

# Group Exercise Classes

## Aberavon Leisure & Fitness Centre



**08000 43 43 43**  
[www.celticleisure.org](http://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
	12.15pm - 1.00pm	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 - 11.30am	Chair Yoga	Charlotte Swann
	12.00pm - 1.00pm	Aqua*	Joanna Potts
	5.30pm - 6.15pm	Indoor Cycling**	Chris Pugh
	5.45pm - 6.15pm	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
	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
	9.15am - 10.15am	Yoga*	Charlotte Swann
FRI	10.30am - 11.30am	Chair Yoga*	Charlotte Swann
	12.00pm - 1.00pm	Pilates*	Joanna Potts
	1.00pm - 1.45pm	Fit For Life*	Joanna Potts
	5.30pm - 6.30pm	Zumba*	Emma Payne
	9.00am - 10.00am	Boot Camp**	James Bailey
SAT	10.30am - 11.30am	Body Pump**	Gareth Vernau
	11.45am - 12.45pm	Body Combat**	Gareth Vernau
	10.30am - 11.30am	Circuits**	Luke/Cassie/.Steve
SUN	6.00pm - 7.00pm	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.  
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# Group Exercise Classes

## Pontardawe Leisure Centre



08000 43 43 43  
www.celticleisure.org



LESMILLS  
BODYPUMP



MON	9.00am - 9.45am	Group Fight <sup>^**</sup>	Melissa Burns
	10.00am - 11.00am	Body Pump <sup>^**</sup>	Stacey Kane
	12.00pm - 1.00pm	Yoga <sup>*</sup>	Janet Anthony
	5.45pm - 6.45pm	Yoga <sup>*</sup>	Janet Anthony
	6.00pm - 7.00pm	Body Pump <sup>**</sup>	Stacey Kane
	6.15pm - 7.00pm	Fun to Fitness <sup>**</sup>	Melissa Burns
	6.30pm - 7.30pm	Indoor Cycling <sup>**</sup>	Abi Hopkin
	7.00pm - 8.00pm	Yoga <sup>*</sup>	Janet Anthony
TUE	7.15pm - 8.00pm	FitSteps <sup>*</sup>	Rachel Brew
	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
	6.10pm - 7.10pm	Body Pump <sup>**</sup>	Rhian Lewis
WED	7.00pm - 8.00pm	Super Circuits <sup>**</sup>	Stacey Kane
	9.00am - 9.45am	Fit for Life <sup>*</sup>	Daniel Thomas
	10.00am - 11.00am	Group Fight <sup>^**</sup>	Melissa Burns
	12.00pm - 12.45pm	Pilates Stage 1 <sup>*</sup>	Melissa Burns
	5.45pm - 6.45pm	Pilates <sup>*</sup>	Diane Ryan
	6.00pm - 7.00pm	Adv Indoor Cycling <sup>**</sup>	Gemma Lewis
THU	7.00pm - 8.00pm	Group Fight <sup>**</sup>	Cath Begley
	9.00am - 9.45am	Fit For Life <sup>*</sup>	Adele Williams
	10.00am - 11.00am	Body Pump <sup>**</sup>	Melissa Burns
	10.30am - 11.30am	Yoga <sup>*</sup>	Janet Anthony
	5.40pm - 6.40pm	Yoga <sup>*</sup>	Charlotte Swann
	5.45pm - 6.45pm	Group Fight <sup>**</sup>	Melissa Burns
	6.00pm - 6.45pm	Indoor Cycling <sup>**</sup>	Gemma Lewis
	6.50pm - 7.50pm	Yoga <sup>*</sup>	Charlotte Swann
FRI	7.00pm - 8.00pm	Body Pump <sup>**</sup>	Claire Gibbons
	7.00pm - 8.00pm	Circuits <sup>**</sup>	Gemma Lewis
	9.00am - 9.45am	Indoor Cycling <sup>**</sup>	Stacey Kane
	10.00am - 10.45am	Zumba <sup>*</sup>	Anne Lewis
SAT	5.30pm - 6.30pm	Yoga <sup>**</sup>	Amanda Ellis
	6.00pm - 7.00pm	Group Fight <sup>**</sup>	Gemma Lewis
SUN	9.30am - 10.15am	Indoor Cycling <sup>**</sup>	Stacey Kane
	10.30am - 11.30am	Body Pump <sup>**</sup>	Rhian Lewis
	4.30pm - 5.30pm	Group Fight <sup>**</sup>	Sophie Bradshaw
	5.30pm - 6.30pm	Cardio Circuits <sup>**</sup>	Stacey Kane

## Pontardawe Swimming Pool

MON	12.00pm - 1.00pm	Aqua <sup>*</sup>	Adele Williams
WED	12.00pm - 1.00pm	Aqua <sup>*</sup>	Adele Williams
FRI	12.15pm - 1.15pm	Aqua <sup>*</sup>	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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www.celticleisure.org

**LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**BODYPUMP**

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

## Vale of Neath Leisure Centre

MON	1.30pm - 2.30pm	Aqua*	Adele Williams
	7.30pm - 8.30pm	Yoga*	Amanda Ellis
TUE	6.00pm - 7.00pm	Zumba*	Amy Winters
WED	12.00pm - 12.50pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Fit Camp <sup>**</sup>	Cameron Jones
THU	6.00pm - 6.45pm	Indoor Cycling <sup>***</sup>	Morgan Pemberton
SAT	10.30am - 11.30am	Zumba*	Amy Winters
SUN	4.00pm - 5.00pm	Aqua Gold*	Caryl Griffiths



## Neath Leisure Centre

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

### Class Level Guide

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\*\* Impact can be adapted as desired

\*\*\* Suitable for higher fitness levels

^ Crèche facilities available – please contact reception for further details

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# ALF Virtual Timetable



08000 43 43 43  
www.celticleisure.org

<b>MON</b>	6.45am - 7.45am	<b>THU</b>	8.30am - 9.15am	
	8.30am - 9.30am		12.15pm - 1.15pm	
	10.00am - 11.00am		1.30pm - 2.30pm	
	12.15pm - 1.15pm		4.15pm - 5.15pm	
	1.30pm - 2.30pm		5.30pm - 6.30pm	
	7.30pm - 8.30pm		7.30pm - 8.15pm	
<b>TUE</b>	8.30am - 9.30am	<b>FRI</b>	8.30am - 9.30am	
	10.00am - 11.00am		10.00am - 11.00am	
	12.15pm - 1.15pm		12.15pm - 1.15pm	
	1.30pm - 2.30pm		1.30pm - 2.30pm	
	4.15pm - 5.15pm		4.15pm - 5.15pm	
	5.30pm - 6.30pm		5.30pm - 6.30pm	
<b>WED</b>	6.45am - 7.45am	<b>SAT</b>	8.15am - 9.15am	
	8.30am - 9.30am		1.30pm - 2.30pm	
	10.00am - 11.00am		4.15pm - 5.15pm	
	12.15pm - 1.15pm		5.30pm - 6.30pm	
	2.30pm - 3.30pm		<b>SUN</b>	8.15am - 9.15am
	7.30pm - 8.30pm			10.30am - 11.30am
6.45pm - 7.45pm	11.30am - 12.30pm	3.45pm - 4.45pm		
		6.45pm - 7.45pm		



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



#### Class Level Guide

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# PLC MyRide Timetable



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.

## Monday

12.15pm - 1.00pm

**6.30pm - 7.30pm\***

## 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

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