

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:45- 45 MINS	06:45 - 45 MINS	06:45 - 45 MINS	06:45 - 45 MINS	07:15 - 45 MINS
SPIN	CARDIO ROW	SPIN	HIIT	SHAPE & TONE
FITNESS STUDIO	FITNESS STUDIO	FITNESS STUDIO	MAIN HALL	MAIN HALL
09:00 - 60 MINS	09:30 - 60 MINS	09:30 - 60 MINS	09:30 - 60 MINS	09:15 - 45 MINS
PILATES	FUNCTIONAL CIRCUITS	SHAPE & TONE	KARDIOBELLS	ZUMBA
MAIN HALL	MAIN HALL	MAIN HALL	MAIN HALL	MAIN HALL
09:30 - 45 MINS	10:00 -60 MINS	10:00 - 60 MINS	11:00 - 60 MINS	09:30 - 60 MINS
LBT	AQUA	ZUMBA	WALKING FOOTBALL	20/20/20
MAIN HALL	MAIN POOL	MAIN HALL	MAIN HALL	MAIN HALL
11:00 - 60 MINS	10:15 - 45 MINS	11:00 - 60 MINS	12:00 - 60 MINS	11:00 - 60 MINS
EASY CIRCUITS	FITSTEPS FAB	EASY CIRCUITS	AQUA	EASY CIRCUITS
MAIN HALL	MAIN HALL	MAIN HALL	MAIN POOL	MAIN HALL
12:30 - 60 MINS	12:00 - 60 MINS	12:30 - 45 MINS	17:00 - 45 MINS	11:00 - 60 MINS
TABLE TENNIS	NORDIC WALKING	HIIT	LBT	AQUA
MAIN HALL	MAIN HALL	MAIN HALL	MAIN HALL	MAIN POOL
18:00 - 45 MINS	12:30 - 60 MINS	17:00 - 45 MINS	18:00 - 60 MINS	16:30 - 45 MINS
BODYWEIGHT BLAST	TAI CHI	SPIN	FUNCTIONAL CIRCUITS	CORE BLAST
MAIN HALL	DANCE STUDIO	FITNESS STUDIO	MAIN HALL	FITNESS STUDIO
18:00 - 60 MINS	17:00 - 45 MINS	18:00 - 45 MINS	18:00 - 60 MINS	18:00 - 45 MINS
AQUA	LBT	BODYWEIGHT BLAST	BOOTYSHAKERS	HIIT
MAIN POOL	MAIN HALL	MAIN HALL	MAIN HALL	MAIN HALL
19:00 - 45 MINS	18:00 - 60 MINS		19:15 - 45 MINS	
SPIN	FUNCTIONAL CIRCUITS		BODY ATTACK*	
FITNESS STUDIO	MAIN HALL		FITNESS STUDIO	
	18:00 - 60 MINS			
	BOOTYSHAKERS			
	MAIN HALL			
	19:00 - 60 MINS			
	BODY PUMP*			
	DANCE STUDIO			

*External class- not included in membership

Centre-run classes: **£4.10** or **£2.10**
during off peak times
(Mon-Fri 8am-12pm or 3pm-6pm Sat and Sun)

Information correct at time of print.
This timetable is subject to change without notice

Low Intensity Classes

Pilates
Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

Easy Circuits
Easy circuits is a very **low intensity** circuit based class with a focus on working on balance, endurance and basic strength through a variety of weighted and non-weighted exercises. This class is mainly a progression for those who have finished their GP Referral scheme.

Table Tennis
This is a fun, easy-going hour activity provided as an add-on to the easy circuits class.

Tai Chi
A low impact, slow motion exercise class which helps to reduce stress, improve balance and mobility, and increase muscle strength in the legs.

Medium Intensity Classes

LBT
Legs, bums and tums is a medium intensity class which focuses on conditioning and working those areas with a mixture of body weight and resistance based exercises.

Aqua
A water based exercise class that requires basic levels of fitness but can easily be developed through a medium intensity, dance based class using your full body.

Fit Steps FAB
Fitsteps for anybody is a dance fitness workout designed for people who love to dance and keep fit but would prefer a lighter activity, lower impact and perhaps a slower pace.

Nordic Walking
Nordic walking uses specially designed poles to enhance walking experience. It is a whole body exercise that can be enjoyed at many levels. It utilises 40% more energy than walking alone, therefore it's beneficial for weight reduction.

Booty Shakers
This class provides an introductory level intensity through using various dance movements to music in a fun-filled, energetic and vibrant environment. Perfect for people looking to build fitness but also have fun!

Shape and Tone
A medium intensity workout that uses barbells, dumbbells and bodyweight exercises for the ultimate full body workout.

Zumba
An aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to dance music.

Walking Football
This is aimed at keeping people involved with football if, due to a lack of mobility or for other reason, they are not able to play the traditional game.

Core Blast
Core Blast is a short yet challenging workout which targets your abs, back and midriff. A strong core can help with balance, posture and overall strength.

High Intensity Classes

Spin
This indoor cycling class is a fun and challenging cardiovascular workout using our stationary bikes. Using a variety of sprint speeds, resistances and work rates, it's the ultimate class for building cardiovascular fitness, endurance and for burning calories.

Functional Circuits
Functional circuits is a circuit based, high intensity class involving mainly compound movements such as squats, tyre flips and shoulder presses to ensure the ultimate full body workout incorporated with short rest period.



MEMBERSHIPS

Lifestyles Active starts at £32.50 DD
Lifestyles Fitness starts at £23.00DD
Lifestyles Aqua starts at £23.00DD

(Discounts available)

Opening Times

Monday	6.15am - 10.00pm
Tuesday	6.15am - 10.00pm
Wednesday	6.15am - 10.00pm
Thursday	6.15am - 10.00pm
Friday	6.15am - 10.00pm
Saturday	8.00am - 6.00pm
Sunday	8.00am - 8.00pm

CONTACT US

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www.merthyrleisure.co.uk

Bodyweight Blast
Bodyweight blast is a full body based workout incorporating none weighted exercises involving only your body. BW Blast uses a variation of compound and isolation moves in both medium and high intensity methods.

Cardio Row
Cardio row is a high intensity class incorporating three stations which usually are rowing, bodyweight and weighted exercises over a short period of time. These stations can often be rotated to ensure a full body workout.

Body Pump*
Body Pump is a barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, it provides you with a high intensity, total body workout.

HIIT
HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of compound exercises, followed by short, sometimes active, recovery periods.

Kardio-Bells
An all over body work out that consists of cardio and resistance training techniques. Take the opportunity to do 2 classes in 1 and gain the benefits of 2 classes.

Body Attack*
"Les Mills Body Attack is a sports inspired cardio workout for building both strength and stamina. It combines athletic aerobic movements with strength and stabilisation exercises to create a killer workout".

20/20/20
Three workouts in one! The ultimate challenge and total body workout. Sweat through 20mins of cardio, 20mins of strength training and 20mins of core work.

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