

Abertillery Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 9.15am	SPIN: COACH BY COLOUR 6.15am	SPIN: COACH BY COLOUR 9.30am	GENTLE EXERCISE 11am	SPIN: COACH BY COLOUR 6.15am	GRIT 9.30am	BODYPUMP 9.30am
GRIT CARDIO 5.30pm	GRIT CARDIO 9.30am	BODYPUMP 10.30am	BODYPUMP 5.30pm	SPIN: COACH BY COLOUR 9.30am	BODYPUMP 10.15am	
HIIT 5.30pm	BODY BLAST 5.30pm	GRIT STRENGTH 5.30pm	ZUMBA 6.30pm	YOGALATES 11.30am		
CLASSIC SPIN 6pm	CLASIC SPIN 6.30pm	ZUMBA 5.30pm	SPIN: COACH BY COLOUR 6.30pm	AQUA AEROBICS 12.30pm		
PILATES 6.30pm	KETTLEBELLS 6.30pm	YOGA 5.45pm	RAVE KICK 7.30pm	BODY STEP 5.30pm		
STEP & PUMP 6.30pm		CLASSIC SPIN 6.15pm		SPIN: COACH BY COLOUR 5.45pm		
LBT EXPRESS 7.30pm		STRONG NATION 6.30pm		GRIT ATHLETIC 6.45pm		
		AQUA ZUMBA 7.45pm				

Book your class online
at www.bglife.co.uk
via the Aneurin Leisure
app or call us on
01495 357779

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.