

1

WESTERN VALE ACTIVITIES MENU

Bring your Golden Pass to these activities and join them for FREE

Activity	Venue	Day/time	Provider	How to register
Carpet Bowls	Rhose Bowling Club	Monday 5-7pm	Rhose Bowling Club	Call 01446710072
Gentle group exercise	Cowbridge Scout Hall	Thursdays 2:15pm-4:15pm	With Music in Mind	Call 07500 776295 Email: info@withmusicinmind.co.uk
Legs Bums & Tums	West Camp Community Centre CF62 4NA	Wednesday 7pm	Fitness with Linda	Email lindaleighnorman@gmail.com
Progressive Pilates Gentle (chair) Pilates	CF61 Centre Llantwit Major	Tuesday 11.45am Wednesday 11.30am Wednesday 13.45	Tidy Pilates	Book online, email to julie@tidypilates.co.uk or call 07803 845946
PRIME: Group circuit sessions	Force strength & conditioning, Vale Business Park, CF71 7PF	Tuesdays and Thursdays 10:35am	Force Strength & Conditioning	Booking not required - turn up and present your Golden Pass
Tai Chi	Rhose Community Centre CF61 Centre Llantwit Major	Tuesdays 1pm Thursdays 9.30am	Motion Control Dance	Email info@motioncontroldance.com
Tai Chi	Llantwit Town Hall, Llantwit Major Colwinston Village Hall, Cowbridge	Wednesday 6-7pm Thursdays 6-7pm	Vale Dragon Tai Chi	Call/text 07792240908 or email valedragontaichi@gmail.com
Tennis	Llantwit Major Tennis Club	Court booking available throughout the week	Llantwit Major Tennis Club	Email vickimcnally@outlook.com book a court
SeniorFit Exercise classes	EMPORIUM Vale Business Park, Cowbridge. CF717PF	Sessions throughout the week. Contact for more details	The Emporium	Call 01446311535 Email 'bookings.emporium@gmail.com'
Walking Tennis	Cowbridge Tennis Club	Wednesday 10:30 - 11:30am	Cowbridge Tennis Club	Email dickyowen@btinternet.com
Yoga (online)	Zoom	Tuesday 6-7pm Friday 9:30-10:30am	Yogalicious	email rachel@yogalicious.co.uk

If you have any questions then please email goldenpass@valeofglamorgan.gov.uk

2

WESTERN VALE ACTIVITIES MENU

Bring your Golden Pass to these activities and join them for FREE

Activity	Venue	Day/time	Provider	How to register
Stretch & Move Class	Ogmore Community Hall	Monday 9:30-10:15	Nicola Ogmore by sea fitness	Contact 07888752346 Email Nicola@performancefocusltd.com
Legs, Bums & Tums Class	Ogmore Community Hall	Thursday 10.00-11.00am	Nicola Ogmore by sea fitness	Contact 07888752346 Email Nicola@performancefocusltd.com
Strength Training Class	Ogmore Community Hall	Wednesday 6.30 - 7.30pm	Nicola Ogmore by sea fitness	Contact 07888752346 Email Nicola@performancefocusltd.com
Table Tennis	Ogmore-by-Sea Village Hall	Monday 8pm to 9pm and Thursday 3pm to 5pm	Ogmore By Sea Table Tennis	Contact obstabletennis@gmail.com or mobile 0755 2672225
Zumba	The Paul Lewis Community Centre, St Athan	Tuesday 7pm	Fitness with Linda	Email lindaleighnorman@gmail.com
Zumba Gold	The Gathering Place, St Athan Rhoose community hall	Tuesday 11am Wednesday 13:30	Zumba with Tracey Raikes	Call 07966 242933
Petanque	Ystradowen Village Hall, CF71 7SY	Sunday 11am	Ystradowen Petanque Club	Email yp2019club@gmail.com or Call 07711062421
Pilates	Ogmore by sea village hall	Tuesday 9:30 am	Lula wellness pilates	Email lulawellness@yahoo.com Call 07885838022
Mindful Movement: Qigong Shibashi	Health Conscious, 4, The Precinct, Llantwit Major, CF61 1XA	Tuesdays 5:30 - 6:30 pm Fridays 11am - 12:30 pm	Natalie Snuggs (MSc.) of Stillworks Meditation	Call 07341 264686 / email info.stillworks@gmail.com to book a taster session or enrol for the 5 week term www.stillworksmeditation.com

If you have any questions then please email goldenpass@valeofglamorgan.gov.uk