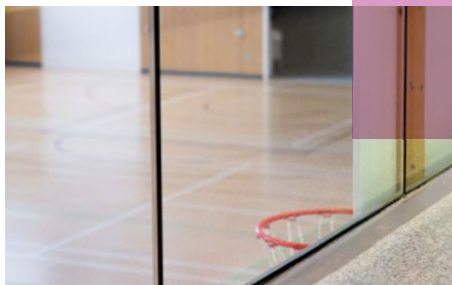


5 See the Sports Hall & FanZone



The courts within the Sports Hall can be hired by all members for badminton, handball, table tennis and other team sports.

The Sports Hall is also home to University sport club matches. Members are very welcome to watch the games in the FanZone.



Hit the Squash Courts

6



As you walk through the exit of the FanZone you'll see the squash courts on your left. All members are welcome to book the courts online or with a Membership Assistant.

Through the window on your right you can see the Activity Hall, and to your left you will find Revolve.



7 Rev up at **Revolve**



Revolve is our state of the art indoor cycling studio. We offer over thirty Revolve classes a week with personalised, integrated technology to ensure you get the most out of your experience.

This unique facility is included in your membership fees with no extra cost for classes.



As you walk down the stairs you'll come to the social area, where you are welcome to take a break and grab a snack.

Our 25m swimming pool is below at the bottom of the stairwells. The swimming pool area also includes access to a sauna and steam room.

Leaving the Stevenson Building you'll see all class timetables are in front of you by the exit doors. Any questions please don't hesitate to ask the Membership Assistants.



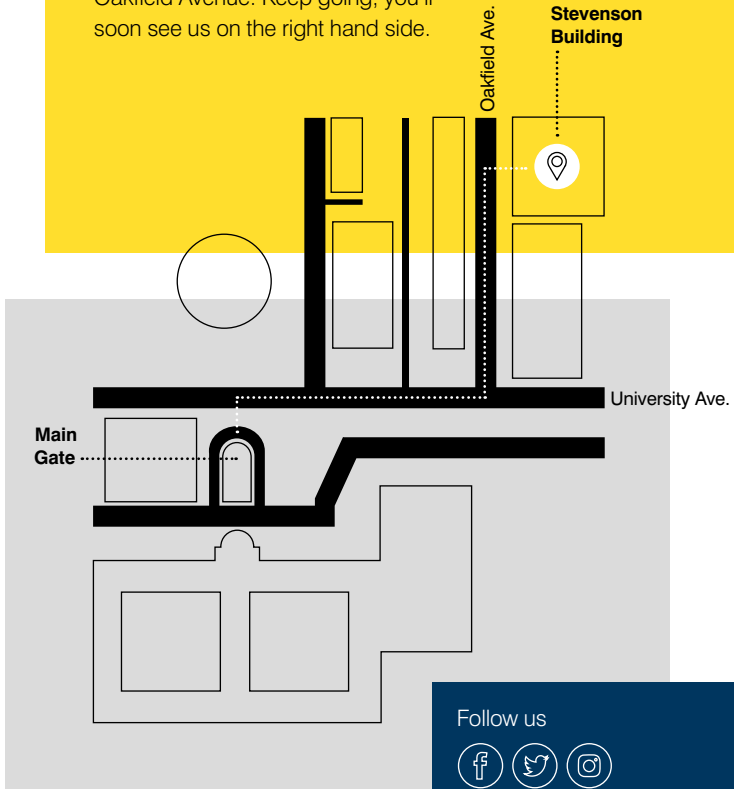
Tour the **Swimming & Social Areas**



Come & find us

UofG Sport

Turn right at the Main Gate and walk down University Avenue. Cross at the traffic lights and walk ahead onto Oakfield Avenue. Keep going, you'll soon see us on the right hand side.



Follow us



glasgow.ac.uk/sport

You'll find our outdoor facilities at Garscube Sport Complex. See our website for details.