Classes and Activities 2019

All the following classes are FREE and are bookable 7 days in advance to Leisure for Life members.

**MONDAY**
- 11:00 - 11:55 Low Intensity Circuits
- 14:00 - 15:55 Evergreens Keepfit
- 18:00 - 18:55 Body Blast
- 19:00 - 19:55 Zumba

**TUESDAY**
- 19:00 - 19:55 Pilates

**WEDNESDAY**
- 11:00 - 11:55 Low Intensity Circuits
- 19:00 - 19:55 Circuits

**THURSDAY**
- 19:00 - 19:55 Boxercise

**FRIDAY**
- 11:00 - 11:55 Low Intensity Circuits
- 18:00 - 18:55 Circuits

**SATURDAY**
- 10:00 - 10:55 Circuits

**SUNDAY**
- 18:00 - 18:55 Circuits

**PLEASE NOTE:**
Various taster sessions will be offered at different times during the year. For up-to-date information please follow us on Facebook and/or speak to a member of staff.

**GYM OPENING TIMES:**
- Monday - Wednesday ............... 9:30 - 21:00
- Thursday .................................. 15:00 - 21:00
- Friday .......................... 9:30 - 12:00 + 16:00 - 21:00
- Saturday .......................... 10:00 - 17:00
- Sunday .......................... 9:00 - 20:00

LAST ENTRY: One hour before centre closes

Due to unforeseen circumstances, occasionally some fitness classes may be cancelled at short notice.

Leisure for Life Membership information can be found by visiting [www.rctcbc.gov.uk/leisuremembership](http://www.rctcbc.gov.uk/leisuremembership), enquiring at reception or via the Leisure For Life APP.

Central Park, Church Village
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49407-47 August 2019

You are welcome to communicate with us in Welsh.