

Class Definitions

Swing of Things A variety of activities to try including Table Tennis, Racquet Ball, Squash, Badminton or Mini Tennis.

Stretch N Flex is a form of body conditioning or resistance training using gentle aerobics. This is suitable for people wanting to maintain a level of fitness.

Aquafit A class for everyone, especially for those with joint ailments or injuries, get fit with this challenging water workout.

Rehab Swimming suitable for all individuals with disabilities, health related needs or recovering from injury. This is run by highly qualified teachers to help support you.

Walk & Talk is a great way to take a gradual and enjoyable approach to exercise, suitable for all ages & abilities.

Circuits is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program

Pick N Mix is a variety of classes which include a mixture of resistance and cardiovascular training.

Spin A group exercise session in which participants ride stationary bicycles at varying speeds and resistance settings

Chair Based is a form of body conditioning that uses chairs as a support.

Metafit a 30 minute high intensity interval training which involves bodyweight exercises. It boosts the metabolism and continues burning fat 24 hours after the class.

Fun & Fitness is a variety of classes which include a mixture of resistance and cardiovascular training in a fun environment.



ENSC

ANNUAL MEMBERSHIP PACKAGES

NOW AVAILABLE AT THE NSC

NO JOINING FEE!

NO ADMIN FEE!

What does the package include?

- Full access to the gym, including free induction
 - Full access to the spa
- Full access to public swimming sessions
- Up to 40% discount off published classes

How much does it cost?

12 monthly instalments of £36

SENIOR PACKAGE

For those of you who are 60+ years young

12 monthly instalments of £26

For further details contact the reservation team

National Sports Centre

Groves Road, Douglas

Isle of Man, IM2 1RB

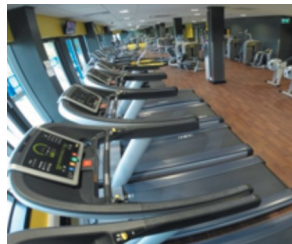
Phone: 01624 688588

E-mail: nsc@gov.im

Web: www.gov.im/sport



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Activity Timetable



MSR

Class Timetable: Jan—May 2017

Prices: non member/member

Select your class...

High Energy

Mid-low Energy

Pool Based

Kids Classes

	Morning			Afternoon				Evening		
	7.00-8.00	8.00-11.00	11.00-12.00	12.00-13.00	13.00-14.00	14.00-16.00	16.00-17.00	17.00-18.00	18.00-19.00	19.00-21.00
Monday		Swing of Things 9.30 – 11.30 £3.15/£1.85		Stretch N Flex 12.00-13.00 £3.00/£1.85	Aquafit 1.30-2.15 £3.85/£1.85	Rehab Swimming 2.30-3.30 £1.95	Kids Gym 16.00-17.00 £2.00	Walk & Talk 17.30-19.30 £1.50	Circuits 18.00-19.00 £5.00/£3.00 Metafit 18.00 – 18.30 £3.00/£1.85	Deep Water Aquafit 19.15-20.00 £5.00/£3.00
Tuesday	Spin 7.00-7.30 £3.00/£1.85	Walk & Talk 9.30-11.30 £1.50 Gentle Spin 10.00-11.00 £3.00/£1.85	Parent & Toddler swimming 10.30-11.00 £5.50 Pre Preschool Swimming 11.00-11.30 £6.50	Aquafit 11.45-12.30 £3.85/£1.85			Fun Tag Rugby 16.00-17.00 £1.00	No Strings Badminton 17.00-18.00 Adults £2.00 Kids £1.00		Spin 17:45—18:15 £3.00/£1.85 Adult Swim Lessons 20.00-21.00 £9.75
Wednesday			Gentle Circuits 11.00-12.00 £3.85/£1.85 Parent & Toddler swimming 11.15-11.45 £5.50	Chair Based Exercise 12.00-13.00 £3.00/£1.85			Fun Multisport 16.00-17.00 £1.00 Kids Gym 16.00-17.00 £2.00	Pick N Mix 17.00-18.00 £3.00/£1.85	Aquafit 18.00-19.00 £5.00/£3.00 Circuits 18.00-19.00 £5.00/£3.00	
Thursday	Spin 7.00-7.30 £3.00/£1.85		Gentle Circuits 11.00-12.00 £3.85/£1.85 Walking Netball 11.00-12.00 £3.00 Parent & Toddler Swimming 11.30-12.00 £5.50	Pre Preschool Swimming 12.00-12.30 £6.50 Aquafit 12.00-13.00 £3.85/£1.85 Walking Football 12.00-13.00 £1.00	Neurological Spin 14.00-15.00 £2.00		Fun Athletics 16.00-17.00 £1.00		Deep Water Aquafit 18.00-18.45 £5.00/£3.00	
Friday		Walk & Talk 9.30-11.30 £1.50			Parent & Toddler swimming 14.00-14.30 £5.50		Fun Badminton 16.00-17.00 £1.00 Kids Gym 16.00-17.00 £2.00			
Saturday			Fun & Fitness 11.00-12.00 £3.00/£1.85							



ENSC

Jumping Jacks

Soft play area for children 6 months—4 years
Supervised by qualified, friendly and efficient staff

Tuesday
10.00
11.00
13.00
14.00
15.00

Thursday
10.00
11.00
13.00
14.00

£3.10 Per child

Contact Reception on 688588 for further information or to book a space

To book please contact the NSC Reception on 688588. Please note we do have a book and pay policy.
All bookings are non transferable and non refundable.