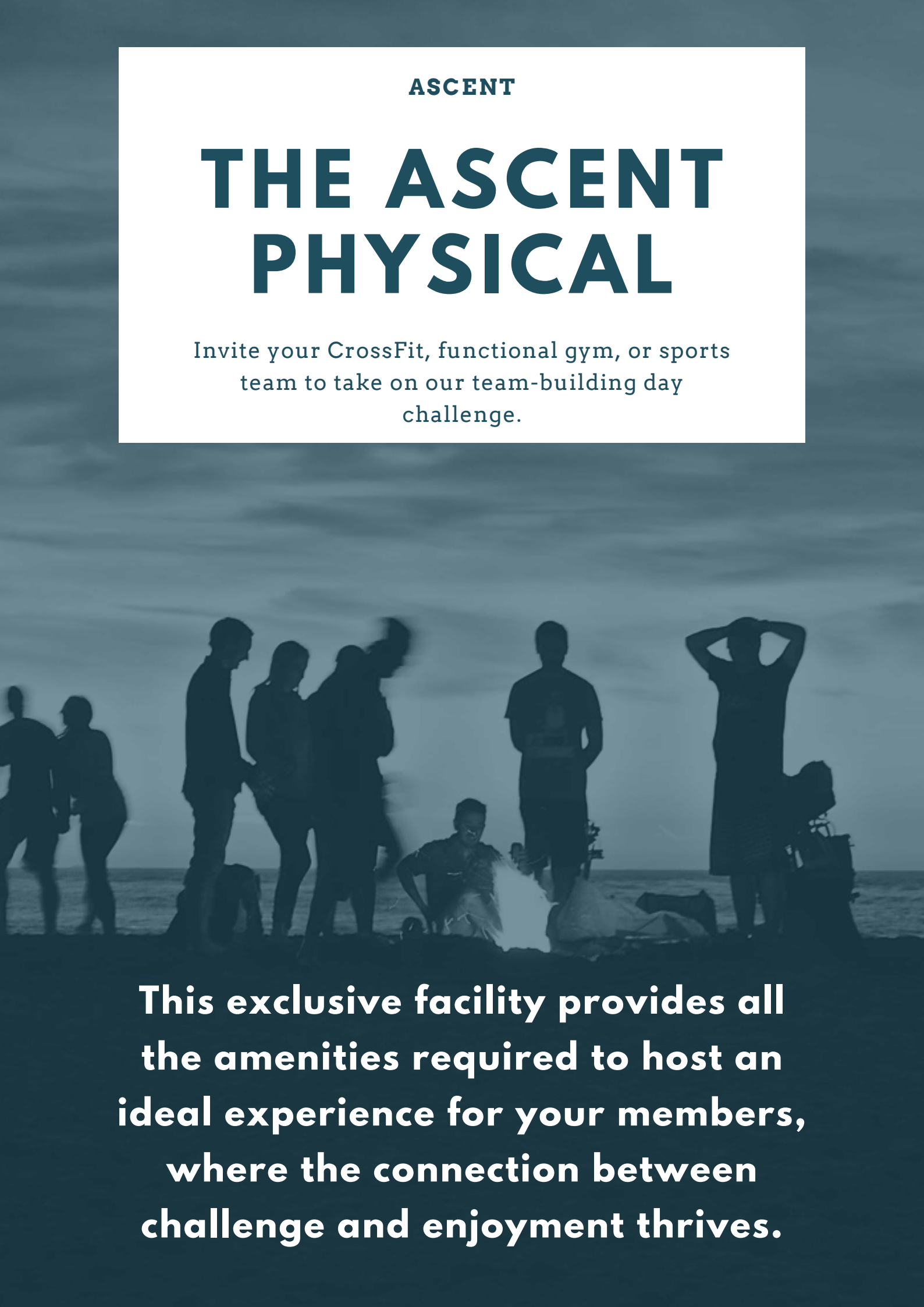


ASCENT

THE ASCENT PHYSICAL

Invite your CrossFit, functional gym, or sports team to take on our team-building day challenge.

A group of people are silhouetted against a bright, hazy sky over a body of water, likely at sunset or sunrise. The people are in various poses, some standing, some sitting, and some with their hands on their heads, suggesting a group activity or challenge. The overall mood is one of camaraderie and physical effort.

This exclusive facility provides all the amenities required to host an ideal experience for your members, where the connection between challenge and enjoyment thrives.

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Today is all about you and your team. Choose the program that suits you best or combine options to customize your experience. For an extended stay beyond the day, consider adding the basic camping package to your selection.

£25pp

Basic Camping Package

Price per night

- ✓ Bell Tent Glamping Accommodation available for up to 20 people
- ✓ Access to all facilities included
- ✓ Optional catering services provided
- ✓ Optional add on available

£500

The Ascent Challenge

One Day Package based on 20 people

- ✓ The Ascent Challenge *
- ✓ Evening BBQ
- ✓ Optional add on available

£500

The Warrior Package

One Day Package based on 20 people

- ✓ Introduction to Wrestling *
- ✓ Wrestle and Run Challenge *
- ✓ Evening BBQ
- ✓ Optional add on available

£TBC

Want o add more?

One or Two Day Options

Looking to enhance your experience here? We can certainly make it unique. By offering yoga workshops, breathwork seminars, and catering options, we can create a memorable and impactful experience for your members, teammates, or colleagues. Everything you need is conveniently available on-site, so there's no need to go elsewhere once you're here. Book a call with either Chris or Dominic to discuss the best options for you.

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Our programs offer fantastic benefits, and here is some information about the previously mentioned programmes. These programmes have been utilized in the training of the Welsh Rugby Union team and other professional sports teams.

How it all works

When you visit the Ascent Physical Centre, you can indulge in our day packages. Choose between the Warrior Program or the Ascent Challenge, both aimed at fostering team unity through thrilling physical activities and challenges. By bringing your team to participate, you will receive expert coaching to guide you through the day's challenge, ensuring you emerge stronger on the other side.

The day will commence with a meeting around 12pm to introduce our schedule. Our aim is to guide you through our daily program and conclude with a social BBQ. Refreshments will be available throughout the day, and we will also offer a delightful BBQ in the evening, accommodating all dietary needs.

Because the centre offers exceptional facilities, we can adjust the schedule to include additional activities and customise the experience for your team. Additionally, if you're interested in utilizing our glamping bell tents, we are happy to offer a camping option. We are flexible and can accommodate your needs. Alternatively, if you prefer to book the facility to organise your own community challenge, that is also an option.

Intro to Wrestling*

For over 15000 years, wrestling has stood as a testament to both physical and mental prowess. Now, seize the opportunity to explore and understand this enduring tradition first hand.

Discover the fundamentals of this ancient practice with guidance from our coaches, then challenge yourself against your peers in a secure and supervised environment.

Wrestle to Run*

By incorporating the wrestling seminar introduction and techniques, we will undertake a workout that proved effective for the Welsh rugby union team. The advantages you will experience extend far beyond improving sports or fitness; they also contribute to fostering teamwork, cohesion, and a sense of community.

The Ascent Challenge*

Inject some thrill into the mix with a touch of healthy competition. Create your teams and face off in our custom challenges to discover the ultimate physical champions. Embark on our challenging obstacle course and orienteering workout, designed to test teamwork, unity, and fun. Compete for both bragging rights within your group and strive to claim the top spot on our leaderboard.

Testimonials

"Chris Rees had a huge part to play in the Wales RWC preparations from a defensive aspect of where we wanted to get to once the tournament started.

His energy mixed with enthusiasm and skill set was a real point of difference in how we wanted our tackle management to progress during our gruelling preparation...

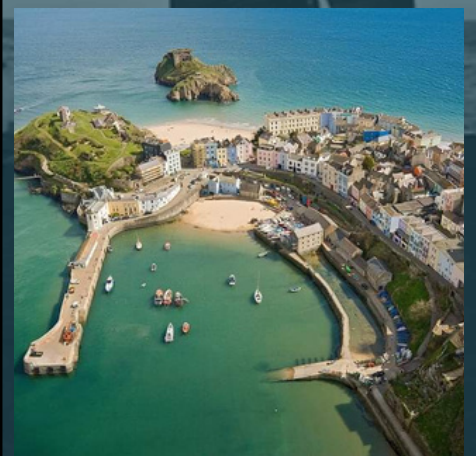
Not only was he exceptionally good at his trade he also gave me some super ideas on how we keep developing in our defensive programme"

Mike Forshaw
Defence Coach, WRU

"I have known Chris for over 10 years and have always been impressed by how he delivers to a wide range of ages and abilities, and the way he delivers his expertise and experience in a way that people understand and improve."

Huw Bennett
Head of physical performance, WRU

The Facilities



The Facilities

