

Tredegar Sports Centre

Group Exercise Classes - July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get to know your Gym 9am	Wellness Workout 12pm	Push those weights 8:30am	Movers and Shakers 10:45am	Get to know your Gym 9am	Body Conditioning 10:15am	Step & Pump 10am
Boot Camp 10am	Queenax HIIT 1pm	Aqua 9:45am	Queenax HIIT 11:30am	Aqua 10am	Dance Fit 11:15am	
Aqua 11am	Body Combat 5:30pm	Aqua 11am	Wellness Workout 12:30am	Let's get moving 11am		
Healthy Life, Healthy Living 12pm	Aqua 7:45pm	Gentle Exercise 12pm	Gentle Yoga 1:30pm	Aqua Yoga 1:30pm		
Strong Nation 6:15pm		Kettlebells 5:30pm	Body Pump 5:30pm	Rave Kick 5:15pm		
Zumba 7:15pm		Step & Pump 6:30pm	Body Balance 6:30pm	Yoga 6:15pm		
		BARRE 7:30pm		Pilates 7:15pm		



Book your class online at www.bglife.co.uk via the 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 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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