

# Looking for something new?



Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru  
Wales National Exercise  
Referral Scheme (NERS)

## **FREE** Activity Taster Event @ Merthyr Leisure Centre

**Thursday**  
30<sup>th</sup> November  
9:30am - 2:00pm

Join us for a host of **FREE** and fun  
taster sessions and activities

**FREE** tea and coffee



**Walking Football/Fitsteps/Tai Chi/Zumba/Boccia/Badminton/  
Table Tennis/Curling/Spin/Chair Aerobics**

\*Activities subject to change

For more information contact  
Carla Jackson on 01685 727442

**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