

SPORT
WALES
NATIONAL
CENTRE

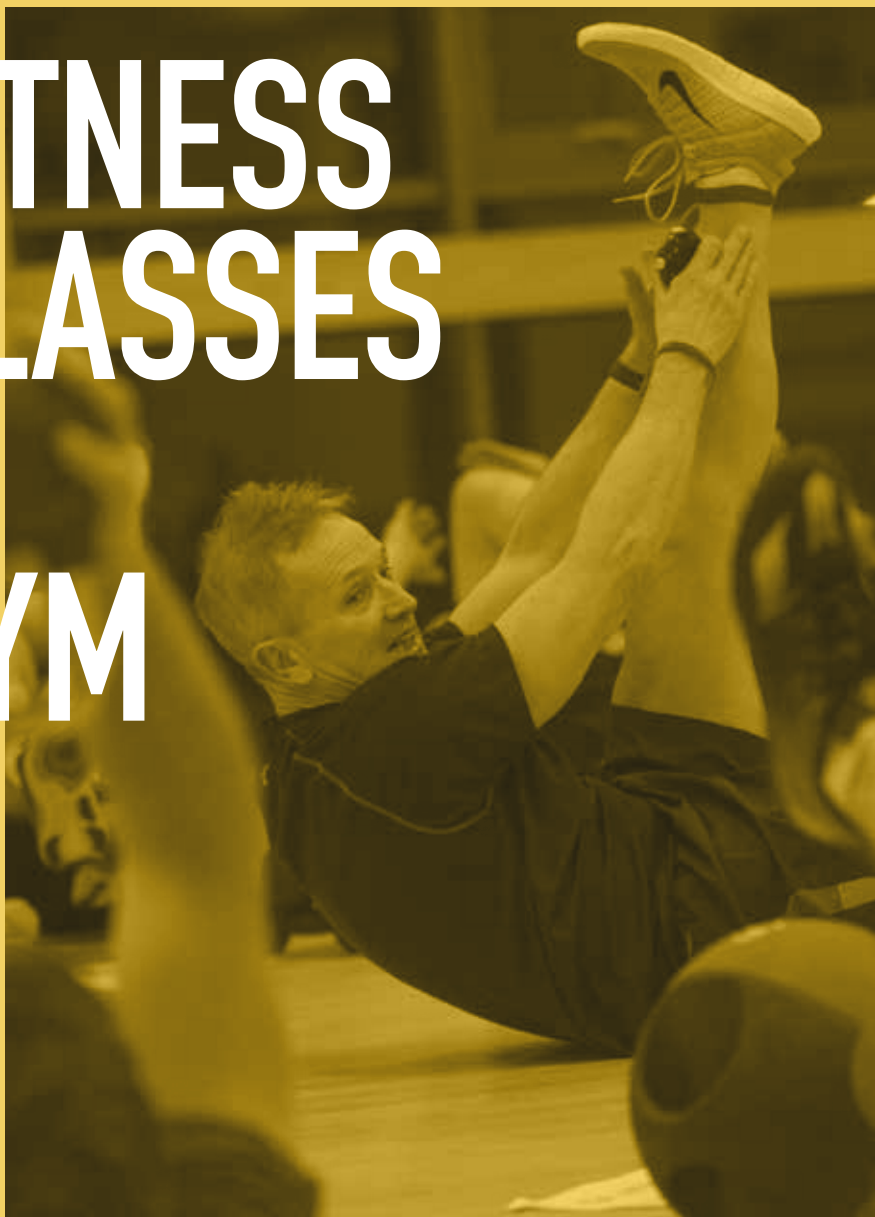
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FITNESS CLASSES

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GYM

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FITNESS CLASSES

CLASSES ARE A GREAT WAY TO SOCIALISE AND HAVE FUN WHILST ALSO TRYING TO REACH YOUR PERSONAL GOALS.

NON-MEMBERS CAN ACCESS ALL FITNESS CLASSES. OUR CLASSES OPERATE ON A DROP-IN BASIS. YOU DO NOT HAVE TO BOOK.

ALL SPACES ARE ALLOCATED ON A FIRST COME, FIRST SERVED BASIS. TO AVOID DISAPPOINTMENT PLEASE ARRIVE EARLY TO BOOK YOUR SPACE.

TIMETABLE

Monday

10.00 – 11.00	Body Conditioning
18.00 – 19.00	Circuits
19.30 – 20.30	Yoga

Tuesday

10.00 – 12.00	Over 50's Badminton
10.00 – 12.00	Over 50's Table Tennis
17.30 – 18.30	Legs, Bums & Tums
18.30 – 19.30	Pilates
19.40 – 20.30	Boxercise

Wednesday

17.30 – 18.30	Circuits
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Thursday

18.00 – 19.00	Yoga
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Friday

18.00 – 19.00	Boxercise
19.00 – 20.00	Circuits

Sunday

18.30 – 19.30	Zumba
19.00 – 20.00	Circuits
19.30 – 20.30	Yoga

If you want to add variety and motivation into your fitness programme why not join one of our fitness classes.



BODY CONDITIONING BOXERCISE CIRCUITS

LEGS, BUMS & TUMS OVER 50'S CLASSES

PILATES

YOGA ZUMBA

BODY CONDITIONING

Strengthen your whole body with just your own body weight and some small equipment.

BOXERCISE

This class is a great full body workout and perfect for toning. A form of cross training, combining boxing movements and aerobics.

CIRCUITS

The stations are designed to improve speed, agility, coordination, balance and muscular endurance.

LEGS, BUMS & TUMS

A class focusing on exercises for the lower body, improving muscle tone and joint stability.

OVER 50'S CLASSES

This is a great way to socialise and meet new friends, in a warm and friendly environment.

PILATES

Exercises designed to improve physical strength, flexibility, posture and enhance mental awareness.

YOGA

In a typical yoga class you can expect to run through a routine of exercises traditionally known as 'Yoga ASANAS'. These include neck exercises, shoulder lifts, eye training, leg raises and the classic 'easy pose'.

ZUMBA

Inspired by traditional salsa, samba and merengue music, Zumba has easy-to-follow dance moves that will tone and sculpt your body.

CARDIO & FREE WEIGHTS GYM

IN ORDER TO USE THE CARDIO OR FREE WEIGHTS GYM YOU HAVE TO BE A MEMBER OF THE SPORT WALES NATIONAL CENTRE. ALL MEMBERS MUST COMPLETE A GYM INDUCTION WHICH CAN BE BOOKED AT ONE OF THE FOLLOWING DAYS/TIMES:

TUESDAY 18.00-19.00

THURSDAY 19.00-20.00

SUNDAY 11.00-12.00

A MEMBER OF STAFF WILL BE HAPPY TO SHOW YOU AROUND THE GYM BEFORE YOU DECIDE TO JOIN.

Sport Wales National Centre
Sophia Gardens
Cardiff CF11 9SW

nationalcentre@sport.wales
www.sportwales-nationalcentre.org.uk

0300 300 3123

CARDIO GYM

Our 30 station air conditioned gym provides a wide range of training equipment including cross trainers, exercise bikes, rowers, treadmills and a variety of weighted resistance machines.

FREE WEIGHTS GYM

This 20 station air conditioned gym provides a range of fixed and loose weights, as well as international lifting platforms. Some of the resistance machines in this area are designed to be fully inclusive for both disabled and non-disabled users.

FITNESS CLASS & GYM RULES

What to Wear

- Comfortable training clothing
- Training shoes

Equipment to bring with you

- Water bottle
- Towel
- £1 coin for the locker (returnable)

Fitness Class/Gym Etiquette

- Wipe down all equipment after use
- Put away all equipment after use
- Bags are not permitted within the gym
- Return dumbbells/bars/discs to storage racks

AGE RESTRICTIONS

Cardio/Free Weights Gym

14-15 years accompanied by a (18+) Member.

No under 14's.

Fitness Classes

14-15 years accompanied by a (18+) responsible person.

No under 14's.



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