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

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](http://www.rctcbc.gov.uk/leisuremembership), enquiring at reception or via the Leisure For Life APP.

East Street, Tylorstown
Ferndale CF43 3HR
☎ 01443 570012

**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.

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