

Merthyr Leisure Centre

Canolfan Hamdden Merthyr



We're excited to be finally welcoming our customers back to Merthyr Leisure Centre from Monday 7th September!

We will be accepting bookings from Monday 7th September for our gym & weights room but unfortunately we will be unable to accept any walk-in customers.

The pool remains closed - Further details on the MLC Pool Update

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

Gym & 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. All DD Memberships will now be charged at the lower price of £15 per month. This includes use of all our available facilities at Merthyr and Aberfan - but remember to make your booking!

Pay As You Go

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

Merthyr Leisure Centre

Gym & Weights Room



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