

GYM INDUCTIONS

GYM INDUCTIONS ARE AVAILABLE TO ALL CUSTOMERS, WHETHER YOU'RE NEW TO USING OUR EQUIPMENT, OR YOU WOULD LIKE A REFRESH. ANSWERING THE QUESTIONS BELOW WILL HELP YOU DECIDE IF YOU FEEL YOU REQUIRE AN INDUCTION.

Have you used weights and/ or fitness equipment before?

Would you consider yourself a competent user of weights, cardiovascular machines, and resistance machines?

YES...

You can either have an induction or you can choose not to have an induction and complete a Health Commitment Statement form instead.

NO...

You will require an induction. Our induction is aimed at less confident/ inexperienced users and takes up to 45 minutes to complete. During the induction you will be shown how to programme machines, set weights as well as outlining health and safety protocol.

MY WELLNESS APP

DID YOU KNOW THAT YOUR EXPERIENCE WITH OUR STATE-OF-THE-ART TECHNOGYM EQUIPMENT CAN BE EVEN BETTER.

Simply download the MyWellness app (iOS and Android) or use the QR code below to track your workouts, have access to free virtual classes and more!

Having trouble signing up?

Enter the FitZone MyWellness access code when prompted to complete your account activation and access MyWellness features:

ACCESS CODE: **uswfitzone**



INDIVIDUAL FITNESS PROGRAMMES AND PERSONAL TRAINING SESSIONS



Our qualified instructors will tailor your 3 week gym programmes or personal training sessions exclusively for you.

	INDIVIDUAL FITNESS PROGRAMMES	PERSONAL TRAINING SESSIONS
ALL INCLUSIVE	£15 (£7.50 renewal)	£20 per session £54 for a block of 3
GYM ONLY	£17 (£8.50 renewal)	£22 per session £60 for a block of 3
PAY AS YOU GO	£20 (£10 renewal)	£25 per session £68 for a block of 3

FITZONE'S 45-STATION

GYM IS HOME TO THE LATEST EQUIPMENT FROM TECHNOGYM, WITH STATE-OF-THE-ART MACHINES, INCLUDING SYNCHRO AND VARIO CROSS TRAINERS, STAIR CLIMBERS, AN EXCITE TOP LIVE BODY TRAINER AND MULTIPLE EXERCISE BIKES.



The Technogym Excite Live range comes with 16" screens that offer engaging and motivating content including:

SESSIONS:

An online trainer by your side, to guide you through a one-on-one session, offering encouragement and suggesting the level of intensity

ROUTINES:

Challenging routines including a variety of movements and exercises, with the intensity automatically set up

OUTDOORS:

View natural and urban landscapes that will inspire you while you're working out.

GYM USERS CAN ALSO BENEFIT FROM TECHNOGYM'S SELECTORISED MACHINES, USED BY PROFESSIONAL TRAINERS WORLDWIDE.

These include a dual pectoral/ reverse fly, dual leg curl/ extension machines, two dual adjustable pulleys, a chest press, shoulder press and dumbbells ranging from 4kg to 32kg.

Additional equipment includes Lifefitness running machines, Concept2 bike, ski erg and rowing machines, assault bike, as well as a warm-up and cool down area with core balls and foam rollers.



USW FitZone

Autumn Term 2022



WELCOME TO THE AUTUMN TERM

Whether you're returning to USW or this is your first term, welcome to FitZone. Here at FitZone, we have plenty of activities for you to enjoy. Our facilities, activities and programmes are available for students, staff and members of the local community.

Joining our classes is a great way to boost your fitness and meet new people, and we have classes to suit all abilities. If you'd like to learn something new or develop your skills, then why not join our instructional courses.

We have a variety of memberships available to meet your needs. There's more information about our memberships, activities and facilities in this newsletter, or you can contact us by phone or visit FitZone where our friendly team will be happy to help you.

So, whether you're a Spin specialist, a Kettlebells novice or Pilates are more your bag, why not join us and ...Get Active this Autumn!

Siarad Cymraeg?
A Welsh version of this newsletter is available at USW Fitzone reception reception

TERM TIME OPENING

Monday-Friday *7.45am-10pm
Saturday 10am-6pm
Sunday 10am-7pm

*Pre-booking required for the 7.45am sessions
All activities finish 30 minutes before FitZone closes.

FIND US



Facebook: **FitZone at Treforest**
Twitter: **@USWSport**

CONTACT US

Call: **01443 482681**
Visit: **www.southwales.ac.uk/sports**

HEALTH AND FITNESS CLASS TIMETABLE

26 September 2022 – 16 December 2022

Cardio

Conditioning

Combination

Holistic

Dance

	MORNING	LUNCHTIME	EVENING			
MONDAY		Kettlebells Studio 2 12.30pm-1.15pm	Circuit Training Main Hall 5pm-5.50pm	Les Mills Body Combat Studio 2 6pm-6.45pm	Yoga Studio 1 7pm-8pm	
TUESDAY		Les Mills Grit Cardio Studio 3 12.30pm-1.15pm	Cardio Kick Studio 1 5pm-5.50pm	Les Mills BodyPump Studio 2 6pm-6.45pm	Les Mills Sprint + Abs Studio 3 7pm-7.45pm	Zumba Studio 2 7pm-8pm
WEDNESDAY		Les Mills Sprint + Abs Studio 3 12.30pm-1.15pm	Bootcamp Studio 2 5pm-5.50pm	Boxing Fit Studio 1 6pm-6.50pm	Pilates Studio 1 7pm-8pm	
THURSDAY		Les Mills Grit Strength Studio 2 12.30pm-1.15pm	Circuit Training Main Hall 5pm-6pm	Legs,Bums and Tums Studio 3 6pm-6.50pm	Spin + Abs Studio 3 7pm-7.45pm	
FRIDAY	Funcntal Fitness Studio 2 7.30am-8.15am	Pilates Studio 1 12.30pm-1.30pm	Metafit Main Hall 4pm-4.30pm	Core&More Main Hall 4.30pm-5pm	Zumba Studio 1 5pm-6pm	
SATURDAY	Les Mills Body Combat Studio 3 10am-10.55am					
SUNDAY		Yoga/Pilates Studio 1 12pm-1pm	Multi-Fit Studio 2 4pm-4.50pm	Spin & Abs Studio 3 5pm-5.50pm		

WEEKLY CLASSES FOR ALL ABILITIES

BOOK TODAY AND JOIN IN!



INSTRUCTIONAL COURSES

DAY	TIME	COURSE	DATE	LEVEL
MONDAY	6pm-7pm	Self Defence	COURSE 1: 17, 24, 31 Oct 7 Nov COURSE 2: 14, 21, 28 Nov, 5 Dec	Beginners
TUESDAY	8.15pm-9.15pm	Pole Fitness	COURSE 1: 18, 25 Oct, 1, 8 Nov COURSE 2: 15, 22, 29 Nov 6 Dec	Beginners
THURSDAY	6pm-7.30pm	Kickboxing	COURSE 1: 20, 27 Oct, 3,10 COURSE 2: 17, 24 Nov, 1, 8 Dec	Beginners
	6pm-7.30pm	Archery	COURSE 1: 20, 27 Oct, 3,10 Nov COURSE 2: 17, 24 Nov, 1, 8 Dec	Beginners

COST | 4 WEEK COURSE: £8/£10/£14

Courses are progressive and an ideal opportunity to learn a new activity or improve your current skill level.

STUDENT AND STAFF MEMBERSHIP

1 September 2022 – 31 August 2023

USW STUDENTS: ALL INCLUSIVE MEMBERSHIP		USW STUDENTS: GYM ONLY MEMBERSHIP	
Annual – Early Bird Offer*	£170.00	Annual – Early Bird Offer*	£150.00
Annual	£215.00	Annual	£190.00
Per Term	£80.00	Per Term	£70.00
Monthly – no commitment	£28.00	Monthly – no commitment	£25.00
USW STAFF/ALUMNI: ALL INCLUSIVE MEMBERSHIP		USW STAFF/ALUMNI: GYM ONLY MEMBERSHIP	
Annual	£265.00	Annual	£240.00
Monthly Via Salary**	£25.00	Monthly Via Salary**	£23.00
Monthly – no commitment	£30.00	Monthly – no commitment	£25.00
PUBLIC: ALL INCLUSIVE MEMBERSHIP		PUBLIC: GYM ONLY MEMBERSHIP	
Annual	£320.00	Annual	£280.00
Monthly – no commitment	£35.00	Monthly – no commitment	£30.00
STUDENT AND STAFF MEMBERSHIP BENEFITS:	ALL INCLUSIVE MEMBERSHIP	GYM ONLY MEMBERSHIP	PAY AS YOU GO
7 Day booking Privilege	✓	✓	X
Reduced Rates	✓	✓	X
The Gym Room Induction	✓	✓	£5.00
The Strength Room Induction	✓	✓	£5.00
The Gym and Strength Rooms	✓	✓	£5.00
Health and Fitness Classes	✓	£5.00	£5.00
Recreational Activities	✓	£5.00	£5.00
Playsport	✓	£2.20	£2.20

*Take out an Annual Membership before 31 October 2022 and get 12 months for the cost of 6 monthly payments.
**Only available to USW Staff

PAYG | YOU DON T HAVE TO BE A MEMBER TO USE FITZONE, YOU CAN USE THE FACILITIES ON A PAY AS YOU GO BASIS.

PLAY SPORT

This programme is designed for you to just turn up and ‘play sport’ with other students and staff. There is no membership, no league and you play each week. You need a basic level of skill and a member of staff will organise the activities.

DAY	TIME	SPORT
Monday	5pm-6pm	Badminton
Thursday	6pm-7.30pm	BasketBall
Saturday	12pm-1.30pm	Ultimate Frisbee
Sunday	11.45am-1pm	Futsal

COST | ALL INCLUSIVE: FREE
GYM ONLY AND PAY AS YOU GO: £2.20

For more information regarding anything you have seen in the newsletter, please contact: Marc Crowley, Sports Duty Officer
E-mail: Marc.Crowley@southwales.ac.uk

