

Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff Cymru Wales National Exercise Referral Scheme (NERS)







RHONDDA FACH LEISURE CENTRE			
NERS Circuit Class	Monday	9:30-10:30	
NERS Strength and Balance	Monday	11:00-12:00	
NERS Circult Class	Friday	9:30-10:30	
NERS Strength and Balance	Friday	11:00-12:00	

LLANTRISANT LEISURE CENTRE		
NERS Gym Session	Monday	9:30-10:30
NERS Circult Class	Monday	12:30-13:30
NERS Strength and Balance	Tuesday	12:00-13:00
NERS Circult Class	Tuesday	13:00-14:00
NERS Gym Session	Thursday	9:30-10:30
NERS Circult Class	Thursday	10:45-11:45
NERS Strength and Balance	Thursday	12:00-13:00
NERS Circult Class	Thursday	13:00-14:00

**SOBELL LEISURE CENTRE** 9:30-10:30 **NERS Circuit Class** Monday NERS Strength and Balance Monday 11:00-12:00 **NERS Circuit Class** Tuesday 9:30-10:30 NERS Strength and Balance Tuesday 11:00-12:00 Thursday 9:30-10:30 **NERS Circuit Class** NERS Strength and Balance Thursday 11:00-12:00 **NERS Circuit Class** 9:30-10:30 Friday NERS Strength and Balance 11:00-12:00 Friday

RHONDDA SPORT CENTRE		
NERS Circuit Class	Tuesday	9:15-10:15
NERS Strength and Balance	Tuesday	10:30-11:30
NERS Gym Session	Tuesday	13:00-14:00
NERS Gym Session	Thursday	13:00-14:00
NERS Circuit Class	Friday	9:15-10:15
NERS Strength and Balance	Friday	10:30-11:30