



EPIC Leisure Centre
McGarva Way,
Ellesmere Port
CH65 9HH
Tel: **0151 355 6432**

Neston Recreation Centre, Raby Park Road,
Neston CH64 9NQ
Tel: **0151 336 5741**

Ellesmere Port Golf Centre, Chester Road,
Little Sutton CH66 1QF
Tel: **0151 339 7689**

Email:
info@cadsart.co.uk
www.cadsart.co.uk

Hello

Only 3 weeks to Christmas folks!! The decorations are up and before we know it we will be force-fed mince pies at every turn and heading for the big feast. After weeks of eating party food, and not making it to the gym because there is too much to do, January will arrive and find us flabby, unhealthy and rushing to buy the latest detox book. Well fitness friends, detox is just so last year, this year we shall pre-tox! With the winter months upon us it is a great time to knuckle down to some healthy living; loose the extra pounds, eat well to fight off colds and infections, get outside in the light for some healthy fitness walking to fend off seasonal depression, and stay fit. Starting from TODAY, you can re-vamp your healthy lifestyle and avoid the end-of-year slump, start working now and spend the end of the year feeling healthy and proud rather than tired and sick. Read on to find out what great festive fun for all the family we have coming up.

NEW SESSIONS

Instructor, Mary joins us at EPIC Centre with 6 weeks of Boxercise classes starting Friday 8th Jan at 5.15pm - 6.00pm. This class looks so tough that we know this will be a popular New Year fat buster. £3.50 pay as you go /complimentary to ACTIVE members, **call now to book on 0151 355 6432**. There is something for everyone on the group fitness timetable offering over 40 sessions every week at EPIC and Neston Centre, whether you are a beginner or prefer a more intense workout, our staff will ensure that your group fitness goals are satisfied!

Plus we are treating you to some special offer courses at the Ellesmere Port Golf Centre starting with Pilates for beginners on Monday 18th Jan at 6.00pm - 7.00pm followed by some foot tapping, knee slapping Line Dancing for beginners from Friday 22nd Jan at 10.00pm - 11.30am (6 week courses - £1.50 per session). But hurry, as these exclusive courses are available on a first-come, first-served basis. **Call Anna from the Street Sport Active8tors team now on 0151 350 0912 to secure your place.**

COMING JANUARY TO EPIC

We have refreshed the junior timetable to get the kids started off to a great start this year with some fantastic fit & fun sessions. Pick up a timetable from reception. Are you 50+ and looking to learn how to swim? Then we have the answer with the New Year 11-week swimming course commencing Friday 8th Jan at 2.00pm - 2.30pm. To be eligible to apply for this FREE course you must fall into one of the postal code categories, please call to check if you are eligible. And finally we are offering FREE 6-week courses for all ages & abilities of 'Ladies Self Defence' commencing Monday 18th Jan at 6.00pm - 7.00pm and 'Tai Chi' commencing Friday 22nd Jan 1.30pm - 2.30pm. **Call to book on 0151 350 0912.**

DO YOU WANT TO GET MORE FOR YOUR MONEY?

If so, then speak to a member of staff to join the ACTIVE membership where you can get all this from just £23.00 per month:-

- Unlimited use of Connections Fitness Suite
- Unlimited use of Swimming Pools (during public opening)
- Unlimited use of Group Fitness Classes
- PLUS No Joining Fee and a FREE Group Induction to the Fitness Suite

The membership gives you access to use of the Connections Fitness Suites, Swimming Pools and Group Fitness Classes at Neston Recreation Centre, EPIC Leisure Centre plus the Connections Fitness Suite at Ellesmere Port Golf Centre.

CHRISTMAS OPENING HOURS

EPIC LEISURE CENTRE &

NESTON RECREATION CENTRE

Wed	23 rd Dec	7.00am	5.00pm
Thu	24 th Dec	CLOSED	
Fri	25 th Dec	CLOSED	
Sat	26 th Dec	CLOSED	
Sun	27 th Dec	9.00am	8.00pm
Mon	28 th Dec	7.00am	10.00pm
Tues	29 th Dec	9.00am	10.00pm
Wed	30 th Dec	7.00am	10.00pm
Thu	31 st Dec	9.00am	5.00pm
Fri	1 st Jan	CLOSED	
Sat	2 nd Jan	Normal hours	

ELLESMERE PORT GOLF CENTRE

Wed	23 rd Dec	8.00am	8.00pm
Thu	24 th Dec	8.00am	4.00pm
Fri	25 th Dec	CLOSED	
Sat	26 th Dec	7.00am	3.00pm
Sun	27 th Dec	7.00am	6.00pm
Mon	28 th Dec	8.00am	8.00pm
Tues	29 th Dec	7.00am	8.00pm
Wed	30 th Dec	8.00am	8.00pm
Thu	31 st Dec	8.00am	3.00pm
Fri	1 st Jan	10.00am	3.00pm
Sat	2 nd Jan	7.00am	6.00pm
Sun	3 rd Jan	7.00am	6.00pm

EPIC - Swimming Pool will close 12th Dec 2009 and re open 2nd Jan 2010

NESTON - Maintenance schedule will restrict certain facilities during the holiday period, call for details.

Please note Neston Swimming Pool will be open from 7.00am on 29th and 31st Dec 2009



EPIC - CHRISTMAS GROUP FITNESS CLASS TIMETABLE (ADULTS)

Mon 21st Dec

Body Pump	9.30am - 10.30am
Nifty Fifties	12.00nn - 1.00pm
Easy Line	1.15pm - 2.00pm
Bootcamp Circuit	6.00pm - 6.45pm
Bums, Legs & Tums	6.00pm - 7.00pm

Tues 22nd Dec

Simply Step	10.00am - 10.55am
Easy Line	11.10am - 11.55am
Body Pump	6.00pm - 7.00pm
Simply Step	7.15pm - 8.10pm

Wed 23rd Dec

Body Pump	9.30am - 10.30am
Easy Line	1.00pm - 1.45pm

Sun 27th Dec

Body Pump	10.30am - 11.30am
-----------	-------------------

Mon 28th Dec

Body Pump	9.30am - 10.30am
Nifty Fifties	12.00nn - 1.00pm
Bums, Legs & Tums	6.00pm - 7.00pm

Tue 29th Dec

Step	10.00am - 10.55am
Body Pump	6.00pm - 7.00pm
Step	7.15pm - 8.10pm

Wed 30th Dec

Easy Line	1.00pm - 1.45pm
Yogalates	6.00pm - 6.45pm

NESTON - CHRISTMAS GROUP FITNESS CLASS TIMETABLE (ADULTS)

Mon 21st Dec

Callanetics	7.00pm - 7.55pm
Aerobics	8.00pm - 8.55pm

Tues 22nd Dec

Bums & Tums	1.05pm - 1.55pm
Pilates	2.05pm - 2.55pm
Circuits	6.00pm - 6.55pm

Sun 27th Dec

Circuits	10.00am - 11.30am
----------	-------------------

Mon 28th Dec

Callanetics	7.00pm - 7.55pm
Aerobics	8.00pm - 8.55pm

Tues 29th Dec

Bums & Tums	1.00pm - 1.55pm
Pilates	2.00pm - 2.55pm
Circuits	6.00pm - 6.55pm

Wed 30th Dec

Bums & Tums	7.00pm - 7.55pm
Body Combat	8.00pm - 8.55pm

Thurs 31st Dec

Bums & Tums	1.05pm - 1.55pm
Pilates	2.00pm - 2.55pm

CHILDREN'S SPORTS COURSES

EPIC

- **NEW Trampolining Courses starting Jan 2010**
For all abilities from ages 5+, contact the centre for further details.
- **Teddy Tumbles Fun Fitness for under 5's**
Commencing Thursday 7th Jan 2010
1.30pm - 2.20pm £19.20 (6 week course)
Suitable for children as young as 18 months, although as a guide they should be able to stand and walk unaided. Designed to deliver simple physical activities using soft play mini gym equipment linked with action songs, games & movement where kids can have fun, make friends & stay fit.

NESTON

- **Trampolining, Soccer, Canoeing Courses**
Come along to the centre to enroll on Sunday 13th Dec from 10.00am. Courses commence Saturday 2nd Jan 2010

SWIMMING LESSONS

Congratulations to all the children who received awards for their achievements last term. Our extensive swimming programme starts again with enrolments in January 2010. We offer a range of lessons for customers of all ages and abilities.

EPIC

12-week course week commencing 4th Jan 2010, please call the centre to enroll.

NESTON

11/13-week course week commencing 2nd Jan 2010. Enrolment for existing course customers commences on 1st Dec. Enrolment for new customers is Sunday 13th Dec from 10.00am

Contact your centre for further details and prices.

TEEN FIT FRENZY SESSIONS FOR 14 - 15 YRS

Are you looking for an ideal environment to workout with your friends? Whether you want to tone up, lose weight or increase your stamina levels, the Connections Fitness Suite at EPIC & Neston is the place for you to help you achieve your health & fitness goals. An advance booking for a 'Fitness Suite Induction' is required prior to entry. Contact your centre for session times. £2.80 per session

GREAT VALUE 'JUNIOR ACTIVE LEISURE PASS'

At EPIC we offer a fantastic range of children's activities to suit all ages, tastes & abilities plus you have the option to save money with the great value 'JUNIOR ACTIVE' Leisure pass for only £15.00 per month. Pick up a copy of the activity timetable in the centre.

FESTIVE FUN FOR THE KIDS AT EPIC & NESTON CENTRE'S

The Children's activity staff are looking forward to you joining us for our festive activities:

DATE	SESSION	SESSION DESCRIPTION	AGE	TIME	VENUE	COST
Fri 4 th Dec	Cheerleading	Cheer/chant routines -stunts, jumps, motions & pompoms	3 – 5 Yrs 6 – 10 Yrs 11 – 16 Yrs	6.00pm - 6.55pm 6.00pm - 6.55pm 7.00pm - 7.55pm	NESTON	£2.30
Sat 5 th Dec	Drop & Shop	Drop the kids off while you have 2 hours to shop in peace!	7 – 11 yrs	11.00am – 1.00pm	EPIC	£1.50
Sat 5 th Dec	Roller Disco	Energetic & exciting accompanied by our resident DJ and disco lights!	All ages	5.15pm - 6.45pm	NESTON	£2.50/ £3.50 with skate hire
Sat 5 th Dec	Fun Pool Session	Fun for all the family with floats in the pool	All	3.45pm -4.45pm	NESTON	£3.20 Adult £1.90 junior
Mon 7 th Dec	Boxercise	Box your way to fitness	11 Yrs +	5.15pm – 6.00pm	EPIC	£1.00
Tues 8 th Dec	Basketball	Fun session learning the drills & skills of the game	7 – 16 Yrs	4.00pm – 5.00pm	EPIC	£1.00
Fri 11 th Dec	Cheerleading	Cheer/chant routines – stunts, jumps, motions & pompoms	3 – 5 Yrs 6 – 10 Yrs 11 – 16 Yrs	6 .00pm -6.55pm 6.00pm - 6.55pm 7.00pm - 7.55pm	NESTON	£2.30
Sat 12 th Dec	Roller Disco	Energetic & exciting accompanied by our resident DJ and disco lights!	All ages	5.15pm- 6.45pm	NESTON	£2.50/ £3.50 with skate hire
Sat 12 th Dec	Fun Pool Session	Fun for all the family with floats in the pool	All	3.45pm - 4.45pm	NESTON	£3.20Adult £1.90junior
Mon 14 th Dec	Boxercise	Box your way to fitness	11 Yrs +	5.15pm -6.00pm	EPIC	£1.00
Tues 15 th Dec	Basketball	Fun session learning the drills & skills of the game	7 – 16 Yrs	4.00pm – 5.00pm	EPIC	£1.00
Thur 17 th Dec	Pop Stars Dance	Funky moves, dance like your favorite pop star!	3 – 6 Yrs 7 – 10 Yrs	4.00pm - 4.45pm 4.45pm-5.25pm	EPIC	£2.30
Fri 18th Dec	Tots Christmas Party	Father Christmas, bouncy castle, games & lots of fun	Under 5's	9.30am - 12noon	EPIC	£5.00
Fri 18 th Dec	Cheerleading	Cheer/chant routines – stunts, jumps, motions & pom poms	3 – 5 Yrs 6 – 10 Yrs 11 – 16 Yrs	6.00 pm - 6.55pm 6.00pm - 6.55pm 7.00pm - 7.55pm	NESTON	£2.30
Sat 19 th Dec	Drop & Shop	Drop the kids off while you have 2 hours to shop in peace!	7 – 11 Yrs	11.00am -1.00pm	EPIC	£1.50
Sat 19 th Dec	Christmas Roller Disco	Energetic & exciting accompanied by our resident DJ and disco lights!	All ages	5.15pm - 6.45pm	NESTON	£2.50/ £3.50 with skate hire
Sat 19 th Dec	Fun Pool Session	Fun for all the family with floats in the pool	All	3.45pm -4.45pm	NESTON	£3.20 Adult £1.90Junior
Tues 22 nd Dec	Bust A move	Street Dance, Salsa & Freestyle - 100% fun	9 – 15 Yrs	5.00pm – 6.00pm	EPIC	£2.30
Tues 22 nd Dec	Dance Active	Dance Platforms – Move your feet to pumping R&B, house & hip hop tunes	7 Yrs +	6.15pm -7.15pm	EPIC	£2.60
Tues 22 nd Dec	Basketball	Fun session learning the drills & skills of the game	7 – 16 Yrs	4.00pm – 5.00pm	EPIC	£1.00
Tues 22 nd Dec	Kindertime & Kidzinc Childcare	Action packed holiday childcare. Pick up a programme from reception. Packed lunch required.	4 – 11 Yrs	8.30am – 3.00pm	EPIC	£12.00
Tues 22 nd Dec	Christmas Craft Attack	Art & Crafts (Old clothing required)	4 – 12 Yrs	9.30am - 11.30am	NESTON	£6.00
Wed 23 rd Dec	Kindertime & Kidzinc Childcare	Action packed holiday childcare. Pick up a programme from reception Packed lunch required.	4 - 11 Yrs	8.30am - 3.00pm	EPIC	£12.00
Wed 30 th Dec	Tots Play Session	Bouncy castle, fun & games.	Under 5's	9.15am - 11.15am	EPIC	£2.40 2nd child £1.30

Booking essential, book early to avoid disappointment.



SPEND THE END OF THE YEAR FEELING HEALTHY.... 4 WAYS TO GET FITTER BY CHRISTMAS

1. Try a new activity this week; do not spend the dark evenings glued to the television, cheer yourself up by attending a salsa class, check out the swimming pool, walk to work, try a new class, book a badminton court with a friend, dust off your bike and go get muddy at the weekend, ignore the weather and go for a run - enjoy the looks of admiration of the people who pass you by. Find an hour to try something new and then book a fitness date with yourself. Even better make a date with a friend to do something together and then you will have to do it regardless of the dark / cold / Eastenders.

2. Get outdoors; many people are affected by the lack of light from November onwards. This may make them feel tired, unmotivated and a bit down. Avoid this by making the most of the available light, get out into the light each day for a brisk walk - even if it's only 20 minutes during your lunch break - that is 100 minutes of walking a week and will contribute to your fitness routine. Top it up with longer walks at the weekends, treat yourself to a waterproof coat and you may start to relish battling the elements.

3. Take your healthy routine to work; pack a healthy lunch box, take a bottle of mineral water. Vegetable soup in a flask with some wholemeal pitta is a great lunch. Take healthy snacks with you as well, such as fresh fruit, oat or rice cakes and a pot of yoghurt. Ignore the food/drink machines; resist the urge to drink lots of coffee and tea. Take the stairs and keep active where possible. If you are at a desk, take mini-breaks to stretch and revitalize yourself. Get your work buddies interested in being healthier - organize an after-work netball/football team or a lunch-time fitness class. Work is a big part of your week, don't leave being healthy to the weekends.

4. The winter can be an opportunity to eat well, resist the temptation to cram in the calories with unhealthy fatty and sugary 'comfort' foods. Many people seem to 'hibernate;' reacting to the colder /darker environment by becoming less active, eating more 'comfort' food, staying inside and missing their usual fitness sessions because of a reluctance to go out. If this sounds a bit like you, then give yourself a shake, wake yourself up and get yourself down to one of the CADSART centre's and see the great opportunities that we have to offer. Don't turn into a couch potato, get fitter for Christmas and when the rest of the world are worn out with indulgence, you will be feeling on top of the world !



REVITALISE YOUR GYM PROGRAMME READY FOR THE NEW DECADE!

Everyone gets bored of the gym if they do the same thing over and over again. Get yourself some fresh motivational music and jazz-up your routine. The body will progress with challenge, so do something new; set yourself a challenge, such as being able to do 5 full press-ups by Christmas, or being able to do run 5k by New Year, build yourself a little circuit mixing up high intensity cardio with weights and other exercises. Use the free weights rather than the machines; use the available equipment like the stability and medicine balls.

New Decade, New Fitness Programme, New You...

Book a personal programme now (before the New Year rush) with one of our qualified Instructors and tell them you want something new and interesting.

Remember variety is the spice of life!

We hope that this helps keep you motivated with inspirations to help you achieve your health and fitness goals.

For details on any of the above please do not hesitate to contact the centre reception.

We welcome your feedback from any of the services we offer to you or any other questions you may have. You can email your comments to info@cadstart.co.uk or by telephoning 0151 355 6432.

From all the team at CADSART we wish you a very Happy Christmas and prosperous New Year achieving new fitness goals.



CADSART, EPIC Leisure Centre, McGarva Way,
Ellesmere Port CH65 9HH
Telephone: 0151 355 6432
Email: info@cadstart.co.uk
www.cadstart.co.uk