



## GREATER BARGOED ACTIVITY PROGRAMME

### NEW YEAR ..... NEW YOU

Cost for activities: - 50p / £1.00

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WALKING</b>				Meet @ Pengam Entrance Bargoed Country Park 10.45am - 12.00	
<b>CYCLING</b>				Meet @ Ty Penallta Beginners 11am -12.30 Intermediate 1pm-3pm	
<b>NORDIC WALKING</b>		Meet @ Bargoed Office Beginners 10am-11.30am Intermediate 12-2pm			
<b>EXTEND (Over 50`s Only)</b>	Tiryberth Village Hall 1pm - 2pm		Aberbargoed Hanger 1pm - 2pm		
<b>YOGA</b>					Bargoed YMCA 10am - 11.30am
<b>TAI CHI</b>	Bargoed YMCA 10am - 12.00				
<b>TARAGGAN PROJECT</b>	Tenants And Residents Association Green Gym And Nursery (Educational Gardens) Plots still available for Community Groups. Please contact Ron Cooper for site opening times:- 07592 454232.				

### ALL PARTICIPANTS MUST BE OVER 16 YEARS OF AGE

For further information please contact: - Mark Ellis (Project Coordinator):- 07876 233599 or

Ceri Fox (Project Administrator):- 01443 878958.

Mentro Allan Office, 8 Under Cardiff Road, Bargoed. CF81 8NZ.