

Group Exercise Classes

Aberavon Leisure & Fitness Centre



08000 43 43 43
www.celticleisure.org

LES MILLS



MON	9.30am - 10.00am	Les Mills GRIT	Joanna Potts
	10.15am - 11.00am	Sculpt**	Joanna Potts
	12.00pm - 1.00pm	Aqua*	Joanna Potts
	5.30pm - 6.15pm	Indoor Cycling**	David Dyer
	5.45pm - 6.15pm	Abs*	Stephen Chambers
	6.30pm - 7.30pm	Circuits**	David Dyer
	6.30pm - 8.00pm	Yoga*	Charlotte Swann
	8.00pm - 9.00pm	Zumba**	Amy Winters
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
	12.30pm - 1.15pm	Pilates*	Joanna Potts
	5.30pm - 6.15pm	Body Pump**	Claire Gibbons
	6.30pm - 7.30pm	Body Combat**	Claire Gibbons
	7.00pm - 8.00pm	Body Balance*	Michelle Jones
	7.30pm - 8.15pm	Indoor Cycling**	Cassie James
WED	9.15am - 10.15am	Yoga	Charlotte Swann
	10.00am - 11.00am	Legs, Bums & Tums**	Cassie James
	10.30am - 11.15am	Chair Yoga	Charlotte Swann
	12.00pm - 1.00pm	Aqua*	Joanna Potts
	5.30pm - 6.15pm	Indoor Cycling**	Chris Pugh
	5.30pm - 6.00pm	Abs*	Stephen Chambers
	6.30pm - 7.30pm	Circuits**	Chris Pugh
	6.30pm - 8.00pm	Yoga*	Charlotte Swann
8.00pm - 9.00pm	Dance Fit**	Emma Payne	
THU	6.15am - 7.15am	Boot Camp**	David Dyer
	9.15am - 10.00am	Body Pump**	Stacey Kane
	10.15am - 11.00am	Body Combat**	Stacey Kane
	10.30am - 11.30am	Chair Yoga*	Charlotte Swann
	5.30pm - 6.15pm	Body Combat**	Stacey Kane
	6.30pm - 7.15pm	Indoor Cycling**	Cassie James
	6.30pm - 7.30pm	Body Pump**	Stacey Kane
	7.00pm - 8.00pm	Body Balance*	Michelle Jones
FRI	9.15am - 10.15am	Yoga*	Charlotte Swann
	10.30am - 11.30am	Chair Yoga*	Charlotte Swann
	12.00pm - 1.00pm	Pilates*	Joanna Potts
	1.15pm - 2.00pm	Fit For Life*	Joanna Potts
	5.30pm - 6.30pm	Zumba*	Emma Payne
SAT	9.00am - 10.00am	Boot Camp**	James Bailey
	10.30am - 11.30am	Body Pump**	Gareth Vernau
	11.45am - 12.45pm	Body Combat**	Gareth Vernau
SUN	10.30am - 11.30am	Circuits**	Luke/Cassie/.Steve
	5.45pm - 6.35pm	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

Pontardawe Leisure Centre



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LESMILLS
BODYPUMP



MON	9.00am - 9.45am	Group Fight ^{^**}	Melissa Burns
	10.00am - 11.00am	Body Pump ^{^**}	Stacey Kane
	12.00pm - 1.00pm	Yoga [*]	Janet Anthony
	5.45pm - 6.45pm	Yoga [*]	Janet Anthony
	6.00pm - 7.00pm	Body Pump ^{**}	Stacey Kane
	6.15pm - 7.00pm	Fun to Fitness ^{**}	Melissa Burns
	6.30pm - 7.15pm	Indoor Cycling ^{**}	Abi Hopkin
	7.00pm - 8.00pm	Yoga [*]	Janet Anthony
TUE	7.15pm - 8.00pm	FitSteps [*]	Rachel Brew
	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
	6.10pm - 7.10pm	Body Pump ^{**}	Rhian Lewis
	7.00pm - 8.00pm	Super Circuits ^{**}	Stacey Kane
WED	9.00am - 9.45am	Fit for Life [*]	Daniel Thomas
	10.00am - 11.00am	Group Fight ^{^**}	Melissa Burns
	12.00pm - 1.00pm	Pilates Stage 1 [*]	Melissa Burns
	5.45pm - 6.45pm	Pilates [*]	Diane Ryan
	6.00pm - 7.00pm	Adv Indoor Cycling ^{**}	Gemma Lewis
	7.00pm - 8.00pm	Group Fight ^{**}	Cath Begley
THU	9.00am - 9.45am	Fit For Life [*]	Adele Williams
	10.00am - 11.00am	Body Pump ^{**}	Abi Hopkin
	10.30am - 11.30am	Yoga [*]	Janet Anthony
	5.40pm - 6.40pm	Yoga [*]	Charlotte Swann
	5.45pm - 6.45pm	Group Fight ^{**}	Melissa Burns
	6.00pm - 6.45pm	Indoor Cycling ^{**}	Gemma Lewis
	6.50pm - 7.50pm	Yoga [*]	Charlotte Swann
	7.00pm - 8.00pm	Body Pump ^{**}	Claire Gibbons
FRI	7.00pm - 8.00pm	Circuits ^{**}	Gemma Lewis
	9.00am - 9.45am	Indoor Cycling ^{**}	Stacey Kane
	10.00am - 10.45am	Zumba [*]	Anne Lewis
	5.30pm - 6.30pm	Yoga ^{**}	Amanda Ellis
SAT	6.00pm - 7.00pm	Group Fight ^{**}	Gemma Lewis
	9.30am - 10.15am	Indoor Cycling ^{**}	Stacey Kane
SUN	10.30am - 11.30am	Body Pump ^{**}	Rhian Lewis
	4.30pm - 5.30pm	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

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

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Group Exercise Classes

Neath Sports Centre



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**LES MILLS
BODYCOMBAT**

**LES MILLS
BODYPUMP**

MON	9.15am - 10.15am	Fit for Life*	Daniel / Luke
	10.30am - 11.30am	Body Pump ^{^**}	Daniel Thomas
	12.00pm - 1.00pm	Pilates*	Diane Ryan
	5.30pm - 6.15pm	Body Combat ^{^**}	Joanna Potts
	6.30pm - 7.30pm	Body Pump ^{^**}	Daniel / Rhys
TUE	10.00am - 11.00am	Kettle Bells ^{^**}	Joanna Potts
	5.30pm - 6.00pm	Abs*	Daniel / Rhys
	6.15pm - 7.15pm	Super Circuits ^{***}	Daniel / Rhys
	7.30pm - 8.30pm	Yoga*	Paula Beeforth
WED	10:00am - 11:00am	Body Combat ^{^**}	Joanna Potts
	1.00pm - 2.00pm	Zumba*	Anne Lewis
	5.30pm - 6.15pm	Legs, Bums & Tums ^{^**}	Joanna Potts
	6.30pm - 7.30pm	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
	7.15pm - 8.00pm	Yoga*	Paula Beeforth
FRI	9:00am - 10:00am	Fit for Life*	Joanna Potts
	10.15am - 11.15am	Legs, Bums & Tums ^{^**}	Joanna Potts
	5.30pm - 6.30pm	Fight Club ^{**}	Joanna Potts
SAT	9.00am - 10.00am	Body Pump ^{**}	Daniel / Rhys
	10.15am - 10.45am	HIIT ^{***}	Daniel / Rhys
SUN	9.30am - 10.30am	Sunday Circuits ^{**}	Daniel Thomas
	10.45am - 11.15am	Abs*	Daniel Thomas
	5.30pm - 6.30pm	Yoga*	Paula Beeforth

Vale of Neath Leisure Centre

MON	12.00pm - 12.50pm	Aqua*	Rhian Lewis
	7.30pm - 8.30pm	Yoga*	Michelle Fillis
TUE	6.00pm - 7.00pm	Zumba*	Amy Winters
WED	12.00pm - 12.50pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Fit Camp ^{**}	Morgan Pemberton
THU	6.00pm - 6.45pm	Indoor Cycling ^{***}	Morgan Pemberton
SAT	10.30am - 11.30am	Zumba*	Amy Winters
SUN	4.00pm - 4.50pm	Aqua Gold*	Caryl Griffiths



Neath Leisure Centre

TUE	12.00pm - 1.00pm	Aqua*	Angela Whitehouse
THU	12.00pm - 1.00pm	Aqua*	Angela Whitehouse

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ALF Virtual Timetable



08000 43 43 43
www.celticleisure.org

MON	6.45am - 7.30am	FRI	6.45am - 7.30am
	8.30am - 9.15am		8.30am - 9.15am
	10.00am - 10.45am		10.00am - 10.45am
	12.15pm - 1.00pm		12.15pm - 1.00pm
	1.30pm - 2.15pm		1.30pm - 2.15pm
	7.30pm - 8.15pm		4.15pm - 5.00pm
	8.30am - 9.15am		5.30pm - 6.15pm
TUE	10.00am - 10.45am	SAT	7.30pm - 8.15pm
	12.15pm - 1.00pm		8.15am - 9.00am
	1.30pm - 2.15pm		10.30am - 11.15am
	4.15pm - 5.00pm		1.30pm - 2.15pm
	5.30pm - 6.15pm		3.00pm - 3.45pm
WED	6.45am - 7.30am	SUN	4.15pm - 5.00pm
	8.30am - 9.15am		5.30pm - 6.15pm
	10.00am - 10.45am		8.15am - 9.00am
	12.15pm - 1.00pm		10.30am - 11.15am
	2.30pm - 3.15pm		11.30am - 12.15pm
	7.30pm - 8.15pm		1.30pm - 2.15pm
	8.30am - 9.00am		3.45pm - 4.30pm
THU	10.00am - 10.45am	6.45pm - 7.30pm	
	12.15pm - 1.00pm		
	1.30pm - 2.15pm		
	4.15pm - 5.00pm		
	5.30pm - 6.15pm		
	7.30pm - 8.15pm		



TUE	10.00am - 11.00am	Body Pump**
	5.30pm - 6.30pm	Body Pump**
THU	7.30am - 8.00am	GRIT***
	5.30pm - 6.30pm	Body Combat***
FRI	6.45am - 7.15am	GRIT***
	2.15pm - 2.45pm	GRIT***
SAT	6.00pm - 6.30pm	GRIT***
	10.30am - 11.30am	Body Pump***
SUN	8.00am - 8.30am	GRIT***
	1.15pm - 1.45pm	GRIT***
	4.15pm - 4.45pm	GRIT***



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PLC 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.

Monday

12.15pm - 1.00pm

6.30pm - 7.30pm*

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

6.00pm - 7.00pm*

7.30pm - 8.15pm

*Instructor led classes
ADV = Advanced

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

www.celticleisure.org