

Pencoed Exercise in your community

Over 50s aerobics

- Low impact
- Strengthening exercise
- All abilities welcome
- Take it at your own pace

Monday 1pm – 2pm
Pencoed Welfare Hall



Nordic walking

- Walking with poles for health and fitness (poles provided)
- Burns 40% more calories than walking alone
- Improves posture

Monday 11.30am – 12.30pm
(mixed)
Wednesday 1.30pm – 2.30pm
(intermediate)
Friday 12.30pm – 1.30pm
(mixed)

Meeting at Pencoed
Pool reception

Price per class £3.45
Concession £2.65
Nordic walking £2.00

Flex and stretch with resistance band

- Toning exercises for the legs, bums and tums
- Finishes in time for school run
- All ages and abilities

Monday 2pm – 3pm
Pencoed Welfare Hall



For more information call Sarah, Toni
or Stuart on 01656 641255

Porthcawl Exercise in your community

Over 50s aerobics

- Low impact
- Strengthening exercise
- All abilities welcome
- Take it at your own pace

Tuesday 9.30am – 10.30am
Griffin Park Hall



Dancercise

- Learn a short routine
- Fun exercise
- All ages and abilities
- Low impact

Tuesday 10.30am – 11.30am
Griffin Park Hall

Nordic walking

- Walking with poles for health and fitness (poles provided)
- Burns 40% more calories than walking alone
- Improves posture

Tuesday 12pm – 1pm
Meeting at the bus shelter
opposite Windsor road on
Porthcawl common

Price per class £3.45
Concession £2.65
Nordic walking £2.00

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