

# Tredegar Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GET TO KNOW YOUR GYM 9am	MOVERS & SHAKERS 10.45am	PUSH THOSE WEIGHTS 8.30am	VELOCITY 11.30am	GET TO KNOW YOUR GYM 9am	BODY CONDITIONING 10am	STEP & PUMP 10am
BOOT CAMP 10am	WELLNESS WORKOUT 12pm	AQUA 9.45am	WELLNESS WORKOUT 12.30pm	AQUA 10am	DANCE FIT 11am	
AQUA 11am	VELOCITY 1pm	AQUA 11am	GENTLE YOGA 1.30pm	AQUA YOGA 1.30pm		
HEALTHY LIFE HEALTHY LIVING 12pm	RAVE KICK 5.30pm	GENTLE EXERCISE 12pm	ZUMBA 7.30pm	RAVE KICK 5.15pm		
WOD 5.30pm	YOGALATES 6.30pm	ZUMBA 1pm		YOGA 6.15pm		
STRONG NATION 6.15pm	AQUA 7.30pm	KETTLEBELLS 5.30pm				
ZUMBA 7.15pm		STEP & PUMP 6.30pm				
		YOGA 7.30pm				

Book your class online at [www.bglife.co.uk](http://www.bglife.co.uk) or via the Aneurin Leisure app or call us on 01495 353395

## 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.