

Aberfan Community Centre **Canolfan Cymunedol Aberfan**



We're excited to be finally welcoming our customers back to Aberfan Community Centre from Monday 10th August.

We will be accepting bookings from Monday 10th August for use of our gym & weights room but unfortunately we will be unable to accept any walk-in customers.

The pool will be opening later this month - please keep a look out for further information.

There will be changes to our service and we thank you all for your patience during these times.

Opening Hours

Monday - Friday: 8am - 8pm

Saturday - Sunday: 9am - 4pm

Fit For All Gym & Sensations Weights Room

There will be a limited amount of people able to use our facilities. You will need to book your slot for each room - slots are booked as 1hr sessions and you will need to book each room separately.

Direct Debit Memberships

We'd like to thank our members for being patient with us. There will be no charge to our current suspended DD Members to use our Sensations Weights Room or Fit For All Gym, but you will still need to call and make an appointment!

Pay As You Go

You will need to call to make an appointment to use our Sensations Weights Room and Fit For All Gym. Cost for a 1hr booking will be £3.50 - if possible could we ask all our customers to pay contactless

Aberfan Community Centre

Fit For All Gym & Sensations Weights



Welcome back! You'll notice some changes but you'll still get everything you need for a great workout.

KEEPING A SAFE DISTANCE

- We've removed some equipment from use to ensure you have the space you need to workout while keeping a safe distance.
- Some parts will have clearly marked out areas for you to use equipment safely.
- Members entering the gyms will be by appointment only, in 1 hour slots, so we can control the numbers.

EXTENSIVE & FREQUENT CLEANING

- Our gym and weights room will be deep cleaned every night with high grade anti-viral disinfectant
- Throughout the day staff will be cleaning all equipment.

SELF CLEANING EQUIPMENT

- We'll provide each of our customers with the tools needed so you can wipe down any equipment before and after use.

HAND SANITISING STATIONS

- There will be hand sanitising stations around the gym so it's easy for you to regularly clean your hands during your visit.

Fit For All Gym Timetable*

08.15 - 09.15	14.30 - 15.30
09.30 - 10.30	15.45 - 16.45
10.45 - 11.45	17.00 - 18.00
12.00 - 13.00	18.15 - 19.15
13.15 - 14.15	

Sensations Weights Timetable*

08.30 - 09.30	14.45 - 15.45
09.45 - 10.45	16.00 - 17.00
11.00 - 12.00	17.15 - 18.15
12.15 - 13.15	18.30 - 19.30
13.30 - 14.30	

*Weekdays