

"THROUGH THE INCLUSIVE CLASSES AT THE NSC, I'VE FOUND STRENGTH, ACCEPTANCE, AND A COMMUNITY THAT CELEBRATES EVERYBODY. IT'S A GAME-CHANGER FOR INCLUSIVE FITNESS!"

CONTACT US



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NSC
INCLUSIVE CLASS PASS

Reach your full potential

WHAT'S INCLUDED

The Inclusive Class Pass is a new NSC Class Membership which gives people with disabilities access to a wide range of inclusive NSC Classes.



INCLUDING:



CHAIROBICS - Sensory and sport activities to music in a blacked out room with UV lighting. Creating a different fun experience for adults with learning disabilities (LD).



PARACISE - Paracise is a low-impact, gentle exercise class to music. Ideal for those who find regular fitness classes too demanding.



SUPPORTED GYM SESSIONS - The NSC Gym offers an extensive range of resistance and cardiovascular machines in a very pleasant and positive atmosphere.



SWIM 4 ME - A quiet time in the NSC training pool. Floor depths are set to 1.10 m and there is plenty of space to exercise in a comfortable and relaxed environment. A newly refurbished accessible changing room is available with track hoist system. Descending steps and the Pool Pod (submersible wheelchair) / Pool Hoist are all also available to improve access into the pool.



SPIN - A low impact indoor cycling class that is suitable for abilities.



WOBBLE - A seated exercise to music class. Wobble focuses on exercises that help to improve strength, mobility and confidence.

AND MANY MORE....

Please refer to the Inclusive Class Pass timetable for full class list and times.

The Inclusive Class Pass is available to anyone in receipt of Disability Living Allowance (DLA):

Start today at only...

**£8.50
A MONTH**

Choose the payment option that works best for you and all can be arranged can be paid at NSC reception.

PAY EACH MONTH

You can choose to make a one-time payment each month for your Inclusive Class Pass. This option allows you to have more control over the timing and method of payment.

PAY FOR 3 OR 6 MONTHS

If it's easier, you can pay upfront for 3 or 6 months.

DIRECT DEBIT

We offer a direct debit option so your membership fees will be automatically deducted from your bank account at the start of each month. This provides a convenient way to ensure your membership remains active without the need for manual payments.

EXISTING MEMBER?

All Inclusive Class Pass classes are now included in your existing membership.