

Fitness classes in your community

If you fancy getting fit and active there's a range of activities for all ages and abilities starting in your local area

- **Nordic walking**

Bryngarw Park

Wednesday 1.00pm - 2.00pm

Kenfig Nature Reserve

Tuesday 2.00pm - 3.00pm

- **Walking**

Parc Slip

Wednesday 2.00pm - 3.00pm

- **Cycling sessions**

Ogmore Valley Life Centre

Monday 1.30pm - 2.30pm

Garw Valley Life Centre

Thursday 10.00am - 11.00am



**There's no need to
pre-book and you
don't need to commit
to all 10 sessions
- come along when
you can.**

These classes are available for over 16s only.
The prices per session are as follows:

- Nordic Walking £2.00
- Walking (free)
- Cycling sessions £4.80, concessions £3.20
- GP Referral clients £1

For further information about specific classes,
times and venues contact:

T: 01656 815424

www.bridgend.gov.uk/leisure

