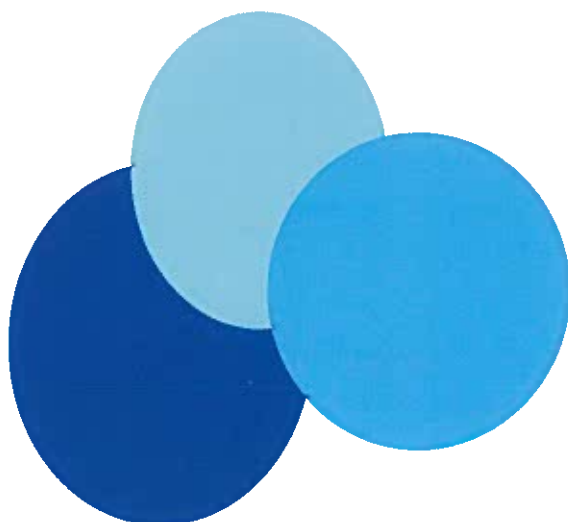


3Gs Sports Development

Exercise
Programme

2011

Autumn



3Gs Sports Development

Exercise Programme 2011

Welcome to your new exercise programme for Autumn 2011. For the first time we have put the children and adult classes information all in one place.

As always all adult classes are £1.75 First class is free. Weekly class pass is £5

Any questions contact Sam Critchley 01685
353425

sam.critchley@3gs.org.uk

Or find us on facebook:

3Gs sports development

Galon Uchaf
EXERCISE SUITE



Adult Exercise Classes



Zumba Gold



Zumba Gold takes the Zumba that we know and love and modifies the moves and pacing to suit the needs of the active older participant. It can also be a great way to learn the Zumba steps at a slower pace.

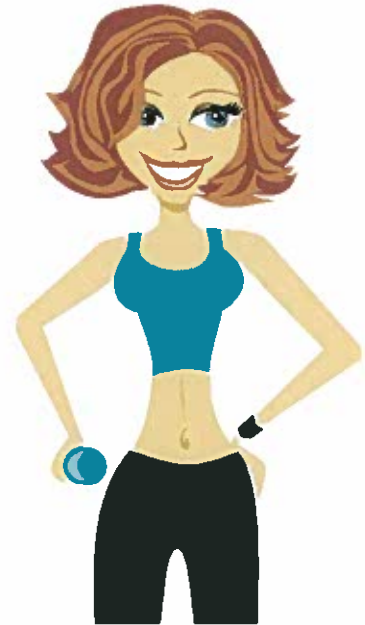
What stays the same are all the Zumba Fitness Party is Known for; Latin music, Salsa, meringue, cumbia and reggaeton, easy to follow moves and the party like atmosphere.

**Thursdays
10.30-11.30 am
Gurnos Recreation Centre**

**For more Information Contact
Sam 01685 353425**



3Gs Fitness Suite



A gym fitness suite based session where you can have a personal training plan tailored to your individual needs, targeting your own problem areas.

Ladies only every Monday 5.30-6.30pm
And Wednesdays 5.30-6.30pm

3Gs Fitness Suite
@ Penydre High School

Strictly Come Dancercise

Learn to dance like the stars of
Strictly Come Dancing.

No partner needed.



Every Monday
7-8pm
@ Gurnos Recreation
Centre



Zumba Latin rhythms in a water based workout. Time to heat up the pool party!!!



**Tuesdays
6.30-7.30pm
@ Penydre Pool
3Gs Sport Village**

**For further information contact
Sam 01685 353425**

Pushy Mums



Weekly walking group with “boot camp” style exercises.

All walks are accompanied by Health Visitors.

Refreshments provided after every walk.

Every Wednesday from the 3Gs Office in the Gurnos Shops

10am

Zumba



Zumba is a form of dance aerobics. It blends salsa, merengue, cumbia and reggaeton dance rhythms with traditional aerobics.

Wednesdays 6.15-7.15pm

Thursday 5.30-6.30pm

Ditch the workout.

ZUMBA[®]



ZUMBA[®]

FITNESS

Boxercise



Boxercise is an increasingly popular workout that uses the entire body. Boxercise follows many of the training techniques that boxers employ to stay in shape. And combines it with traditional aerobic style class structure.

**Sessions are every Thursday 6.30pm
@
Galon Uchaf Community Centre**



Pilates



Pilates is an invigorating form of low impact exercise for your mind and body that can improve your strength, flexibility and overall mobility. It can help restore your body to balance. As a result, your posture will change and you will move more efficiently.

**Sessions are every Thursday 7.30pm
@ Galon Uchaf Community Centre**

3Gs Sports Development

Monday

- Ladies Circuits - The Hut, Galon Uchaf
6.30 -7.30pm - FREE
- Strictly Come Dancercise - Gurnos Rec Centre
7-8pm - £1.75 per session

Adult Exercise Program

Tuesday

- Men Only Gym Session- 3Gs Fitness Suite Penydre High School
6.30-7.30pm - £1.75 per session
- Aqua Zumba - Penydre Pool, 3Gs Sports Village
6.30-7.30pm - £1.75 per session
- Boxercise - The Hut, Galon Uchaf
7.30-8.30pm- £1.75 per session

Wednesday

- Pushy Mums - 3Gs Offices, Gurnos Shops
10-11am - FREE
- Zumba - Galon Uchaf Community Centre
6.15-7.15pm - £1.75 per session

Thursday

- Zumba Gold, Gurnos Rec Centre
10.30-11.30am - £1.75 per session
- Zumba - Galon Uchaf Community Centre
5.30-6.30pm - £1.75 per session
- Healthy Eating Club - Galon Uchaf Community Centre
6.30pm-7.30pm FREE
- Boxercise - Galon Uchaf Community Centre
6.30-7.30pm - £1.75 per session
- Pilates- Galon Uchaf Community Centre
7.30-8.30pm- £1.75 per session

Friday

- Ladies Circuits - The Hut, Galon Uchaf
5-6pm - £1.75 per session

Weekly Class Pass £5

For further info contact Sam Critchley 01685 353425



3Gs **SWIM SCHOOL**



Register now for the next set of lessons

Monday 16th January

• **5-5.30pm**
2-4year old lessons
Accredited to the ASA Duckling
Award Scheme
£12 a term

• **5.30- 6pm**
Swim Wales Aqua
Passport- Stage one
Children aged 4 years & Up
£12 a term

Tuesday 17th January

5-6.30pm
Swim Wales Aqua Passport
Stages 2-7
£12 a term

5-6.30pm
Swim Wales Aqua Passport
Stages 8-9 (Development
Squad)
£15 a term

Duckling and Stages 1-7 lessons are 30 minutes long. Development squad sessions are 45 minutes long. Lessons run for 8 weeks in line with school term-time.

Places in each lessons are allocated on a first come first served basis.

For further information Contact Sam Critchley 01685 353425.



Waterpolo @ 3Gs Sports Village, Penydre

Why not try something new? Waterpolo, has been described as “Water rugby” and is now available to try @ Penydre pool:

**Every Thursday
5-6pm
50p
First Session Free**

**For further information please contact Sam Critchley
01685 353425**