

National Exercise Referral Timetable South

April 2015 - September 2015

Bridgend Recreation Centre			
Monday	NordicWalking	9.30am - 10.30am	Level 1-3
	Hydro Gym	10.00am - 11.00am	Level 1-3
	Back Care	11.00am - 12.00pm	Level 1-3
	Referral Gym	1.00pm - 3.00pm	Level 1-3
	Referral Gym	5.30pm - 8.00pm	Level 1-3
Tuesday	Referral Gym	8.00am - 11.00am	Level 1-3
	Hydro Gym	10.00am - 11.00am	Level 1-3
	Hydro Gym	11.00am - 12.00pm	Level 1-3
	Easy Circuits	11.15am - 12.00pm	Level 1-3
	Healthy Heart Circuits	1.00pm - 2.00pm	Level 1
	Healthy Hearts Circuits	2.00pm - 3.00pm	Level 2-3
	Hydro Gym	5.30pm - 6.30pm	Level 1-3
Wednesday	Hydro Gym	10.00am - 11.00am	Level 1-3
	Toning Suite Circuit	11.00am - 12.00pm	Level 1-3
	Exercise after stroke	1.00pm - 2.00pm	Level 1
	Referral Gym	1.00pm - 3.00pm	Level 1-3
	Postural Stability	2.00pm - 3.00pm	Level 2-3
	Referral Gym	5.30pm - 8.00pm	Level 1-3
	Hydro Gym	5.30pm - 6.30pm	Level 1-3
	Back Care	7.00pm - 8.00pm	Level 1-3
Thursday	Referral Gym	8.00am - 11.00am	Level 1-3
	Hydro Inductions	9.00am - 10.00am	Level 1
	Hydro Gym	10.00am - 11.00am	Level 1-2
	Easy Circuits	11.15am - 12.00pm	Level 1-3
	Healthy Heart Circuits	1.00pm - 2.00pm	Level 1
	Healthy Hearts Circuits	2.00pm - 3.00pm	Level 2-3
	Can Rehab	3.00pm - 4.00pm	Level 1-3
	Hydro Gym	5.30pm - 6.30pm	Level 1-3
Friday	Walking Football	9.30am - 10.30am	Level 1-3
	Hydro Gym	10.00am - 11.00am	Level 1-3
	Hydro Gym	11.00am - 12.00pm	Level 1-3
	Aqua Therapy	10.30am - 11.15am	Level 1-3
	Referral Gym	1.00pm - 3.00pm	Level 1-3
	Toning Suite Circuit	1.00pm - 2.00pm	Level 2-3
	Postural Stability	2.00pm - 3.00pm	Level 1-3
Saturday	Hydro Gym	9.00am - 10.00am	Level 1-3
	Referral Gym	10.30am - 2.30pm	Level 1-3

Pencoed Swimming Pool			
Monday	Referral Gym	1.00pm - 3.00pm	Level 1-3
Wednesday	Referral Gym	1.00pm - 3.00pm	Level 1-3
Friday	Referral Gym	1.00pm - 3.00pm	Level 1-3

Pyle Swimming Pool			
Monday	Referral Gym	1.00pm - 3.00pm	Level 1-3
Friday	Aqua Therapy	9.00am - 10.00am	Level 1-3
	Referral Gym	1.00pm - 3.00pm	Level 1-3

Porthcawl Griffin Park			
Tuesday	Healthy Hearts Circuits	1.00pm - 2.00pm	Level 1-3
	Postural Stability	2.00pm - 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