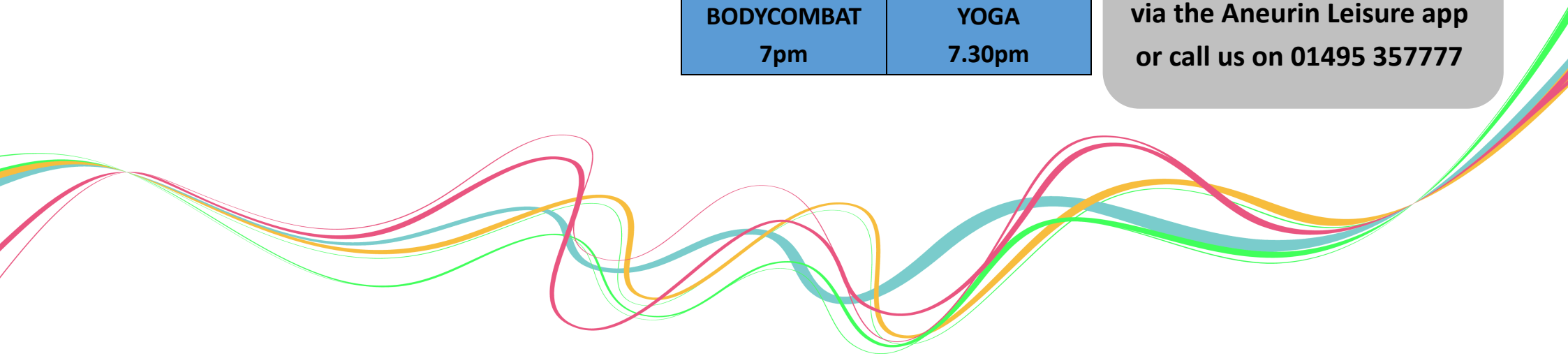


Ebbw Vale Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 5.30pm	SPIN 6.15am	ZUU 5.30pm	SPIN 6.15am	SPIN 9.30am	SPIN 9am	BODYPUMP 9.15am
SPIN 6.30pm	GRIT STRENGTH 5pm	SPIN 5.30pm	GENTLE YOGA 1.30pm	HIIT 5.15pm	STRONG NATION 9.15am	BODYCOMBAT 10.30am
BODY STEP 6.45pm	BODYCOMBAT 5.45pm	BODYPUMP 7pm	BODYPUMP 5pm	BODY CONDITIONING 6.15pm	ZUMBA 10.30am	DANCE FIT 11.30am
	BODY BALANCE 6.45pm		GRIT CARDIO 6.15pm	SPIN 6.30pm	<p>Book your class online at www.bglife.co.uk via the Aneurin Leisure app or call us on 01495 357777</p>	
			BODYCOMBAT 7pm	YOGA 7.30pm		



WHAT WE'RE DOING:

- Limiting numbers of people in the gym and weights room by insisting members pre-book their sessions before visiting.
- Moving classes to the Sports Hall where it's possible.
- Limiting class numbers to ensure people are able to social distance.
- Stepping up our regimes and cleaning our buildings and facilities at regular intervals throughout the day.
- Installing hand sanitisation stations.
- Providing contact free payment services at reception.
- Instructors to utilise class registers to ease congestion at reception.
- Using alternate entrance and exit routes to ease congestion at reception.

WHAT YOU CAN DO:

- Book all classes online or via our app.
- Bring your own towel, drinks bottle and mat.
- Avoid visiting if you are feeling unwell or have any symptoms of Covid-19.
- Wash your hands regularly or use alcohol based hand sanitiser gel.
- Clean all equipment before and after you use it with the equipment provided.
- Adhere to social distancing at all times.
- Please co-operate with our staff and show them respect; everything that we're doing is to keep us all safe.