

# Merthyr Tŷdfil Exercise Referral Scheme Timetable

DAY	CENTRE	TIME	ACTIVITY
Monday	Merthyr Leisure Centre	10.00 - 11.00	Level 1 Circuits
	Merthyr Leisure Centre	11.00 - 12.00	Level 2 Circuits
	Aberfan Community Centre	12.00 - 12.45	Aqua Gym
	Aberfan Community Centre	14.00 - 15.00	Gym Taster
	Merthyr Leisure Centre	16.15 - 17.00	Swim
	Merthyr Leisure Centre	18.00 - 19.00	Gym Taster
Tuesday	Merthyr Leisure Centre	08:45 - 09:45	Aqua Fit
	Aberfan Community Centre	10:00 - 10:45	Aqua Fit
	Merthyr Leisure Centre	11.00 - 12.30	Cardiac Rehab
	Merthyr Leisure Centre	11.00 - 12.30	Gym Taster
	Merthyr Leisure Centre	12.30 - 13.30	Tai Chi
	Merthyr Leisure Centre	17.00 - 18.00	Level 2 Circuits
	Aberfan Community Centre	18:30 - 19:30	Gym Taster
Wednesday	Merthyr Leisure Centre	10.00 - 11.00	Level 2 Circuits
	Merthyr Leisure Centre	11.00 - 12.00	Level 1 Circuits
	Aberfan Community Centre	14.00 - 15.00	Gym Taster
	Merthyr Leisure Centre	18.00 - 19.00	Aqua Fit
	Merthyr Leisure Centre	19.00 - 20.00	Gym Taster
Thursday	Merthyr Leisure Centre	08.00 - 09.45	Aqua Fit
	Aberfan Community Centre	10.00 - 10.45	Aqua Fit
	Merthyr Leisure Centre	11.00 - 12.30	Gym Taster
	Merthyr Leisure Centre	11.00 - 12.30	Cardiac Rehab
	Aberfan Community Centre	17.30 - 18.30	Gym Taster
Friday	Merthyr Leisure Centre	09.15 - 10.00	Zumba
	Cyfarthfa Park	10.00 - 11.00	Outdoor Fitness/Walk
	Merthyr Leisure Centre	11.00 - 12.00	Aqua Fit
	Aberfan Community Centre	11.00 - 11.45	Tai Chi
	Aberfan Community Centre	12.00 - 12.45	Aqua Gym
	Merthyr Leisure Centre	12.30 - 13.30	Gym Taster
Saturday	Merthyr Leisure Centre	08.15 - 09.15	Aqua Fit
	Aberfan Community Centre	10.00 - 11.00	Gym Taster
	Merthyr Leisure Centre	11.30 - 12.30	Gym Taster

Prices: £2 per session/£15 for a monthly pass \*NERS clients only  
Please note - The outdoor fitness/walk isn't included in the monthly pass

Tel: (01685) 727442/725224

Enhancing Lives through  
Leisure and Culture

[www.merthyrleisure.co.uk](http://www.merthyrleisure.co.uk)



Merthyr Tŷdfil Leisure



@MerthyrLeisure

Merthyr Tŷdfil  
Leisure Trust



Ymddiriedolaeth Hamdden  
Merthyr Tudful

# Amserlen Cŷfeirio at Ymarfer Corff Merthyr Tudful

DYDD	CANOLFAN	AMSER	GWEITHGAREDD
Dydd Llun	Canolfan Hamdden Merthyr	10.00 - 11.00	Cŷchredau Lefel 1
	Canolfan Hamdden Merthyr	11.00 - 12.00	Cŷchredau Lefel 2
	Canolfan Gŷmunedol Aberfan	12.00 - 12.45	Gŷm Dŵr
	Canolfan Gŷmunedol Aberfan	14.00 - 15.00	Blas ar ŷ Gŷm
	Canolfan Hamdden Merthyr	16.15 - 17.00	Nofio
	Canolfan Hamdden Merthyr	18.00 - 19.00	Blas ar ŷ Gŷm
Dydd Mawrth	Canolfan Hamdden Merthyr	08:45 - 09:45	Fitrŷydd Dŵr
	Canolfan Gŷmunedol Aberfan	10:00 - 10:45	Fitrŷydd Dŵr
	Canolfan Hamdden Merthyr	11.00 - 12.30	Adferiad ŷ Galon
	Canolfan Hamdden Merthyr	11.00 - 12.30	Blas ar ŷ Gŷm
	Canolfan Hamdden Merthyr	12.30 - 13.30	Tai Chi
	Canolfan Hamdden Merthyr	17.00 - 18.00	Cŷchredau Lefel 2
	Canolfan Gŷmunedol Aberfan	18:30 - 19:30	Blas ar ŷ Gŷm
Dydd Mercher	Canolfan Hamdden Merthyr	10.00 - 11.00	Cŷchredau Lefel 2
	Canolfan Hamdden Merthyr	11.00 - 12.00	Cŷchredau Lefel 1
	Canolfan Gŷmunedol Aberfan	14.00 - 15.00	Blas ar ŷ Gŷm
	Canolfan Hamdden Merthyr	18.00 - 19.00	Fitrŷydd Dŵr
	Canolfan Hamdden Merthyr	19.00 - 20.00	Blas ar ŷ Gŷm
Dydd Iau	Canolfan Hamdden Merthyr	08.00 - 09.45	Fitrŷydd Dŵr
	Canolfan Gŷmunedol Aberfan	10.00 - 10.45	Fitrŷydd Dŵr
	Canolfan Hamdden Merthyr	11.00 - 12.30	Blas ar ŷ Gŷm
	Canolfan Hamdden Merthyr	11.00 - 12.30	Adferiad ŷ Galon
	Canolfan Gŷmunedol Aberfan	17.30 - 18.30	Blas ar ŷ Gŷm
Dydd Gwener	Canolfan Hamdden Merthyr	09.15 - 10.00	Zumba
	Parc Cŷfarthfa	10.00 - 11.00	Ffitrŷydd/Cerdded Awŷr Agored
	Canolfan Hamdden Merthyr	11.00 - 12.00	Fitrŷydd Dŵr
	Canolfan Gŷmunedol Aberfan	11.00 - 11.45	Tai Chi
	Canolfan Gŷmunedol Aberfan	12.00 - 12.45	Gŷm Dŵr
	Canolfan Hamdden Merthyr	12.30 - 13.30	Blas ar ŷ Gŷm
Dydd Sadwrn	Canolfan Hamdden Merthyr	08.15 - 09.15	Fitrŷydd Dŵr
	Canolfan Gŷmunedol Aberfan	10.00 - 11.00	Blas ar ŷ Gŷm
	Canolfan Hamdden Merthyr	11.30 - 12.30	Blas ar ŷ Gŷm

Prisiau: £2 ŷ sesiwn/£15 am docŷn mis cleientiaid \*NERS ŷn unig  
 Noder nid ŷw ffitrŷydd/cerdded awŷr agored ŷn gŷnŷŷsedig ŷn ŷ tocŷn mis

Ffôn: (01685) 727442/725224

Gwella bŷŷŷdau trŷŷ  
 Hamdden a Ddiŷŷlliant

[www.merthyrleisure.co.uk](http://www.merthyrleisure.co.uk)