



# Classes

Celtic Leisure is dedicated to provide an extensive choice of classes to suit every taste, interest and level of fitness. We have the class for you.

[www.celticleisure.org](http://www.celticleisure.org)



# Group Exercise Classes



## Summer 2017

**08000 43 43 43**  
[www.celticleisure.org](http://www.celticleisure.org)



 **PontardaweLC**

 **PontardaweLC**

 **PontardaweSwimmingPool**

 **PontardawePool**

Class Level Guide

\* Suitable for beginners and intermediates

\*\* Impact can be adapted as desired

\*\*\* Suitable for higher fitness levels

^ Crèche facilities available – please contact reception for further details

For up to date class information please visit our website.

Class cancellations are posted on our Facebook & Twitter pages.

## Pontardawe Leisure Centre

MON	6.45am - 7.30am	Indoor Cycling**	Lyndon Jones
	9.10am - 9.55am	Group Fight^***	Melissa Burns
	10.00am – 11.00am	Aero Fit^***	Abi Hopkin
	11.30am – 1.00pm	Yoga*	Janet Anthony
	6.00pm - 6.45pm	Indoor Cycling	Jemma Locke
	6.00pm – 7.00pm	Yoga*	Anthea Garland
	7.00pm – 8.00pm	Retro Aero**	Melissa Burns
	7.15pm – 8.45pm	Yoga*	Janet Anthony
TUE	8.00pm – 9.00pm	Zumba*	Anne Lewis
	7:00am – 8:00am	Breakfast Yoga*	Anthea Garland
	9.10am – 9.55am	Group Fight^***	Catherine Begley
	10.00am – 11.00am	Legs, Bums & Tums^**	Melissa Burns
	11.15am – 12.15pm	Pilates*	Cheryl Rees
	6.10pm – 7.10pm	Power Pump**	Rhian Lewis
	7.00pm – 8.00pm	Super Circuits***	Lyndon Jones
	7.15pm – 8.00pm	Indoor Cycling**	Rhian Lewis
WED	6.45am – 7.45am	Breakfast Boot Camp***	Lyndon Jones
	9.00am – 9.45am	Fit for Life*	Lyndon Jones
	10.00am – 11.00am	Group Fight^***	Melissa Burns
	6.00pm - 6.45pm	Indoor Cycling	James Bailey
	6.00pm – 7.00pm	Pilates Stage 1*	Marc Greco
	7.00pm – 8.00pm	Pilates 2*	Marc Greco
	7.15pm – 8.15pm	Tabata**	Abi Hopkin
THU	9.00am – 9.45am	Fit For Life*	Lyndon Jones
	10.00am – 11.00am	Power Pump^**	Kira Hills
	10.30am – 12.00pm	Yoga*	Janet Anthony
	5.45pm - 6.30pm	Indoor Cycling**	Lyndon Jones
	6.00pm – 7.00pm	Yoga*	Anthea Garland
	6.30pm – 7.30pm	Retro Step**	Melissa Burns
	7.00pm – 8.00pm	Circuits**	Abi Hopkin
	7.15pm – 8.45pm	Yoga*	Janet Anthony
FRI	7.30pm – 8.30pm	Funky Fat Burner**	Katie Bennett
	9.00am - 9.45am	Indoor Cycling**	Abi Hopkin
	10.00am – 11.00am	Circuits^**	Kira Hills
	5.30pm – 7.00pm	Advanced Yoga**	Janet Anthony
	6:15pm – 7.00pm	Kick Start Step**	Abi Hopkin
SAT	9.30am - 10.15am	Indoor Cycling**	Joanna Potts
	10.30am – 11.30am	Fitball**	Joanna Potts
SUN	5.00pm – 6.00pm	Group Fight***	Sophie Bradshaw
	6:00pm – 7:00pm	Circuits**	Lyndon Jones

## Pontardawe Swimming Pool

MON	12.45pm - 1.30pm	Aqua Fitness*	Lisa Young
WED	12.15pm - 1.15pm	Aqua Fitness*	Lindi Meikle
FRI	12.00pm - 1.00pm	Aqua Fitness*	Diane Ryan
SUN	7.00pm - 8.00pm	Aqua Fitness*	Rhian Lewis

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Summer  
2017

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**LES MILLS**

## Aberavon Leisure & Fitness Centre

MON	9.45am - 10.15am	HIIT Fit***	Joanna Potts
	10.15am - 11.00am	Sculpt**	Joanna Potts
	12.00pm - 1.00pm	Aqua*	Joanna Potts
	5.30pm - 6.15pm	Indoor Cycling**	David Dyer
	5.30pm - 6.00pm	Abs*	Cassie James
	6.30pm - 7.30pm	Circuits**	David Dyer
	6.30pm - 8.00pm	Yoga*	Charlotte Swann
	8.15pm - 9.15pm	Zumba**	Emma Payne
TUE	6.15am - 7.00am	Indoor Cycling**	David Dyer
	10.15am - 11.15am	Body Pump**	Sophie Bradshaw
	11.30am - 12.15pm	Fit For Life*	Joanna Potts
	12.15pm - 1.15pm	Pilates*	Joanna Potts
	5.30pm - 6.15pm	Body Pump**	Gareth Vernau
	6.15pm - 7.15pm	Body Combat***	Gareth Vernau
	7.30pm - 8.15pm	Indoor Cycling**	Cassie James
	7.30pm - 8.30pm	Body Balance*	Michelle Jones
WED	9.30am - 10.30am	Body Pump**	Lindi Meikle
	12.00pm - 1.00pm	Aqua*	Joanna Potts
	5.30pm - 6.15pm	Indoor Cycling**	Chris Pugh
	6.30pm - 7.30pm	Circuits**	Chris Pugh
	6.30pm - 8.00pm	Yoga*	Charlotte Swann
	8.15pm - 9.15pm	Dance Fit**	Emma Payne
THU	6.15am - 7.15am	Boot Camp**	David Dyer
	9.15am - 10.15am	Legs, Bums & Tums*	Sophie Bradshaw
	5.30pm - 6.15pm	Body Combat***	Gareth Vernau
	6.15pm - 7.15pm	Body Pump**	Gareth Vernau
	7.30pm - 8.15pm	Indoor Cycling**	Cassie James
	7.30pm - 8.30pm	Body Balance*	Michelle Jones
FRI	9.15am - 10.15am	Yoga*	Charlotte Swann
	9.30am - 10.30am	Social Circuits*	Cassie James
	10.30am - 11.00am	Abs*	Cassie James
	1.00pm - 2.00pm	Aqua*	Joanna Potts
	5.15pm - 6.15pm	Body Balance*	Cheryl King
SAT	9.00am - 10.00am	Boot Camp**	James Bailey
	9.30am - 10.30am	Body Pump**	Gareth Vernau
	10.30am - 11.30am	Body Combat***	Gareth Vernau
SUN	10.00am - 11.00am	Body Pump**	Cheryl King
	10.30am - 11.30am	Circuits**	Luke Jones
	6.30pm - 7.30pm	Aqua*	Joanna Potts



### Class Level Guide

- \* Suitable for beginners and intermediates
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**Summer  
2017**

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**LES MILLS  
BODY PUMP**

 **NeathSportsCentre**

 **NeathSports**

 **valeofneath**

 **ValeNeath**

 **NeathLeisureCentre**

 **NeathLeisure**

## Neath Sports Centre

MON	9.15am - 10.15am	Fit for Life*	Daniel Thomas
	10.15am - 11.15am	Body Pump^**	Daniel Thomas
	12.40pm - 1.40pm	Pilates*	Diane Ryan
	4.00pm - 4.45pm	Junior Circuits**	Daniel Thomas
	5.30pm - 6.15pm	Group Fight^***	Joanna Potts
TUE	6.20pm - 7.20pm	Body Pump^**	Daniel Thomas
	10.00am - 11.00am	Kettle Bells^**	Joanna Potts
	6.15pm - 7.15pm	Super Circuits***	Daniel Thomas
	6.30pm - 7.30pm	Yoga*	Charlotte Swann
WED	7.30pm - 8.30pm	Yoga 2*	Charlotte Swann
	10:00am - 11:00am	Group Fight^***	Joanna Potts
	5.30pm - 6.15pm	Box Fit^***	Joanna Potts
THU	6.20pm - 7.20pm	Body Pump^**	Joanna Potts
	10.00am - 11.00am	Boot Camp^**	Daniel Thomas
	12.40pm - 1.40pm	Pilates*	Joanna Potts
	5.30pm - 6.00pm	HIIT Fit***	Rhys Surringer
FRI	6.15pm - 7.15pm	Circuits**	Rhys Surringer
	9:00am - 10:00am	Fit for Life*	Joanna Potts
SAT	10.00am - 11.00am	Legs, Bums & Tums^***	Joanna Potts
	5.30pm - 6.30pm	Group Fight***	Joanna Potts
	9.00am - 10.00am	Body Pump**	Daniel Thomas
SUN	10.10am - 10.40am	HIIT Fit***	Daniel Thomas
	9.30am - 10.30am	Sunday Circuits**	Daniel Thomas
	5.00pm - 6.00pm	Yoga*	Anthea Garland
	6.00pm - 7.00pm	Yoga 2*	Anthea Garland

## Vale of Neath Leisure Centre

MON	12.15pm - 1.15pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Aero Fit**	Sophie Bradshaw
	7.30pm - 8.45pm	Yoga*	Anthea Garland
TUE	6.00pm - 7.00pm	Tuesday Body Tone**	Cerith Evans
WED	12.15pm - 1.15pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Combat Fit**	Sophie Bradshaw
THU	6.00pm - 7.00pm	Boxercise**	Cerith Evans
SUN	4.15pm - 5.15pm	Aqua Gold*	Carol Griffiths

## Neath Leisure Centre

TUE	11.45am - 12.45pm	Hydro Cardio**	Angela Whitehouse
THU	11.45am - 12.45pm	Hydro Cardio**	Angela Whitehouse

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# MyRide Timetable



## Summer 2017

08000 43 43 43  
[www.celticleisure.org](http://www.celticleisure.org)



Our brand new cycle studio features the virtual MYRIDE® system.

Get on the bike and head for the hills, the canyons and the desert plains. Cycle through high-definition virtual landscapes around the world. Have more fun and burn more calories than ever before. If your Myride®+ class were any more realistic, you'd be checking the traffic.

## Pontardawe Leisure Centre

### Monday

6.45am - 7.30am\*  
12.15pm - 1.00pm  
1.15pm - 2.00pm  
6.00pm - 6.45pm\*  
7.30pm - 8.15pm

### Friday

6.45am - 7.30am  
9.00am - 9.45am\*  
1.30pm - 2.15pm  
4.15pm - 5.00pm  
7.30pm - 8.15pm

### Tuesday

8.30am - 9.15am  
12.15pm - 1.00pm  
1.30pm - 2.15pm  
4.15pm - 5.00pm  
5.30pm - 6.15pm  
7.15pm - 8.00pm\*

### Saturday

8.15am - 9.00am  
9.30am - 10.15am\*  
1.30pm - 2.15pm  
4.15pm - 5.00pm  
5.30pm - 6.15pm

### Wednesday

8.30am - 9.15am  
12.15pm - 1.00pm  
2.30pm - 3.15pm  
6.00pm - 6.45pm\*

### Sunday

8.15am - 9.15am  
11.30am - 12.15pm  
3.45pm - 4.30pm  
6.45pm - 7.30pm

### Thursday

6.30am - 7.15am  
12.15pm - 1.00pm  
4.15pm - 5.00pm  
5.45pm - 6.30pm\*  
7.30pm - 8.15pm

\*Instructor led classes

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# MyRide Timetable



## Summer 2017

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Get on the bike and head for the hills, the canyons and the desert plains. Cycle through high-definition virtual landscapes around the world. Have more fun and burn more calories than ever before. If your Myride®+ class were any more realistic, you'd be checking the traffic.

## Aberavon Leisure & Fitness Centre

### Monday

6.45am - 7.45am  
8.30am - 9.30am  
10.00am - 11.00am  
12.15pm - 1.15pm  
1.30pm - 2.30pm  
**5.30pm - 6.15pm\***  
7.30pm - 8.30pm

### Tuesday

**6.15am - 7.00am\***  
8.30am - 9.30am  
10.00am - 11.00am  
12.15pm - 1.15pm  
1.30pm - 2.30pm  
4.15pm - 5.15pm  
5.30pm - 6.30pm  
**7.30pm - 8.15pm\***

### Wednesday

6.45am - 7.45am  
8.30am - 9.30am  
10.00am - 11.00am  
12.15pm - 1.15pm  
2.30pm - 3.30pm  
**5.30pm - 6.15pm\***  
7.30pm - 8.30pm

### Thursday

8.30am - 9.30am  
10.00am - 11.00am  
12.15pm - 1.15pm  
1.30pm - 2.30pm  
4.15pm - 5.15pm  
5.30pm - 6.30pm  
**7.30pm - 8.15pm\***

### Friday

6.45am - 7.45am  
8.30am - 9.30am  
10.00am - 11.00am  
12.15pm - 1.15pm  
1.30pm - 2.30pm  
4.15pm - 5.15pm  
5.30pm - 6.30pm  
7.30pm - 8.30pm

### Saturday

8.15am - 9.15am  
10.30am - 11.30am  
4.15pm - 5.15pm  
5.30pm - 6.30pm

### Sunday

8.15am - 9.15am  
10.30am - 11.30am  
11.30am - 12.30pm  
3.45pm - 4.45pm  
6.45pm - 7.45pm

\*Instructor led classes

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## Aberavon Leisure & Fitness Centre

<b>MON</b>	6.20am - 6.50am	CXWORX**
	7.00am - 7.45am	SH'BAM**
	7.45am - 8.15am	Body Combat*
	9.15am - 10.00am	SH'BAM**
	11.15am - 11.45am	Body Balance*
	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.30pm	Body Combat***
	4.30pm - 5.15pm	SH'BAM**
<b>TUE</b>	6.30am - 7.30am	Body Pump**
	7.45am - 8.15am	Body Combat***
	9.15am - 9.45am	CXWORX**
	1.30pm - 2.15pm	SH'BAM**
	2.30pm - 3.30pm	Body Pump**
	4.00pm - 4.45pm	SH'BAM**
	8.45pm - 9.30pm	SH'BAM**
<b>WED</b>	6.20am - 7.20am	Body Combat***
	7.30am - 8.15am	SH'BAM**
	11.00am - 11.30am	CXWORX**
	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.00pm	Body Balance*
	2.15pm - 3.00pm	SH'BAM**
	4.30pm - 5.30pm	Body Combat***
	5.30pm - 6.00pm	Body Pump**

<b>THU</b>	6.30am - 7.15am	SH'BAM**
	11.15am - 11.45am	Body Balance*
	12.15pm - 1.15pm	Body Combat***
	1.30pm - 2.30pm	Body Pump**
	4.30pm - 5.00pm	CXWORX**
<b>FRI</b>	7.30am - 8.00am	CXWORX**
	11.15am - 12.00pm	SH'BAM**
	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.30pm	Body Combat***
	3.00pm - 3.45pm	SH'BAM**
	4.00pm - 4.30pm	CXWORX**
	6.30pm - 7.15pm	SH'BAM**
	7.30pm - 8.30pm	Body Combat***
<b>SAT</b>	12.00pm - 12.45pm	SH'BAM**
	1.00pm - 1.30pm	CXWORX**
	2.00pm - 3.00pm	Body Combat***
	3.15pm - 4.15pm	Body Pump**
	4.30pm - 5.15pm	SH'BAM**
<b>SUN</b>	11.30am - 12.30pm	Body Combat***
	1.00pm - 1.45pm	SH'BAM**
	2.30pm - 3.00pm	CXWORX**
	5.30pm - 6.30pm	Body Pump**
	6.30pm - 7.30pm	Body Balance*



LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results.



Class Level Guide

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- \*\*\* Suitable for higher fitness levels

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