

## Classes and Activities

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

### MONDAY

- 08:30 - 09:15 ● Public Swimming
- 09:15 - 10:15 ● Pilates As of 23 September
- 10:30 - 11:30 ● Spinfit
- 12:00 - 12:30 ● Public Swimming
- 15:00 - 16:30 ● Public Swimming
- 16:30 - 19:00 ● Junior Learn to Swim
- 18:00 - 19:00 ● Legs, Bums & Tums
- 19:00 - 20:00 ● Pilates
- 19:00 - 20:00 ● Kettlebox

### TUESDAY

- 08:30 - 15:45 ● Public Swimming & Aquagym  
08:30 - 15:30: Aquagym
- 19:15 - 20:00 ● Spinning

### WEDNESDAY

- 08:30 - 09:15 ● Public Swimming
- 09:30 - 10:15 ● Spinning
- 12:00 - 12:30 ● Public Swimming
- 15:00 - 20:00 ● Public Swimming & Aquagym
- 18:00 - 19:00 ● Body Blast
- 19:00 - 20:00 ● Pilates

### THURSDAY

- 08:30 - 16:00 ● Public Swimming & Aquagym  
08:30 - 16:00: Aquagym
- 18:00 - 18:45 ● Spinning

### FRIDAY

- 08:30 - 12:00 ● Public Swimming & Aquagym
- 09:30 - 10:15 ● Spinning
- 10:30 - 11:30 ● Legs, Bums & Tums
- 16:00 - 17:00 ● Public Swimming & Aquagym

### SATURDAY

- 09:00 - 10:30 ● Junior Learn to Swim
- 09:15 - 10:15 ● Zumba
- 10:30 - 12:00 ● Rookie Lifeguard
- 12:00 - 14:00 ● Family Paddle Boats
- 12:00 - 17:00 ● Public Swimming & Aquagym  
14:00 - 17:00: Aquagym

### SUNDAY

- 09:00 - 17:00 ● Public Swimming & Aquagym  
09:00 - 16:00: Aquagym

- Gym
- Studio
- Studio/  
Gym
- Main  
Hall
- Gallery
- Function Halls
- Main Pool

2019 FROM **DECEMBER**

 Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE ☎ **01443 670578**



**RHONDDA CYNON TAF**

**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:**

- Rhondda Lifeguard Club
- Tonyrefail Tigers Basketball Club
- Llantrisant Sharks Swimming Club
- RSD Dance
- Tonyrefail Boys / Girls Clubs
- Stars
- Shotokan Karate

### **Health Suite Opening Times**

|           |                               |
|-----------|-------------------------------|
| Monday    | 08:30 - 20:00                 |
| Tuesday   | 08:30 - 20:00                 |
| Wednesday | 08:30 - 20:00                 |
| Thursday  | 08:30 - 20:00                 |
| Friday    | 08:30 - 12:00 • 16:00 - 20:00 |
| Saturday  | 09:00 - 17:00                 |
| Sunday    | 09:00 - 17:00                 |

Health Suite includes: Sauna / Steamroom / Spa Bath / Shower & Changing facilities.

Please remember to show your membership card to reception before using the facilities.

# **Leisure for Life Membership Card**

## **Join today and start saving!**

**Standard  
Membership**

**Junior & Concessions  
Membership**

**Corporate  
Membership**



**Available to all. No joining fee.**

**Visit any leisure centre as often as you like.**

Welcome to the Leisure for Life membership, which offers you inclusive access to gym, swimming, classes and indoor sports at **ALL** Council leisure centres.

You pay one price - with discounts depending on how you choose to pay.

**JOIN ONLINE NOW!**

[www.rctcbc.gov.uk/leisuremembership](http://www.rctcbc.gov.uk/leisuremembership)

Or via the **Leisure For Life APP**

**DOWNLOAD  
IT NOW!**



Download on the  
**App Store**

GET IT ON  
**Google Play**

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

## **TONYREFAIL LEISURE CENTRE**

Ty'n y Bryn Park, Waunrhydd Road, Tonyrefail CF39 8EW

**☎ 01443 670578**

49705-47 November 2019

