GYM & SPA MEMBERSHIP

What's included?

- Unlimited use of Fitness Zone Gym
- Gym Induction
- Unlimited use of Health Suite Spa
- Unlimited use of Outdoor Track

ANNUAL
£149
50% OFF ADULT MEMBERSHIP

3 MONTH
£45
50% OFF ADULT MEMBERSHIP

MONTHLY
£15
50% OFF ADULT MEMBERSHIP

Your DLA award letter will have to be submitted to the NSC Reception Team showing that you are currently in receipt of DLA. The above rates are only available for the period that you are in receipt of the allowance.

HOW TO JOIN THE GYM

STEP 1
Fill out an Application Form, available at the NSC Reception and present a copy of your DLA cover letter.

STEP 2
Pay up front for 12 months or 3 months. Or set up a monthly direct debit.

STEP 3
Enjoy the facilities of the NSC. Before your first visit you are required to attend a free gym induction

MORE PEOPLE MORE ACTIVE MORE OFTEN

For further information, please contact

Zoe Crowe , Disability Sports Development Officer

Email: Zoe.Crowe@gov.im
Tel: 688576

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NATIONAL SPORTS CENTRE

MANX SPORT & RECREATION

DISABILITY SPORT & PHYSICAL ACTIVITIES

50% OFF GYM MEMBERSHIP

NSC Class Timetable

CLASS TIMETABLE

Manx Sport and Recreation now offer reduced rates on all classes for adults with disabilities and health related issues in receipt of Disability Living Allowance (DLA).

MON	09:30-11:30	Swing of Things	NSC Main Hall
	10:00-11:00	Multi Sports	NSC Sec Hall
	12:00-13:00	Stretch 'n' Flex	NSC Sec Hall
	13:15-14:00	Gentle Circuits	NSC Sec Hall
TUE	09:30-11:30	Walk & Talk	NSC Track
	10:00-11:00	Gentle Spin	NSC Sec Hall
	13:00-14:00	Boxercise	NSC Sec Hall
	14:45-15:45	Lets Make Waves	Southern Pool
	17:00-18:00	No Strings Badminton	NSC Main Hall
WED	10:00-12:00	Swing of Things	NSC Main Hall
	11:00-12:00	Body Toning	NSC Sec Hall
	12:15-13:00	Chair Based	NSC Main Hall
	18:00-19:30	Parish Progression Session	NSC Track
THU	10:30-11:00	Disability Spin	NSC Sec Hall
	11:00-12:00	Gentle Circuits	NSC Sec Hall
	12:00-13:00	Gentle Circuits	NSC Sec Hall
FRI	14:00-15:00	Social Spin	NSC Sec Hall
SAT	11:30-12:30	Lets Make Waves*	Glencrutchery Pool
	13:00-14:00	Lets Make Waves*	Northern Pool

*pre-registration is required

For all pricing, please visit the MSR website: www.msr.gov.im

CLASS DESCRIPTIONS

LETS MAKE WAVES

Facilitated by highly qualified instructors who can help to improve swimming style and functional movement.

BEGINNERS BOXERCISE

A safe, effective and fun form of exercise. The workout is designed to be fully accessible and inclusive in a friendly environment. Participants can be seated or standing

SOCIAL SPIN

Social Spin is a low impact cardio workout. Spinning places less stress on your joints and can help build lower-body muscle strength. Classes can be modified for each individual as the resistance you add is linked to your own personal rate of perceived effort.

SWING OF THINGS

Variety of activities on offer: Table Tennis, Racquetball, Squash, Badminton, Mini Tennis & Pickelball

DISABILITY SPIN

Fun Spinning session for ALL adults with learning difficulties to exercise and socialise.

MULTI SPORTS

Variety of fun games and activities on offer to ALL adults with learning difficulties.

ALL SESSIONS ARE FULLY INCLUSIVE TO ALL AGES & ABILITIES

Classes can be booked a week in advance, or just turn up and pay at the NSC Reception. Limited spaces available.

ADDITIONAL SUPPORT FOR GYM/CLASSES

Bringing in additional support (FREE OF CHARGE) to the NSC is NOW available to individuals in receipt of Disability Living Allowance.

This is only permitted when the carer/ helper/friend is accompanying the individual in an assisting capacity only.

Terms & Conditions

* Only ONE carer/friend/helper is allowed to accompany you in the gym and/or NSC MSR weekly classes.
*If you require two or more carers to support you, please contact the Disability Sports Development Officer (688576) directly.
* Carers are permitted to utilise the NSC equipment alongside the individual as a means of encouragement but they are NOT ALLOWED to follow their own gym routines and leave the individual unaccompanied.
*If you and your carer would like to use the NSC Gym both yourself and your carer will need to attend an NSC gym induction. This can be arranged through the NSC Reception (Tel: 688588).
*If the member/carer is misusing this initiative, MSR has permission to remove the member/carer from the facility.

MANX SPORT & RECREATION