Hamdden
Celtic
Leisure

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

Group Exercise Classes

Hamdden Celtic Leisure

Autumn 2017

08000 43 43 43
www.celticleisure.org

LesMills

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
	10.00am - 11.00am	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 - 6.00pm	Abs*	Cassie James
	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 - 1.45pm	Fit For Life*	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 - 11.25am	Advanced Indoor Cycling***	James Bailey
	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

aberavonlfc
AberavonLFC

Class Level Guide
* Suitable for beginners and intermediates
** Impact can be adapted as desired
*** Suitable for higher fitness levels

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Group Exercise Classes

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GROUP fight

PontardaweLC
PontardaweLC

PontardaweSwimmingPool
PontardawePool

Pontardawe Leisure Centre

MON	9.10am – 9.55am	Group Fight^***	Melissa Burns
	10.00am – 11.00am	Kettle Hiit Fit^**	Abi Hopkin
	11.30am – 1.00pm	Yoga*	Janet Anthony
	6.00pm – 6.45pm	Indoor Cycling** (CBC)	Jemma Locke
	6.00pm – 7.00pm	Yoga*	Anthea Garland
	7.00pm – 8.00pm	Retro Aero**	Melissa Burns
	7.15pm – 8.45pm	Yoga*	Janet Anthony
	8.00pm – 9.00pm	Zumba*	Anne Lewis
TUE	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	9.00am – 9.45am	Fit for Life*	Lyndon Jones
	10.00am – 11.00am	Group Fight^***	Melissa Burns
	6.00pm – 6.45pm	Indoor Cycling** (CBC)	James Bailey
	6.00pm – 7.00pm	Pilates Stage 1*	Marc Greco
	7.00pm – 8.00pm	Pilates 2*	Marc Greco
	7.15pm – 8.15pm	Kettle Hiit Fit**	Abi Hopkin
THU	6.45am – 7.30am	Indoor Cycling** (CBC)	Lyndon Jones
	9.00am – 9.45am	Fit For Life*	Lyndon Jones
	10.00am – 11.00am	Power Pump^**	Kira Hills
	10.30am – 12.00pm	Yoga*	Janet Anthony
	5.15pm – 6.00pm	Wing Chun Kung Foo*	Peter Cullen
	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	9.00am – 9.45am	Indoor Cycling**	Abi Hopkin
	10.00am – 11.00am	Circuits^***	Kira Hills
	5.30pm – 6.30pm	Yoga & Meditation**	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	9.30am – 10.15am	Indoor Cycling**	Corinna Jones
	5.00pm – 6.00pm	Group Fight***	Sophie Bradshaw
	6:00pm – 7:00pm	Circuits**	Lyndon Jones

Pontardawe Swimming Pool

MON	12.00pm – 1.00pm	Aqua*	Adele Williams
WED	12.15pm – 1.15pm	Aqua*	Adele Williams
FRI	12.00pm – 1.00pm	Aqua*	Diane Ryan
SUN	7.00pm – 8.00pm	Aqua*	Rhian Lewis

CBC = Coach By Colour

Class Level Guide

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^ Crèche facilities available – please contact reception for further details

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Group Exercise Classes

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GROUP fight

LesMills BODYPUMP

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
	6.20pm - 7.20pm	Body Pump^**	Daniel Thomas
TUE	10.00am - 11.00am	Kettle Bells^**	Joanna Potts
	6.15pm - 7.15pm	Super Circuits***	Daniel Thomas
	6.30pm - 7.30pm	Yoga*	Charlotte Swann
	7.30pm - 8.30pm	Yoga 2*	Charlotte Swann
WED	10:00am - 11:00am	Group Fight^***	Joanna Potts
	5.30pm - 6.15pm	Box Fit^***	Joanna Potts
	6.20pm - 7.20pm	Body Pump^**	Joanna Potts
THU	10.00am - 11.00am	Boot Camp^**	Daniel Thomas
	12.40pm - 1.40pm	Pilates*	Joanna Potts
	5:30pm - 6.00pm	HIIT Fit***	Rhys Surringer
	6.15pm - 7.15pm	Circuits**	Rhys Surringer
FRI	9:00am - 10:00am	Fit for Life*	Joanna Potts
	10.00am - 11.00am	Legs, Bums & Tums^***	Joanna Potts
	5.30pm - 6.30pm	Group Fight***	Joanna Potts
SAT	9.00am – 10.00am	Body Pump**	Daniel Thomas
	10.10am - 10.40am	HIIT Fit***	Daniel Thomas
SUN	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	Circuits Sculpt**	Corinna Jones
	7.30pm - 8.45pm	Yoga*	Anthea Garland
TUE	6.00pm - 7.00pm	Tuesday Body Tone**	Cerith Evans
WED	12.00pm - 1.00pm	Circuits**	Cerith Evans
	12.15pm - 1.15pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Fit Camp**	Corinna Jones
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	Aqua*	Angela Whitehouse
THU	11.45am - 12.45pm	Aqua*	Angela Whitehouse

NeathSportsCentre
NeathSports

valeofneath
ValeNeath

NeathLeisureCentre
NeathLeisure

Class Level Guide

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LesMills VIRTUAL

Aberavon Leisure & Fitness Centre

MON	6.20am - 6.50am	CXWORX**
	7.00am - 7.45am	SH'BAM**
	7.45am - 8.15am	Body Combat*
	9.15am - 9.45am	Body Balance*
	11.15am - 11.45am	Body Balance*
	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.30pm	Body Combat***
	4.30pm - 5.15pm	SH'BAM**
TUE	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**
WED	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**
	4.15pm - 5.15pm	Body Combat***
	5.15pm - 6.15pm	Body Pump**
THU	6.30am - 7.15am	SH'BAM**
	10.30am - 11.00am	Body Combat***
	11.15am - 11.45am	Body Balance*
	12.15pm - 1.15pm	Body Combat***
	1.30pm - 2.30pm	Body Pump**
	4.30pm - 5.00pm	CXWORX**
FRI	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***
SAT	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**
SUN	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.

Hamdden Celtic Leisure

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AberavonLFC

Class Level Guide

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MyRide Timetable

Hamdden Celtic Leisure

Autumn 2017

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AberavonLFC

myride+

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.

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 - 11.25am*
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

www.celticleisure.org

MyRide Timetable

Hamdden Celtic Leisure

Autumn 2017

08000 43 43 43
www.celticleisure.org

PontardaweLC

PontardaweLC

Pontardawe Leisure Centre

Monday
6.45am - 7.30am
12.15pm - 1.00pm
1.30pm - 2.15pm
6.00pm - 6.45pm* (CBC)
7.30pm - 8.15pm

Tuesday
8.30am - 9.15am
12.15pm - 1.00pm
5.30pm - 6.15pm
7.15pm - 8.00pm*

Wednesday
8.30am - 9.15am
12.15pm - 1.00pm
1.30pm - 2.15pm
6.00pm - 6.45pm* (CBC)

Thursday
6.45am - 7.30am* (CBC)
8.15am - 9.00am
12.15pm - 1.00pm
5.45pm - 6.30pm*
7.30pm - 8.15pm

Friday
7.30am - 8.15am
9.00am - 9.45am*
12.15pm - 1.00pm
4.15pm - 5.00pm
7.00pm - 7.45pm

Saturday
8.15am - 9.00am
9.30am - 10.15am*
11.15am - 12.00pm
4.15pm - 5.00pm

Sunday
8.15am - 9.15am
9.30am - 10.15am*
11.30am - 12.15pm
3.45pm - 4.30pm
6.30pm - 7.15pm

*Instructor led classes
CBC = Coach By Colour

myride+

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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.

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