

SPORT
WALES
NATIONAL
CENTRE

sportwales
chwaraeoncymsu

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	HIIT
	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
	17.30 – 18.30	Circuits
Thursday	06.30 – 22.30	Gym
	06.45 – 07.30	HIIT
	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
	09.30 – 10.15	Spin
Sunday	07.00 – 21.30	Gym
	18.30 – 19.30	Zumba
	19.00 – 20.00	Circuits
	19.30 – 20.30	Yoga



BOXERCISE CIRCUITS HIIT



PILATES SPIN YOGA ZUMBA

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.

HIIT

High intensity interval training (HIIT) is when you alternate between high and low intensity exercise(s) or between high intensity exercise and a short period of rest.

PILATES

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

SPIN

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

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 DAY/TIME IS:

THURSDAY 19.00-20.00

IF THIS TIME IS 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.sportwalesnationalcentre.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 (16+) responsible person.

No under 14's.



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