

Celtic Community Leisure

In partnership with Neath Port Talbot Borough Council



Vale of Neath Leisure Centre

Classes

Complete guide to adult fitness classes
available at Vale of Neath Leisure Centre

Get Fit, Stay Healthy!

www.celticleisure.org

Vale of Neath Leisure Centre

Get Fit, Stay Healthy



Adult Fitness Classes

Timetable

Monday	Class	Level	Instructor	Venue
9.30 – 10.30	Pilates (New)	*	Mandy Roberts	Sports Hall
1.30 – 2.30	Aqua Aerobics	**	Kay Sinclair	Main Pool
6.15 – 7.15	Aerobics	**	Natasha Sidorowicz	Sports Hall
7.30 – 8.30	Circuits (New)	**	Neil Butler	Sports Hall
Tuesday				
6.30 – 7.15	Salsacise (New)	**	Kay Sinclair	Sports Hall
7.15 – 8.00	Fitball (New)	***	Kay Sinclair	Sports Hall
Wednesday				
10.15 – 11.45	Yoga (New)	***	Jean Hall	Sports Hall
1.30 – 2.30	Aqua Aerobics	**	Kay Sinclair	Main Pool
7.30 – 8.30	Legs Tums & Bums (New)	***	Mandy Roberts	Sports Hall
Thursday				
9.30 – 10.30	Salsacise (New)	*	Kay Sinclair	Sports Hall
6.00 – 7.00	Aerobics	**	Natasha Sidorowicz	Sports Hall
Friday				
9.30 – 10.30	50+ (New)	*	Kay Sinclair	Sports Hall
6.15 – 7.15	Cardio Kick Box (New)	***	Mandy Roberts	Sports Hall
Sunday				
5.30 – 6.30	Aqua Aerobics	**	Mandy Roberts	Main Pool

Impact Guide

*LOW IMPACT

Suitable for beginners and intermediates

**VARIABLE IMPACT

Impact can be adapted as desired

***MEDIUM TO HIGH IMPACT

Suitable for higher fitness levels

For further information about
Vale of Neath Leisure Centre please visit
www.celticleisure.org



Classes Descriptions

Pilates

Pilates is based on a fitness regime that combines stretching and strengthening routines, working the entire body.

Aerobics

A choreographed sequence of movements, giving a whole body workout for all levels and abilities.

Circuits

A multi station class, structured to challenge all components of fitness which will improve stamina and strength - suitable for all levels.

Fitball

A group based activity designed to develop and strengthen your core muscles using the revolutionary fitball.

Legs Tums & Bums

Sculpt your total body with this power packed class. Ideal for targeting those problem areas. Let this class enhance your body shape forever.

Cardio Kick Box

A combination of kicks and punches, choreographed into an aerobic workout, suitable for all levels and abilities.

Aqua Aerobics

This class involves gentle exercise to music and is suitable for anyone over the age of 60 and also less able people of all ages. Extend and improve mobility and daily living while increasing healthy life expectancy. Have fun while exercising, meet new people and remember ageing is not a disease - help yourself to health! Please note part of every class is taken seated.

Yoga

A relaxed sequence of stretch and flexibility moves to keep the body supple and strong. Some simple breathing exercises, meditation and relaxation techniques.

Salsacise

Salsacise is a workout class with a difference and the aim is to exercise rather than learn to dance salsa

50+

Gentle class aimed at the 50+. Friendly atmosphere and familiar music.

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Health Notes

1. Have you ever suffered from any heart trouble?
2. Do you frequently have pains in your chest?
3. Do you often feel faint or have dizzy spells?
4. Have you ever suffered from high blood pressure?
5. Has your doctor ever told you that you have a bone or joint problem that has been aggravated by exercise or that might be made worse with exercise?
6. Are you over 65 and unaccustomed to moderate exercise?
7. Is there a physical reason not mentioned here why you should not take part in an exercise class?

If you have answered **YES** to any of the questions above, please arrange to see your GP before taking part in an exercise class. Ask him/her if the state of your health allows you to start such an exercise routine.

Class Rules

- Always wear suitable clothing and shoes.
- Avoid consuming alcohol, a high intake of caffeine, or any types of drugs and painkillers for at least 12 hours before a class.
- Drink plenty of water to avoid dehydration.
- No-one will be allowed to enter a class more than 10 minutes after it has began. The full activity price will still need to be paid if the class was booked in advance and is subsequently not attended.
- Classes are for over 14's only.
- All classes are subject to change and cancellation without notice

Vale of Neath Leisure Centre Membership from only £29.50 per month

includes Health & fitness suites - All exercise classes
Weights Room and Gyms - Swimming and Squash

If you require any further information or have any queries about the facilities or classes provided by the Vale of Neath Sports Centre please call

01639 720460

