

Group Exercise Classes



**Autumn
2019**

08000 43 43 43
www.celticleisure.org

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
	10.00am - 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	10.00am - 11.00am	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**	Stacey Kane
10.15am - 11.00am		Indoor Cycling**	Stacey Kane
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**	Stacey Kane
	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.

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**LES MILLS
BODY PUMP**



CBC = Coach By Colour

Class Level Guide

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^ Crèche facilities available – please contact reception for further details

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Pontardawe Leisure Centre

MON	9.10am - 9.55am	Group Fight ^{^**}	Melissa Burns
	10.00am - 11.00am	Body Pump ^{^**}	Abi Hopkin
	11.30am - 1.00pm	Yoga [*]	Janet Anthony
	6.15pm - 7.00pm	Indoor Cycling ^{**} (CBC)	Jemma Locke
	6.00pm - 7.00pm	Body Pump ^{**}	Claire / Stacey
	5.45pm - 6.45pm	Yoga [*]	Michelle Fillis
	7.00pm - 8.00pm	Fun to Fitness ^{**}	Melissa Burns
	7.15pm - 8.45pm	Yoga [*]	Janet Anthony
8.00pm - 9.00pm	Zumba [*]	Anne Lewis	
TUE	7:00am - 8:00am	Breakfast Yoga [*]	Michelle Fillis
	9.00am - 9.45am	Fit For Life [*]	Melissa Burns
	10.00am - 11.00am	Tuesday Tone Up ^{^**}	Melissa Burns
	11.15am - 12.15pm	Pilates [*]	Cheryl Rees
	5.15pm - 6.00pm	Indoor Cycling ^{**}	Rhian Lewis
	6.15pm - 7.15pm	Body Pump ^{**}	Rhian Lewis
7.00pm - 8.00pm	Super Circuits ^{***}	Leanne Morris	
WED	9.00am - 9.45am	Fit for Life [*]	Daniel Thomas
	10.00am - 11.00am	Group Fight ^{^**}	Melissa Burns
	6.00pm - 7.00pm	Adv Indoor Cycling ^{**}	Abi Hopkin
	6.00pm - 7.00pm	Pilates [*]	Diane Ryan
7.10pm - 8.10pm	Group Fight ^{**}	Cath Begley	
THU	9.00am - 9.45am	Fit For Life [*]	Abi Hopkin
	10.00am - 11.00am	Body Pump ^{^**}	Abi Hopkin
	10.30am - 12.00pm	Yoga [*]	Janet Anthony
	5.45pm - 7.00pm	Yoga [*]	Charlotte Swann
	6.00pm - 7.00pm	Group Fight ^{**}	Melissa Burns
	7.00pm - 8.00pm	Body Pump ^{**}	Stacey Kane
	7.00pm - 8.00pm	Circuits ^{**}	Melissa Burns
7.15pm - 8.45pm	Yoga [*]	Janet Anthony	
FRI	9.00am - 9.45am	Indoor Cycling ^{^**}	Abi Hopkin
	10.00am - 10.45am	Zumba & Tone	Melissa Burns
	5.30pm - 6.30pm	Yoga ^{**}	Janet Anthony
	6.30pm - 7.30pm	Body Pump ^{**}	Claire Gibbons
SAT	9.30am - 10.15am	Indoor Cycling ^{**}	Joanna Potts
	10.30am - 11.30am	Fitball ^{**}	Joanna Potts
SUN	10.30am - 11.30am	Body Pump ^{**}	Alex / Rhian
	5.00pm - 6.00pm	Group Fight ^{**}	Sophie Bradshaw
	5.30pm - 6.30pm	Cardio Circuits ^{**}	Stacey Kane

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 [*]	Adele Williams

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**LES MILLS
BODYCOMBAT**

**LES MILLS
BODYPUMP**

**LES MILLS
GRIT**

Neath Sports Centre

MON	9.15am - 10.15am	Fit for Life*	Daniel / Luke
	10.15am - 11.15am	Body Pump ^{^**}	Daniel Thomas
	12.40pm - 1.40pm	Pilates*	Diane Ryan
	5.30pm - 6.15pm	Body Combat ^{^**}	Joanna Potts
	6.20pm - 7.20pm	Body Pump ^{^**}	Daniel / Rhys
TUE	10.00am - 11.00am	Kettle Bells ^{^**}	Joanna Potts
	6.15pm - 7.15pm	Super Circuits ^{***}	Daniel / Rhys
	6.30pm - 7.30pm	Yoga*	Charlotte Swann
	7.30pm - 8.30pm	Yoga*	Charlotte Swann
WED	9.30am - 10.00am	GRIT ^{***}	Joanna Potts
	10:00am - 11:00am	Body Combat ^{^**}	Joanna Potts
	1.00pm - 2.00pm	Zumba*	Anne Lewis
	5.30pm - 6.15pm	Box Fit ^{^***}	Joanna Potts
	6.20pm - 7.20pm	Body Pump ^{^**}	Joanna Potts
THU	10.00am - 11.00am	Circuits ^{^**}	Luke Howells
	12.45pm - 1.45pm	Pilates*	Joanna Potts
	6.00pm - 7.00pm	Circuits ^{**}	Rhys / Daniel
	6.30pm - 7.30pm	Yoga*	Paula Beeforth
	7.00pm - 7.30pm	Abs*	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 ^{^**}	Joanna Potts
	5.30pm - 6.30pm	Fight Club ^{**}	Joanna Potts
SAT	6.30pm - 7.00pm	GRIT ^{***}	Luke Howells
	9.00am - 10.00am	Body Pump ^{**}	Daniel / Rhys
	10.15am - 10.45am	GRIT ^{***}	Daniel / Rhys
SUN	9.30am - 10.30am	Sunday Circuits ^{**}	Daniel / Rhys
	5.00pm - 6.00pm	Yoga*	Ruth / Paula
	6.00pm - 7.00pm	Yoga*	Ruth / Paula

Vale of Neath Leisure Centre

MON	12.15pm - 1.15pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Boxercise ^{**}	Corinna Jones
	7.30pm - 8.30pm	Yoga*	Michelle Fillis
TUE	5.45pm - 6.45pm	Tuesday Body Tone ^{**}	Corinna Jones
WED	12.15pm - 1.15pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Fit Camp ^{**}	Corinna Jones
THU	5.45pm - 6.30pm	Indoor Cycling ^{**}	Corinna Jones
SUN	4.15pm - 5.15pm	Aqua Gold*	Caryl Griffiths



Neath Leisure Centre

TUE	11.45am - 12.45pm	Aqua*	Angela Whitehouse
THU	11.45am - 12.45pm	Aqua*	Angela Whitehouse

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Aberavon Leisure & Fitness Centre

MON	6.20am - 6.50am	GRIT***
	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**
TUE	1.30pm - 2.30pm	Body Combat***
	4.30pm - 5.15pm	SH'BAM**
	6.30am - 7.30am	Body Pump**
	7.45am - 8.15am	Body Combat***
	9.15am - 9.45am	GRIT***
	1.30pm - 2.15pm	SH'BAM**
WED	2.30pm - 3.30pm	Body Pump**
	4.00pm - 4.45pm	SH'BAM**
	8.45pm - 9.30pm	SH'BAM**
	6.20am - 7.20am	Body Combat***
	7.30am - 8.15am	SH'BAM**
	11.00am - 11.30am	GRIT***
THU	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.30pm	Body Combat***
	4.30pm - 5.00pm	GRIT***
	7.30am - 8.00am	GRIT***
	12.15pm - 1.15pm	Body Pump**
FRI	1.30pm - 2.30pm	Body Combat***
	3.00pm - 3.45pm	SH'BAM**
	4.00pm - 4.30pm	GRIT***
	7.30pm - 8.30pm	Body Combat***
	12.00pm - 12.45pm	SH'BAM**
SAT	1.00pm - 1.30pm	GRIT***
	2.00pm - 3.00pm	Body Combat***
	3.15pm - 4.15pm	Body Pump**
	4.30pm - 5.15pm	SH'BAM**
	11.30am - 12.30pm	Body Combat***
SUN	1.00pm - 1.45pm	SH'BAM**
	2.30pm - 3.00pm	GRIT***
	5.30pm - 6.30pm	Body Pump**
	6.30pm - 7.30pm	Body Balance*

THU	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	GRIT***
FRI	7.30am - 8.00am	GRIT***
	12.15pm - 1.15pm	Body Pump**
	1.30pm - 2.30pm	Body Combat***
	3.00pm - 3.45pm	SH'BAM**
	4.00pm - 4.30pm	GRIT***
SAT	7.30pm - 8.30pm	Body Combat***
	12.00pm - 12.45pm	SH'BAM**
	1.00pm - 1.30pm	GRIT***
	2.00pm - 3.00pm	Body Combat***
	3.15pm - 4.15pm	Body Pump**
SUN	4.30pm - 5.15pm	SH'BAM**
	11.30am - 12.30pm	Body Combat***
	1.00pm - 1.45pm	SH'BAM**
	2.30pm - 3.00pm	GRIT***
	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.

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MyRide Timetable



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 **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**

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MyRide Timetable



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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

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