

# Abertillery Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 9.30am	SPIN: COACH BY COLOUR 6.15am	SPIN: COACH BY COLOUR 9.30am	GENTLE EXERCISE 11am	SPIN: COACH BY COLOUR 6.15am	BODYCOMBAT 9.30am	BODYPUMP 10am
GRIT CARDIO 5.30pm	GRIT CARDIO 9.30am	BODYPUMP 10.30am	BODYPUMP 5.30pm	SPIN: COACH BY COLOUR 9.30am	BODYPUMP 10.30am	BODYATTACK 11am
HIIT 5.30pm	BODY BLAST 5.30pm	FITSTEPS 1.30pm	ZUMBA 6.30pm	YOGALATES 11.30am		
CLASSIC SPIN 6pm	CLASIC SPIN 6.30pm	GRIT STRENGTH 5.30pm	SPIN: COACH BY COLOUR 6.30pm	AQUA AEROBICS 12.30pm		
PILATES 6.30pm	KETTLEBELLS 6.30pm	ZUMBA 5.30pm	RAVE KICK 7.30pm	BODY STEP 5.30pm		
STEP & PUMP 6.30pm		YOGA 5.45pm		SPIN: COACH BY COLOUR 5.45pm		
LBT EXPRESS 7.30pm		CLASSIC SPIN 6.15pm		GRIT ATHLETIC 6.45pm		
		STRONG NATION 6.30pm				
		AQUA FITNESS 7.30pm				

Book your class online  
at [www.bglife.co.uk](http://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.