

# Group Exercise Classes

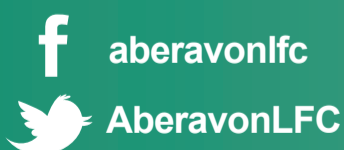
## Aberavon Leisure & Fitness Centre



Spring  
2019

08000 43 43 43  
www.celticleisure.org

**LES MILLS**



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**	Sophie Bradshaw
	12.00pm - 1.00pm	Aqua*	Joanna Potts
	5.30pm - 6.00pm	Abs*	Stephen Chambers
	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**
9.15am - 10.00am		Legs, Bums & Tums**	Corrina Jones
10.15am - 11.00am		Indoor Cycling**	Corrina Jones
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		6.15am - 7.15am	Advanced Indoor Cycling***
	9.15am - 10.15am	Yoga*	Charlotte Swann
	9.30am - 10.30am	Social Circuits*	Cassie James
	10.30am - 11.00am	Abs*	Cassie James
	10.45am - 11.45am	Chair Yoga*	Charlotte Swann
	12.00pm - 1.00pm	Pilates*	Joanna Potts
	1.00pm - 1.45pm	Fit For Life*	Joanna Potts
	SAT	9.00am - 10.00am	Boot Camp**
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

### Class Level Guide

- \* Suitable for beginners and intermediates
- \*\* Impact can be adapted as desired
- \*\*\* Suitable for higher fitness levels

For up to date class information please visit our website.  
Class cancellations are posted on our Facebook & Twitter pages.

www.celticleisure.org

# Group Exercise Classes



Spring  
2019

08000 43 43 43  
www.celticleisure.org



LES MILLS  
BODY PUMP

PontardaweLC

PontardaweLC

PontardaweSwimmingPool

PontardawePool

CBC = Coach By Colour

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	9.10am - 9.55am	Group Fight <sup>^**</sup>	Melissa Burns
	10.00am - 11.00am	Body Pump <sup>^**</sup>	Abi Hopkin
	11.30am - 1.00pm	Yoga <sup>*</sup>	Janet Anthony
	6.15pm - 7.00pm	Indoor Cycling <sup>**</sup> (CBC)	Jemma Locke
	6.00pm - 7.00pm	Body Pump <sup>**</sup>	Abi / Stacey
	5.45pm - 6.45pm	Yoga <sup>*</sup>	Anthea Garland
	7.00pm - 8.00pm	Fun to Fitness <sup>**</sup>	Melissa Burns
	7.15pm - 8.45pm	Yoga <sup>*</sup>	Janet Anthony
8.00pm - 9.00pm	Zumba <sup>*</sup>	Anne Lewis	
TUE	7:00am - 8:00am	Breakfast Yoga <sup>*</sup>	Anthea Garland
	9.00am - 9.45am	Fit For Life <sup>*</sup>	Melissa Burns
	10.00am - 11.00am	Tuesday Tone Up <sup>^**</sup>	Melissa Burns
	11.15am - 12.15pm	Pilates <sup>*</sup>	Cheryl Rees
	5.15pm - 6.00pm	Indoor Cycling <sup>**</sup>	Rhian Lewis
	6.15pm - 7.15pm	Body Pump <sup>**</sup>	Rhian Lewis
7.00pm - 8.00pm	Super Circuits <sup>***</sup>	Abi / Mel	
WED	9.00am - 9.45am	Fit for Life <sup>*</sup>	Daniel Thomas
	10.00am - 11.00am	Group Fight <sup>^**</sup>	Melissa Burns
	6.00pm - 7.00pm	Adv Indoor Cycling <sup>**</sup>	James Bailey
	6.00pm - 7.00pm	Pilates <sup>*</sup>	Diane Ryan
7.15pm - 8.15pm	High Performance <sup>***</sup>	Abi Hopkin	
THU	9.00am - 9.45am	Fit For Life <sup>*</sup>	Abi Hopkin
	10.00am - 11.00am	Body Pump <sup>^**</sup>	Abi Hopkin
	10.30am - 12.00pm	Yoga <sup>*</sup>	Janet Anthony
	6.00pm - 7.00pm	Yoga <sup>*</sup>	Anthea Garland
	6.00pm - 7.00pm	Group Fight <sup>**</sup>	Melissa Burns
	7.00pm - 8.00pm	Body Pump <sup>**</sup>	Stacey Kane
	7.00pm - 8.00pm	Circuits <sup>**</sup>	Mel / Abi
7.15pm - 8.45pm	Yoga <sup>*</sup>	Janet Anthony	
FRI	9.00am - 9.45am	Indoor Cycling <sup>^**</sup>	Abi Hopkin
	10.00am - 10.45am	Zumba & Tone	Melissa Burns
	5.30pm - 6.30pm	Yoga <sup>**</sup>	Janet Anthony
SAT	6.00pm - 7.00pm	Body Pump <sup>**</sup>	Abi / Kirsty
	9.30am - 10.15am	Indoor Cycling <sup>**</sup>	Joanna Potts
SUN	10.30am - 11.30am	Fitball <sup>**</sup>	Joanna Potts
	10.30am - 11.30am	Body Pump <sup>**</sup>	Sara Ewens
	5.00pm - 6.00pm	Group Fight <sup>**</sup>	Sophie Bradshaw
	6:00pm - 7:00pm	Cardio Circuits <sup>**</sup>	Corinna Jones

## Pontardawe Swimming Pool

MON	12.00pm – 1.00pm	Aqua <sup>*</sup>	Adele Williams
WED	12.15pm – 1.15pm	Aqua <sup>*</sup>	Adele Williams
FRI	12.00pm – 1.00pm	Aqua <sup>*</sup>	Adele Williams

www.celticleisure.org

# Group Exercise Classes

## Neath Sports Centre



Spring  
2019

08000 43 43 43  
www.celticleisure.org

**LES MILLS  
BODYCOMBAT**

**LES MILLS  
BODYPUMP**

**LES MILLS  
GRIT**

MON	9.15am - 10.15am	Fit for Life*	Daniel Thomas
	10.15am - 11.15am	Body Pump <sup>^**</sup>	Daniel Thomas
	12.40pm - 1.40pm	Pilates*	Diane Ryan
	5.30pm - 6.15pm	Body Combat <sup>^**</sup>	Joanna Potts
	6.20pm - 7.20pm	Body Pump <sup>^**</sup>	Daniel / Rhys
TUE	10.00am - 11.00am	Kettle Bells <sup>^**</sup>	Joanna Potts
	6.15pm - 7.15pm	Super Circuits <sup>***</sup>	Daniel / Rhys
	6.30pm - 7.30pm	Yoga*	Charlotte Swann
	7.30pm - 8.30pm	Yoga*	Charlotte Swann
WED	9.30am - 10.00am	GRIT <sup>***</sup>	Joanna Potts
	10:00am - 11:00am	Body Combat <sup>^**</sup>	Joanna Potts
	1.00pm - 2.00pm	Zumba*	Anne Lewis
	5.30pm - 6.15pm	Box Fit <sup>^***</sup>	Joanna Potts
	6.20pm - 7.20pm	Body Pump <sup>^**</sup>	Joanna Potts
THU	10.00am - 11.00am	Circuits <sup>^**</sup>	Luke Howells
	12.45pm - 1.45pm	Pilates*	Joanna Potts
	6.00pm - 7.00pm	Circuits <sup>**</sup>	Rhys / Daniel
	6.30pm - 7.30pm	Yoga*	Paula Beeforth
	7.10pm - 7.40pm	GRIT <sup>***</sup>	Rhys / Daniel
FRI	7.30pm - 8.30pm	Yoga*	Paula Beeforth
	9:00am - 10:00am	Fit for Life*	Joanna Potts
	10.00am - 11.00am	Legs, Bums & Tums <sup>^**</sup>	Joanna Potts
	5.30pm - 6.30pm	Body Combat <sup>**</sup>	Joanna Potts
SAT	6.30pm - 7.00pm	GRIT <sup>***</sup>	Joanna / Rhys
	9.00am - 10.00am	Body Pump <sup>**</sup>	Daniel / Rhys
SUN	10.15am - 10.45am	GRIT <sup>***</sup>	Daniel / Rhys
	9.30am - 10.30am	Sunday Circuits <sup>**</sup>	Daniel / Rhys
	5.00pm - 6.00pm	Yoga*	Anthea Garland
	6.00pm - 7.00pm	Yoga*	Anthea Garland

## Vale of Neath Leisure Centre

MON	12.15pm - 1.15pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Boxercise <sup>**</sup>	Corinna Jones
	7.30pm - 8.30pm	Yoga*	Anthea Garland
TUE	5.45pm - 6.45pm	Tuesday Body Tone <sup>**</sup>	Corinna Jones
WED	12.15pm - 1.15pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Fit Camp <sup>**</sup>	Corinna Jones
THU	5.45pm - 6.30pm	Indoor Cycling <sup>**</sup>	Corinna Jones
SAT	9.30am - 10.15am	Boot Camp <sup>**</sup>	Tyler Brock
SUN	4.15pm - 5.15pm	Aqua Gold*	Caryl Griffiths
	4.15pm - 5.00pm	Indoor Cycling <sup>**</sup>	Corinna Jones

## 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

\* 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.

www.celticleisure.org



# 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 - 9.45am	Body Balance*
	11.15am - 11.45am	Body Balance*
	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.30pm	Body Combat***
<b>TUE</b>	4.30pm - 5.15pm	SH'BAM**
	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**
<b>WED</b>	8.45pm - 9.30pm	SH'BAM**
	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**
<b>THU</b>	4.15pm - 5.15pm	Body Combat***
	5.15pm - 6.15pm	Body Pump**

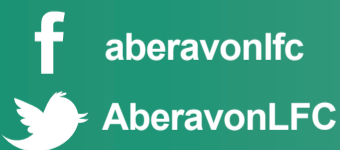
<b>THU</b>	6.30am - 7.15am	SH'BAM**
	11.15am - 11.45am	Body Balance*
	12.15pm - 1.15pm	Body Combat***
	1.30pm - 2.30pm	Body Pump**
<b>FRI</b>	4.30pm - 5.00pm	CXWORX**
	7.30am - 8.00am	CXWORX**
	11.15am - 12.00pm	SH'BAM**
	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.30pm	Body Combat***
	3.00pm - 3.45pm	SH'BAM**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

Spring  
2019

08000 43 43 43  
www.celticleisure.org



Class Level Guide

- \* Suitable for beginners and intermediates
- \*\* Impact can be adapted as desired
- \*\*\* Suitable for higher fitness levels

For up to date class information please visit our website.  
Class cancellations are posted on our Facebook & Twitter pages.

www.celticleisure.org

# MyRide Timetable



Spring  
2019

08000 43 43 43  
www.celticleisure.org

f aberavonlfc

AberavonLFC



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 - 9.15am  
**10.15am - 11.00am\***  
12.15pm - 1.15pm  
1.30pm - 2.30pm  
4.15pm - 5.15pm  
5.30pm - 6.30pm  
**7.30pm - 8.15pm\***

### Friday

**6.15am - 7.15am\***  
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\***  
1.30pm - 2.30pm  
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



Spring  
2019

08000 43 43 43  
www.celticleisure.org

 PontardaweLC

 PontardaweLC



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

12.15pm - 1.00pm

**6.15pm - 7.00pm\* (CBC)**

7.30pm - 8.15pm

### Friday

**9.00am - 9.45am\***

4.15pm - 5.00pm

7.00pm - 7.45pm

### Tuesday

8.30am - 9.15am

**5.15pm - 6.00pm\***

7.15pm - 8.00pm

### Saturday

8.15am - 9.00am

**9.30am - 10.15am\***

5.30pm - 6.15pm

### Wednesday

8.30am - 9.15am

1.30pm - 2.15pm

**6.00pm - 7.00pm\* (ADV)**

### Sunday

8.15am - 9.15am

9.30am - 10.15am

3.45pm - 4.30pm

### Thursday

8.15am - 9.00am

10.00am - 10.45am

5.00pm - 6.00pm

7.30pm - 8.15pm

\*Instructor led classes  
CBC = Coach By Colour  
ADV = Advanced

MYRIDE® sessions are available upon request, please ask at reception

www.celticleisure.org