

GROUP EXERCISE TIMETABLE

MONDAY

Milford Haven
08:45am - 09:45am
Tai Chi

Milford Haven
10:10am - 11:05am
Aqua Therapy

Fishguard
12:45pm - 13:45pm
Chair Based Exercise

Haverfordwest
15:45pm - 16:45pm
Circuits (Gentle)

TUESDAY

Milford Haven
08:45am - 09:45am
Yoga

Pembroke
10:20am - 11:20am
Circuits (Gentle)

Haverfordwest
11:40am - 12:40pm
Keep Fit (Gentle)

WEDNESDAY

St Davids
09:00am - 10:00am
Circuits (Gym)

Haverfordwest
10:30am - 11:30am
Chair Based Exercise

Crymch
12:15pm - 13:00pm
Circuits (Gentle)

Fishguard
13:00pm - 14:00pm
Core, Strength &
Balance

Fishguard
14:30pm - 15:30pm
Circuits (Gentle)

THURSDAY

Haverfordwest
10:20am - 11:20am
Keep Fit (Gentle)

Pembroke
11am - 12pm
Circuits (Gentle)

Pembroke
12:10pm - 13:10pm
Pilates (Gentle)

Fishguard
14:00pm - 15:00
Chair Based Exercise
(Beginners)

Fishguard
13:00pm - 17:00pm
Bi-Weekly Walks

FRIDAY

Tenby
10:30am - 11:30am
Strength & Mobility
(Gentle)

Crymch
13:30pm - 14:30pm
Circuits (Gym)

Tenby
16:00pm - 17:00pm
Circuits (Gentle)

SATURDAY

Tenby
10:45am - 11:45am
Circuits (Gentle)

Tenby
12:00pm - 13:00pm
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.



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.

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

Updated: 07/2025