# Classes and Activities 2019

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
- **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
- **12:00 - 12:30**: Public Swimming
- **15:00 - 20:00**: 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 - 16:00**: Aquagym
- **19:15 - 20:00**: Spinning

### WEDNESDAY
- **06:15 - 07:00**: Spinfit
- **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
- **18:00 - 18:45**: Spinning
- **19:00 - 20:00**: Pilates

### THURSDAY
- **08:30 - 16:00**: Public Swimming & Aquagym
- **08:30 - 16:00**: Aquagym
- **18:00 - 19:00**: Kettlebells
- **19:15 - 20:00**: 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 - 11:30**: 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 - 17:00**: Aquagym

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Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE ☎ 01443 670578

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YOU ARE WELCOME TO COMMUNICATE WITH US IN WELSH

TONYREFAIL LEISURE CENTRE
☎ 01443 670578 • www.rctcbc.gov.uk/TonyrefailLeisureCentre

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

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.

Leisure for Life Membership Card
Join today and start saving!

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
Or via the Leisure For Life APP

DOWNLOAD IT NOW!

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