

SPORT
WALES
NATIONAL
CENTRE

sportwales
chwaraeoncyfwr

FITNESS CLASSES — GYM





FITNESS CLASSES & GYM

IF YOU WANT TO ADD VARIETY AND MOTIVATION INTO YOUR FITNESS PROGRAMME WHY NOT JOIN ONE OF OUR FITNESS CLASSES.

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

EARLY MORNING CLASSES MUST BE BOOKED AND PAID FOR PRIOR TO THE DAY OF THE CLASS DUE TO LIMITED AVAILABLE SPACES. FOR ALL OTHER CLASSES WE RECOMMEND YOU BOOK IN ADVANCE TO AVOID DISAPPOINTMENT.

MEMBERS ARE ABLE TO BOOK 7 DAYS IN ADVANCE AND NON-MEMBERS 4 DAYS.

ALL CLASSES ARE ON A FIRST COME, FIRST SERVED BASIS.

TIMETABLE

Monday	06.30 – 22.30	Gym
	06.45 – 07.30	Tabata
	10.00 – 11.00	Body Conditioning
	12.15 – 13.00	Spin
	18.00 – 19.00	Circuits
	19.30 – 20.30	Yoga
Tuesday	06.30 – 22.30	Gym
	06.45 – 07.30	Spin
	12.15 – 13.00	Spin
	18.30 – 19.30	Pilates
	19.40 – 20.30	Boxercise
Wednesday	06.30 – 22.30	Gym
	06.45 – 07.30	Spin
	12.15 – 13.00	Spin
	17.30 – 18.30	Circuits
Thursday	06.30 – 22.30	Gym
	06.45 – 07.30	Tabata
	12.15 – 13.00	Spin
	18.00 – 19.00	Yoga
Friday	06.30 – 22.30	Gym
	06.45 – 07.30	Spin
	18.00 – 19.00	Boxercise
	19.00 – 20.00	Circuits
Saturday	07.00 – 22.00	Gym
Sunday	07.00 – 21.30	Gym
	18.30 – 19.30	Zumba
	19.00 – 20.00	Circuits
	19.30 – 20.30	Yoga



BODY CONDITIONING BOXERCISE CIRCUITS

PILATES SPIN TABATA 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.

SPIN

A high intensity, low impact workout on a stationary bike. A great way to increase lower body strength and cardiovascular endurance.

TABATA

High Intensity Interval Training (HIIT), that consists of eight 4 minute rounds. Each round you will repeat eight different exercises. Each exercise is performed at a high intensity rate for 20 seconds with 10 seconds rest, before moving onto the next exercise.

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

ALL MEMBERS MUST COMPLETE A GYM INDUCTION PRIOR TO USING THE GYM AND OUR CORE INDUCTION DAYS/TIMES ARE:

THURSDAY 19.00-20.00
SUNDAY 11.00-12.00

IF THESE TIMES ARE NOT SUITABLE AN ALTERNATIVE DAY AND TIME CAN BE ARRANGED BY CONTACTING THE NATIONAL CENTRE.

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.



sportwales
chwaraeonecy/msu

CAMPFA CARDIO A PHWYSAU RHYDD

ER MWYD DEFNYDIO R

**BWYSAU RHYDD RHAIID I CHI
GAMPFA CARDIO NEU
FOD YN AELOD O GANOLFAN
GENEDLAETHOL CHWARAEON
CYMRU. BYDD AELOD O STAFF
YN FMY NA PHAROD I CHI TYWYS
CHI O AMGYLCH Y GAMPFA CYN
I CHI BENDERFFYNU YMUONO.**

**RHAID I BOB AELOD GWBLHAU
HYFFORDDIANT CYFLWYNIADOL
CYN DEFNYDIO R GAMPFA A N
DYDDIAU / AMSEROEDD CRAIDD
AR GYFER YR HYFFORDDIANT
CYFLWYNIADOL YM:**

**NOB IAU 19.00 - 20.00
DYDD SUL 11.00 - 12.00**

**OS NAD YWR AMSEROEDD HYN
YN ADDAS, MAE POSIB TREFNU
DIWRNOD AC AMSER ARALL
DRWY GYSYLLTU A'R GANOLFAN
GENEDLAETHOL.**

Canolfan Genedlaethol

Chwaraeon Cymru

Gerddi Sophia

Caerdydd CF11 9SW

canolfancenedlaethol@chwaraeon.cymru

0300 300 3123

www.chwaraeongymru-canolfancenedlaethol.org.uk



CAMPFA CARDIO

Mae ein campfa 30 gorsaf sydd wedi'i hawyru'n cynnig amrywiaeth eang o offer ymarfer, gan gynnwys ymarfer, melinau cerdded ac rhyfio, ymarfer, peirannau beiciau ymarfer, peirannau ymrthedd gyda phwysau.

CAMPFA PWYSAU RHYDD

Mae'r gampfa 20 gorsaf yma sydd wedi'i hawyru'n cynnig amrywiaeth o bwysau sefydlog a rhydd, a hefyd llwyfannau codi pwysau rhyngwladol. Mae rhai o'r peirannau ymrthedd yn yr ardal hon yn gwbl grynhwysol i ddefnyddwyr anabl a heb anabled.

**RHEOLAU'R DOSBARTHADAU
FFITRWYDD A'R GAMPFA**

**RHEOLAU'R DOSBARTHADAU
FFITRWYDD A'R CAMPFEYDD**

Beth i'w Wisgo

- Dillad ymarfer cyfforddus
- Esgidiau ymarfer

Offer i ddod gyda chi

- Potel ddŵr
- Tywel

- Darn £1 ar gyfer y locer

**Cwteisi yn y DosbARTHADAU
FFITRWYDD/Campfeydd**

- Sychwch yr holl offer ar ôl eu defnyddio

- Cadwch yr holl offer ar ôl eu defnyddio

- Ni chaniateir bagiau yn y gampfa

- Rhwch y dymbeiau / barrau / disgiau yn ôl ar y raciau storio

CYFYNGIADAU OEDRAN

Campfa Cardio/Pwysau Rhydd:
lenenctid 14-15 oed i fod yng nghwmni Aelod (18+).

DosbARTHADAU Ffitrwydd:
lenenctid 14-15 oed i fod yng nghwmni person cyrffol (18+).

Dim plant dan 14 oed.





PILATES SBIN TABATA IOGA SWMBA

SIAPIO'R CORFF BOCSARFER CYLCHEDAU

SIAPIO'R CORFF

Cryfhau eich corff cyfan
gyda dim ond pwysau
eich corff eich hun a
rhywaint o offer bach.
BOCSARFER

Dosbarth sy'n ymarfer
gŕêt i'r corff cyfan ac yn
berffraith ar gyfer siapio.
Ffur ar groesymarter
sy'n cyfuno symudiadau
bocsio ac aerobics.
CYLCHEDAU

Pwpas y gorsafodd
yw gwella cyflymder,
ystwythder,
cydsymudiad, balans a
dygnedd y cyhyrau.
SBIN

Ymarfer dwysedd uchel,
effaith isel ar feic llonydd.
Ffordd grêt i gynyddu
cnyfder rhan isaf y corff a
dygnedd cardiofasgwilar.

TABATA

Hyfforddiant Ysbeidiol
Dwysedd Uchel sy'n
cynnwys wyth round 4
munud.

Yn ailadrodd wyth
ymarter gwahanol. Mae
pob ymarfer yn cael ei
berfformio ar gyftraed
ysydd uchel am 20
eiliad gyda 10 eiliad
o orffwys, cyn symud
ymlaen i'r ymarfer nesaf.

IOGA

Mewn dosbarth
ioga arferol gallwch
ddisgwyl rhedeg drwy
drefn o ymarferion
sy'n cael eu hadnabod
yn draddodiadol fel
'Yoga ASANAS', Mae'r
rhain yn cynnwys

ymarterion gwdw, codi'r
ysgwyddau, hyfforddi'r
llygaid, codi'r coesau a'r
'ystum hawdd' clasurrol.

SWMBA

Wedd'i ysbrydoli gan
samba, cerddoriaeth
merengue a salsa
traddodiadol, mae gan
Swmba symudiadau
dawns hawdd eu dilyn
a fydd yn siapio ac yn
cerflunio eich corff.



DOSBARTHIAIDAU FFITRWYDD A CHAMPFA AMSERLEN

Llun	06.30 – 22.30 Campfa
	06.45 – 07.30 Tabata
	10.00 – 11.00 Siapior Corff
	12.15 – 13.00 Sbin
	18.00 – 19.00 Cylchedau
	19.30 – 20.30 Ioga
Mawrth	06.30 – 22.30 Campfa
	06.45 – 07.30 Sbin
	12.15 – 13.00 Sbin
	18.30 – 19.30 Pilates
	19.40 – 20.30 Bocsarfer
Mercher	06.30 – 22.30 Campfa
	06.45 – 07.30 Sbin
	12.15 – 13.00 Sbin
	17.30 – 18.30 Cylchedau
Iau	06.30 – 22.30 Campfa
	06.45 – 07.30 Tabata
	12.15 – 13.00 Sbin
	18.00 – 19.00 Ioga
Gwener	06.30 – 22.30 Campfa
	06.45 – 07.30 Sbin
	18.00 – 19.00 Bocsarfer
	19.00 – 20.00 Cylchedau
Sadwrn	07.00 – 22.00 Campfa
Sul	07.00 – 21.30 Campfa
	18.30 – 19.30 Swmba
	19.00 – 20.00 Cylchedau
	19.30 – 20.30 Ioga

OS YDYCH CHI EISIAU YCHWANEGU
AMRWYAETH A CHYMHELLTANT AT EICH
RHAGLEN FFITRWYDD, BETH AM YMUNO AG UN
O N DOSBARTHIAIDAU FFITRWYDD.
MAE DOSBARTHIAIDAU N FFORDD WYCH O
GYMDEITHASU A CHAEL HWYL WRTH I CHI
GEISIO CYRRAEDD EICH NODAU PERSONOL
HEFYD.

RHAID ARCHBU A THLU AM Y
DOSBARTHIAIDAU CYNMAR YN Y BORE CYN
DIWRNOD Y DOSBARTH OHERWYDD BOD Y
NIFERODD YN GYFYNGEDIG, AR GYFER POB
DOSBARTH ARALL, RYDYM YN ARGYMELL EICH
BOD YN ARCHBU LLE YMLAEN LLAW I OSGOI
CAEL EICH SIOMI.

MAE AELODAU N GALLU ARCHBU 7 DIWRNOD
YMLAEN LLAW A PHAWB ARALL 4 DIWRNOD
YMLAEN LLAW.

MAE POB DOSBARTH YN GWEITHREDU AR SAIL Y
CYNIAF I'R FELIN.



DOSBARTHIAU — FFITRWYDD — CAMPFA

CANOLFAN
GENEDLAETHOL
CHWARAEON
CYMRU

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