

Ebbw Vale Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
QUEENAX HIIT 6.15am	SPIN 6.15am	QUEENAX HIIT 12.30pm	SPIN 6.15am	SPIN 9.30am	SPIN 9am	SPIN 9am
AQUA 8.30am	AQUA 8.30am	QUEENAX HIIT 4.45pm	AQUA 8.30am	QUEENAX HIIT 12.30pm	BODY STEP 9am	BODYPUMP 9.15am
GENTLE EXERCISE 12pm	GET TO KNOW YOUR GYM 9.45am	ZUU 5.30pm	GET TO KNOW YOUR GYM 9.45am	HIIT 5.15pm	BODY BALANCE 10am	BODYCOMBAT 10.15am
BODYPUMP 5.30pm	GRIT STRENGTH 5pm	SPIN 5.30pm	BODYPUMP 5.15pm	SPIN 5.30pm		DANCE FIT 11.15am
SPIN 5.30pm	BODYCOMBAT 5.45pm	BODYPUMP 6.30pm	GRIT CARDIO 6.15pm	QUEENAX HIIT 4.45pm		
BODY STEP 6.30pm	BODY BALANCE 6.45pm	AQUA 7.30pm	BODYCOMBAT 7pm	BODY CONDITIONING 6.15pm		
PILATES 8pm	ZUMBA 8pm		YOGA 8pm			

Book your class online at
www.bglife.co.uk
 via the Aneurin Leisure app
 or call us on 01495 357777

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.