

Classes and Activities

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

MONDAY

18:00 - 18:45  **Outrace**

18:00 - 19:00  **Circuits**

19:00 - 20:00  **Zumba**

TUESDAY

09:30 - 10:30  **Functional Fitness**

10:30 - 11:15  **Spinning**

13:00 - 14:00  **Yoga**

17:15 - 18:00  **Spinning**

18:00 - 18:45  **Spinning**

18:00 - 18:45  **Cardioblast**

18:00 - 19:00  **Yoga**

19:00 - 19:45  **Legs Bums and Tums**

WEDNESDAY

11:00 - 11:45  **Outrace**

17:00 - 17:30  **Junior Outrace** (Ages 11+)

18:00 - 19:00  **Zumba** (Starting January)

19:15 - 20:00  **Spinning**

THURSDAY

09:30 - 10:30  **Spinfit**

13:00 - 14:00  **Yoga**

17:30 - 18:15  **Spinning**

18:00 - 19:00  **Boxfit**

18:00 - 20:00  **Yoga**

FRIDAY

06:30 - 07:00  **Outrace**

17:00 - 17:45  **Spinfit**

- | | |
|---|---|
|  Gym |  Spin Studio |
|  Conference Room |  Sports Hall |
|  Squash Courts |  Studio 2 |

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.

This centre also hosts external classes and club activities:

- Lil' Dragons Karate
- WCKA Karate
- RSD Dance
- Rhondda Gladiators Basketball
- Rhondda Rockets Cheerleading

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, enquiring at reception or via the **Leisure For Life APP**.

East Street, Tylorstown
Ferndale CF43 3HR

☎ 01443 570012

49705-47 November 2019



2019 FROM **DECEMBER**

 Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE ☎ 01443 570012



RHONDDA CYNON TAF