

Merthyr Tydfil Exercise Referral Scheme Timetable

DAY	CENTRE	TIME	CLASS
MONDAY	Merthyr Leisure Centre	10:00am - 11:00am	Rehab Circuits
	Merthyr Leisure Centre	11:00am - 12:00pm	Level 2 Circuits
	Aberfan Community Centre	12:00pm - 12:45pm	Aqua Gym
	Aberfan Community Centre	2:00pm - 3:00pm	Gym Taster
	Merthyr Leisure Centre	4:15pm - 5:00pm	Swim
	Merthyr Leisure Centre	6:00pm - 7:00pm	Gym Taster
DAY	CENTRE	TIME	CLASS
TUESDAY	Merthyr Leisure Centre	8:45am - 9:45am	Aqua Fit
	Merthyr Leisure Centre	9:45am - 10:30am	Fitsteps FAB
	Aberfan Community Centre	10:00am - 10:45am	Aqua Fit
	Merthyr Leisure Centre	10:00am - 11:00am	Foodwise Education*
	Merthyr Leisure Centre	11:00am - 12:30pm	Cardiac Rehab
	Merthyr Leisure Centre	11:00am - 12:30pm	Gym Taster
	Merthyr Leisure Centre	12:30pm - 1:30pm	Tai Chi
	Merthyr Leisure Centre	5:00pm - 6:00pm	Easy Circuits
	Aberfan Community Centre	6:30pm - 7:30pm	Gym Taster
DAY	CENTRE	TIME	CLASS
WEDNESDAY	Merthyr Leisure Centre	10:00am - 11:00am	Rehab Circuits
	Merthyr Leisure Centre	11:00am - 12:00pm	Level 2 Circuits
	Aberfan Community Centre	2:00pm - 3:00pm	Gym Taster
	Merthyr Leisure Centre	6:00pm - 7:00pm	Aqua Fit
	Merthyr Leisure Centre	7:00pm - 8:00pm	Gym Taster
DAY	CENTRE	TIME	CLASS
THURSDAY	Merthyr Leisure Centre	8:45am - 9:45am	Aqua Fit
	Aberfan Community Centre	10:00am - 10:45am	Aqua Fit
	Merthyr Leisure Centre	11:00am - 12:30pm	Gym Taster
	Merthyr Leisure Centre	11:00am - 12:30pm	Cardiac Rehab
	Aberfan Community Centre	5:30pm - 6:30pm	Gym Taster
DAY	CENTRE	TIME	CLASS
FRIDAY	Merthyr Leisure Centre	9:15am - 10:00am	Zumba
	Aberfan Community Centre	9:30am - 10:15am	Tai Chi
	Cyfarthfa Park	10:00am - 11:00am	Outdoor Fitness/Walk
	Merthyr Leisure Centre	11:00am - 12:00pm	Aqua Fit
	Aberfan Community Centre	12:00pm - 12:45pm	Aqua Gym
	Merthyr Leisure Centre	12:30pm - 1:30pm	Gym Taster
DAY	CENTRE	TIME	CLASS
SATURDAY	Merthyr Leisure Centre	8:15am - 9:15am	Aqua Fit
	Aberfan Community Centre	10:00am - 11:00am	Gym Taster
	Merthyr Leisure Centre	11:30am - 12:30pm	Gym Taster

Prices: £2 per session/£15 for a monthly pass (NERS clients only)

* Please check dates for Foodwise programme. Must enrol before start of 6 week course.

Tel: (01685) 725224