National Exercise Referral Timetable North April 2015 - September 2015

Ynysawdre Swimming Pool and Fitness Centre				
Monday	Referral Gym	1.00pm - 3.00pm	Level 1-3	
Wednesday	Referral Gym	1.00pm - 3.00pm	Level 1-3	
Thursday	Cardiac/COPD Circuits	9.30am - 10.30am	Level 1-3	
	Back Care	11.00am - 12.00pm	Level 1-3	
Friday	Referral Gym	1.00pm - 3.00pm	Level 1-3	

Maesteg Sports Centre					
Monday	Referral Circuits	11.30am - 12.30pm	Level 1		
	Referral Gym	1.00pm - 3.00pm	Level 1-3		
Tuesday	Healthy Hearts Circuits	1.00pm - 2.00pm	Level 1-3		
	Foodwise	5.00pm - 6.30pm			
Wednesday	Nordic Walking	9.30pm - 10.30pm	Level 1-3		
	Walking Football	1.00pm - 2.00pm	Level 1-3		
	Referral Gym	2.00pm - 4.00pm	Level 1-3		
Thursday	Healthy Hearts Circuits	1.00pm - 2.00pm	Level 1-3		
	Referral Circuits	2.30pm - 3.30pm	Level 1		
Friday	Nordic Walking	9.30am - 11.00am	Level 1-3		
	Postural Stability	11.30am - 12.30pm	Level 1-3		
	Referral Gym	1.00pm - 3.00pm	Level 1-3		



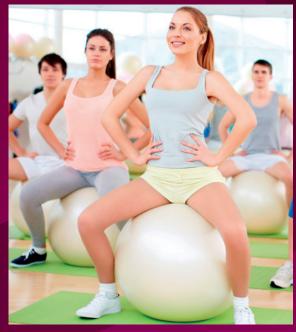
Maesteg Swimming Pool					
Tuesday	Easyline	11.00am - 12.00pm	Level 1-3		
Wednesday	Easyline	11.00am - 12.00pm	Level 1-3		
Thursday	Easyline	11.00am - 12.00pm	Level 1-3		
Ogmore Valley Life Centre					
Tuesday	Referral Gym	1.00pm - 3.00pm	Level 1-3		
Friday	Referral Gym	10.00am -12.00pm	Level 1-3		
Garw Valley Leisure Centre					
Monday	Referral Gym	1.00pm - 3.00pm	Level 1-3		
Thursday	Referral Gym	1.00pm - 3.00pm	Level 1-3		

Level 1 Beginners Level 2-3 Improvers

- Revitalise Gym: A gym based session
- Healthy Heart classes: For individuals who have suffered with heart problems
- Balance and Posture: For individuals that are at risk of falling
- Back Care: For individuals that suffer with low back pain
- Aqua Therapy: A water based session for people who may suffer with joint problems
- Easyline: A circuit based class for those with poor mobility

All sessions are £2 per time or £35 for 16 weeks (Giving a saving of £29 based on attending 2 sessions a week)





For further information contact Stuart Mitchell on 01656 678862 or e-mail Stuart.mitchell@haloleisure.org.uk





