

# 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](mailto:Stuart.mitchell@haloleisure.org.uk)