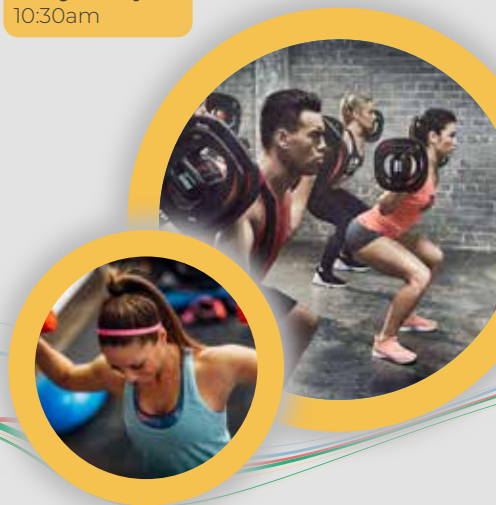


Abertillery Sports Centre

Group Exercise Classes - July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Queenax HIIT 6:15am	SPIN: Coach by Colour 6:15am	Body Combat 9:30am	Body Pump 6:15am	SPIN: Coach by Colour 6:15am	Queenax HIIT 9am	Body Pump 10am
Body Pump 9:30am	Queenax HIIT 9:30am	Body Pump 10:30am	Gentle Exercise 11am	Queenax HIIT 9:30am	Body Combat 9:30am	Body Attack 11am
Queenax HIIT 5:30pm	Body Blast 5:30pm	Fitsteps 1:30pm	Aqua Yoga 11am	Yogalates 11:30am	Body Pump 10:30am	
HIIT 5:30pm	Classic Spin 6:30pm	Circuits 5:30pm	Body Pump 5:30pm	Aqua Aerobics 12:30pm		
Classic Spin 6pm	Kettlebells 6:30pm	Zumba 5:30pm	Zumba 6:30pm	Body Step 5:30am		
Pilates 6:30pm		Yoga 5:45pm	SPIN: Coach by Colour 6:30pm	Queenax HIIT 5:30pm		
Step & Pump 6:30pm		Classic Spin 6:15pm	Rave Kick 7:30am	Circuits 6:45pm		
LBT Express 7:30pm		Strong Nation 6:30pm				
		Aqua Fitness 7:45pm				



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