

Ebbw Vale Sports Centre

Group Exercise Classes - July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Queenax HIIT 6:15am	SPIN 6:15am	Queenax HIIT 6:15am	Spin 6:15am	Queenax HIIT 6:15am	Spin 9am	Spin 9am
Aqua 8:30am	Aqua 8:30am	Queenax HIIT 12:30pm	Aqua 8:30am	Spin 9:30am	Body Step 9am	Body Pump 9:15am
Gentle Exercise 12pm	Get to know your gym 9:45am	Queenax HIIT 4:45pm	Get to know your gym 9:45am	Queenax HIIT 12:30pm	Body Balance 10am	Body Combat 10:15am
Body Pump 5:30pm	Grit Strength 5pm	Zuu 5:30pm	Gentle Exercise 11:45am	Queenax HIIT 4:45pm		Dance Fit 11:15am
Spin 5:30pm	Body Combat 5:45pm	Spin 5:30pm	Body Pump 5:15pm	HIIT 5:15pm		
Body Step 6:30pm	Body Balance 6:45pm	Body Pump 6:30pm	Grit Athletic 6:15pm	Spin 5:30pm		
Pilates 8pm	Zumba 8pm	Aqua 7:30pm	Body Combat 7pm	Body Conditioning 6:15pm		
			Yoga 8pm			



Book your class online at www.bglife.co.uk via the 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 some 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.**
- **Please remember to cancel your class if you make a booking then can't attend.**
- **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.**



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