

UWS SPORT

1ST EDITION
2026
NEWSLETTER



UNIVERSITY OF THE
WEST of SCOTLAND
UWS

Welcome

UWS Sport welcomes you to the 1st 2026 edition of our Active Life newsletter.

In this edition we highlight UWS Basketball, UWS Sports winter offers and Fitness Class Timetable for Ayr Campus.

Winter Offers

2025/2026
Sport Scholars

Club In Focus –
Basketball

My Gym in Focus – Ayr

Ayr Fitness Class
Timetable

Member Testimonial

Workout of the Month





ANNUAL COMMUNITY UWS GYM MEMBERSHIP*

**We're spreading the cheer with BIG savings
on all Community Annual Memberships,
from only £70!**

Offer valid until 15 February 2026

Register today to save BIG
<https://join.uwsgym.co.uk/>



Perfect time to start the New Year strong

* Includes Community Concession Annual Memberships

START THE YEAR STRONG – TOGETHER!

#UWSACTIVE #BRINGAFRIEND #NEWYEARNEWYOU

UWS SPORT

Free 7-Day Friend or Family Pass

UNIVERSITY OF THE
WEST of SCOTLAND

UWS

- Kickstart your New Year with a little help from your friend!
- All UWS students, staff, and community members can invite a friend or family member for a FREE 7-day gym pass
- Perfect for getting active together and trying something new
- Collect your pass from your local campus gym today

www.uws.ac.uk/university-life/uws-sport/

Ayr – 01292 886281 | Lanarkshire – 01698 894420 | Paisley – 0141 848 3076



UWS Sport Scholars 2025-2026

Olivia Kendal	<i>Archery</i>	Ryan Grant	<i>Basketball</i>
Emily Fawkes	<i>Athletics</i>	Rosalind Canty	<i>Boxing</i>
Haley Elliott	<i>Athletics</i>	Anne Sturgess	<i>Cricket</i>
Harvey Mitchell-Divers	<i>Athletics</i>	Kirsty Gallacher	<i>Curling</i>
Jamie Connor	<i>Athletics</i>	Oliver Gibson	<i>Cycling</i>
Jonathon Downey	<i>Athletics</i>	Oliver Walker	<i>Cycling</i>
Jordan Phillips	<i>Athletics</i>	Aedan Gilfedder	<i>Football</i>
Owen Murphy	<i>Athletics</i>	Kayla Jardine	<i>Football</i>
Ross O'Brien	<i>Athletics</i>	Andrew Dickie	<i>Gymnastics</i>
Sophie Evans	<i>Athletics</i>	Matthew Sweeney	<i>Judo</i>
Brooke Stalker	<i>Badminton</i>	Solomon Rice	<i>Judo</i>
Callum Smith	<i>Badminton</i>	Dylan Walker	<i>Karate</i>
Finn Callister	<i>Badminton</i>	Sarah Brand	<i>Karate</i>
Matthew Waring	<i>Badminton</i>	Carys McMaster	<i>Kickboxing</i>
Toni Woods	<i>Badminton</i>	Jessica Campbell	<i>Kickboxing</i>
Benjamin Raspberry	<i>Basketball</i>	Benjamin Allan	<i>Mtn Biking</i>
BJ Jenkins	<i>Basketball</i>	Viktoria Elohegyi	<i>Oly Weightlifting</i>
Chris Frank	<i>Basketball</i>	Declan McAvoy	<i>Taekwondo</i>
Devin Womack	<i>Basketball</i>	Kiyla Young	<i>Trampolining</i>
Mathew Keegan	<i>Basketball</i>	Harry Orr	<i>Volleyball</i>



#LetsGoWest

CLUB IN FOCUS

UWS BASKETBALL

UWS basketball is a club that welcomes everyone. We have players that range from elite players with years of experience and people who are new to the sport. At UWS basketball we welcome everyone to play.

At UWS basketball we have three different teams but we're all still one community. We have our men's 1 who play a very competitive level of basketball in the BUCS league and have found a lot of success over the last few years.

Our men's 2 team who still play a good level of basketball but are much more suited for people who want to start their basketball journey as they are a newer team that aims to win promotion.

We also have our women's team that are suited to players of all skill levels as they are a mixture of experienced and new players who all aim to help each other improve on and off the court.

Training Details

Our 1st Team performance sessions are invite only following trials at the start of the season

- **Men's 1's:** Tuesday 7-9pm Renfrew Leisure Centre

Our 2nd Team Development sessions are open to all UWS students, regardless of experience.

- **Men's 2's:** Tuesday 7-9pm Emirates Arena; Glasgow Life

Women's team: Tuesday, 6-7pm, Emirates Arena; Glasgow Life

Contact

Instagram: @_teamuwsbball

Email: basketball@uws.ac.uk



MY GYM IN FOCUS

Ayr Campus Gym

Opening times: Monday to Friday 8.30am - 7.00pm

UWS Sport operate a gym within the Ayr Campus, located in room 2.090 just off the Atrium, overlooking the river.

The gym and exercise classes are open to everyone - you don't need to be a UWS student or staff member to join. Our inclusive environment welcomes everyone.

All UWS students and staff benefit from FREE membership. Other facility users can access the gym using a pay-as-you-go model, or if you intend on using the gym on a regular basis, we have a wide range of flexible memberships available.

The facility contains a wide range of equipment, including:

- Cardiovascular Zone
- Fixed Resistance Zone
- Free-weights Zone
- Functional Training equipment

View our weekly instructor-led fitness class timetable below.

Our classes cater for all fitness interests and abilities.

Classes can be accessed as part of your membership, or on a pay as you go basis.

For any further information, or to book a class, please get in touch with our gym team.



WHETHER YOU'RE
LOOKING TO STAY
CONSISTENT,
SWITCH UP YOUR
ROUTINE, OR PUSH
YOUR LIMITS,
THERE'S A CLASS
FOR YOU.

**BOOK
NOW**

01292 886281

ayrsportsservices@uws.ac.uk

Ayr Campus Gym
Fitness Class Schedule



MON	TUE	WED	THUR	FRI
09.30-10.00 High Intensity Interval Training	09.30-10.00 Body Blast	09.30-10.00 High Intensity Interval Training	09.30-10.00 Body Blast	09.30-10.00 High Intensity Interval Training
12.00-12.30 Get Started	10.00-10.15 Abs Blast	12.00-12.30 Get Started	10.00-10.15 Abs Blast	12.00-12.30 Get Started
14.00-14.30 Body Blast	14.00-14.30 High Intensity Interval Training	14.00-14.30 Body Blast	14.00-14.30 High Intensity Interval Training	14.00-14.30 Body Blast
14.30-14.45 Abs Blast	16.00-16.30 Body Blast	14.30-14.45 Abs Blast	16.00-16.30 Body Blast	14.30-14.45 Abs Blast
18.00-18.30 Induction	16.30-16.45 Abs Blast	18.00-18.30 Induction	16.30-16.45 Abs Blast	18.00-18.30 Induction

Fitness classes are tailored to all fitness levels, if you have any questions please ask one of our staff within the gym.

MEMBER TESTIMONIAL

Inyene Nkanta
Lanarkshire Staff Member

June last year, I found myself in a horrible rut. I gained so much weight, I was 86kg which was the highest weight I have ever gained. A lot of it was due to circumstances in my life at the time. Of course, it didn't help that my lifestyle was incredibly unhealthy. Although I visited the gym maybe once in 2 weeks, I wasn't consistent. I needed to do something and having heard about the mental health benefits of exercise i decided to take my exercise routine seriously. Also, it was free, so I had no worries over subscriptions. I approached Lynsey, who was able to support me.

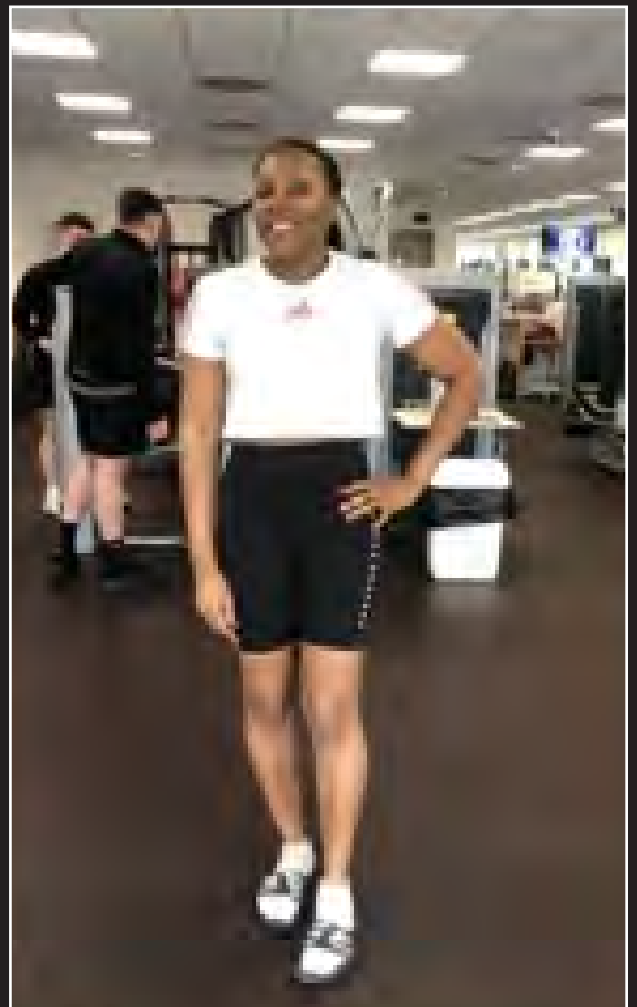
Currently, I have lost 15kg. I feel amazing, I am mentally and physically stronger. To think the gym is free, I don't have to pay the monthly or yearly subscription is amazing.



**START YOUR
JOURNEY WITH
UWS SPORT**



JOIN TODAY



START YOUR ACTIVE JOURNEY WITH UWS SPORT

UWS Sport is inclusive for everyone, and we welcome you to get involved. We're here to support you on your fitness and wellbeing journey.

Our passion for sport and exercise extends far beyond our free student and staff gym access. We have a range of sport teams across numerous disciplines and our students represent UWS in individual competition as well. Team UWS members represent us at Scottish and British level university competition.

**SCAN THE QR CODE TO JOIN A UWS CLUB AND ACTIVATE
YOUR FREE GYM MEMBERSHIP.**



For all your general
enquiries

sportenquiry@uws.ac.uk