



GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milford Haven 08.45-09.45 Tai Chi	Pembroke 09:30 – 10:30 Circuits (Gentle)	St Davids 08:05 – 08:50 Pilates	Crymych 09:15 – 10:00 Circuits (Gentle)	Tenby 10:30 – 11:30 Strength & Mobility (Gentle)
Milford Haven 10.00-11.00 Aqua Therapy	Milford Haven 10:00 – 11:00 Easyline	St Davids 09:00 – 10:00 Gym Circuits	*Fishguard 11:00 – 12:00 Wellbeing Walk	Crymych 13:30 – 14:30 Gym Circuits
Fishguard 12:45 – 13:45 Chair Based Exercise	Crymych 10.30 - 11.15 Circuits (Gentle)	Haverfordwest 10.30 - 11.30 Chair Based Exercise	Haverfordwest 11:25 - 12.25 Keep Fit (Gentle)	SATURDAY Tenby 10.45 - 11.45 Circuits (Gentle)
Tenby 18:30 – 19.30 Pilates (Gentle)	Haverfordwest 11:40 – 12:40 Keep Fit (Gentle)	Fishguard 13:00 – 14:00 Core, Strength & Balance	Pembroke 12:10 – 13:10 Pilates (Gentle)	Tenby 12.00 - 13.00 Senior Self Defence

Scan the QR code below to stay up to date with the latest community collaborations and updates from Active 4 Life by joining our Facebook group.



Key:	LEISURE SITE
*	Every other week

Look out for 'A4L' on group exercise timetables for the sessions that Active 4 Life recommend to the 60+ community.

This item is also available in Welsh. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.

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