

Group Exercise Classes

Aberavon Leisure & Fitness Centre

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
	8.15pm - 9.15pm	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 - 1.15pm	Pilates*	Joanna Potts
	5.30pm - 6.15pm	Body Pump**	Claire Gibbons
	6.30pm - 7.15pm	Body Combat**	Claire Gibbons
	7.30pm - 8.15pm	Indoor Cycling**	Cassie James
7.30pm - 8.30pm	Body Balance*	Michelle Jones	
WED	9.15am - 10.15am	Yoga*	Charlotte Swann
	9.30am - 10.30am	Body Conditioning**	Adele Williams
	10.30am - 11.15am	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
8.15pm - 9.15pm	Dance Fit**	Emma Payne	
THU	6.15am - 7.15am	Boot Camp**	David Dyer
	9.15am - 10.15am	Body Pump**	Stacey Kane
	10.15am - 11.00am	Body Combat***	Stacey Kane
	5.30pm - 6.30pm	Body Pump**	Jemma Locke
	6.30pm - 7.15pm	Indoor Cycling**	Cassie James
	7.30pm - 8.30pm	Body Balance*	Michelle Jones
FRI	9.15am - 10.15am	Yoga*	Charlotte Swann
	10.30am - 11.15am	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
SAT	9.00am - 10.00am	Boot Camp**	James Bailey
	9.30am - 10.30am	Body Combat***	Helen Siddons
	10.30am - 11.30am	Body Pump**	Sadie Cox
SUN	10.30am - 11.30am	Circuits**	Luke / Steve
	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.
Class cancellations are posted on our Facebook & Twitter pages.

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Group Exercise Classes

Pontardawe Leisure Centre

MON	9.00am - 9.45am	Group Fight ^{^**}	Melissa Burns
	10.00am - 11.00am	Body Pump ^{^**}	Stacey Kane
	10.30am - 12.00pm	Yoga [*]	Janet Anthony
	5.45pm - 6.45pm	Yoga [*]	Paula Beeforth
	6.00pm - 7.00pm	Body Pump ^{**}	Keira Kane
	6.00pm - 7.00pm	Legs, Bums & Tums ^{**}	Melissa Burns
	7.00pm - 8.00pm	Indoor Cycling ^{**}	Abi Hopkin
	7.00pm - 8.00pm	Yoga [*]	Paula Beeforth
TUE	7.15pm - 8.15pm	Strictly Dance [*]	Rachel Brew
	9.00am - 9.45am	Fit For Life [*]	Melissa Burns
	10.00am - 11.00am	Tone Up Tuesday ^{**}	Melissa Burns
	11.00am - 12.00pm	Pilates [*]	Cheryl Rees
	5.00pm - 5.45pm	Indoor Cycling ^{***}	Stacey Kane
	6.00pm - 7.00pm	Body Pump ^{**}	Stacey Kane
	7.00pm - 8.00pm	Circuits ^{**}	Arron Loveday
WED	9.00am - 9.45am	Fit for Life [*]	Daniel Thomas
	10.00am - 10.45am	Group Fight ^{^**}	Melissa Burns
	11.00am - 11.45am	Pilates Stage 1 [*]	Melissa Burns
	5.45pm - 6.45pm	Pilates [*]	Diane Ryan
	7.00pm - 8.00pm	Group Fight ^{**}	Gemma Lewis
THU	9.00am - 9.45am	Fit For Life [*]	Adele Williams
	10.00am - 11.00am	Fat Burn Thursday ^{**}	Melissa Burns
	10.30am - 12.00pm	Yoga [*]	Janet Anthony
	5.40pm - 6.40pm	Yoga [*]	Amanda Ellis
	5.45pm - 6.45pm	Group Fight ^{**}	Stacey Kane
	6.00pm - 6.45pm	Indoor Cycling ^{**}	Gemma Lewis
	6.50pm - 7.50pm	Yoga [*]	Amanda Ellis
	7.00pm - 7.45pm	Circuits ^{**}	Stacey Kane
FRI	7.00pm - 8.00pm	Zumba ^{**}	Gemma Lewis
	9.00am - 9.45am	Indoor Cycling ^{**}	Adele Williams
	9.00am - 9.45am	F-ABS Friday	Melissa Burns
	10.00am - 10.45am	Pilates Stage 1 [*]	Melissa Burns
	10.00am - 11.00am	Zumba [*]	Anne Lewis
SUN	5.30pm - 6.30pm	Yoga ^{**}	Amanda Ellis
	10.30am - 11.30am	Body Pump ^{**}	Rhian Lewis
	4.30pm - 5.30pm	Group Fight ^{**}	Sophie Bradshaw



Pontardawe Swimming Pool

MON	12.00pm - 1.00pm	Aqua [*]	Adele Williams
WED	12.00pm - 1.00pm	Aqua [*]	Adele Williams
FRI	12.15pm - 1.15pm	Aqua [*]	Adele Williams

Class Level Guide

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^ Crèche facilities available – please contact reception for further details

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Group Exercise Classes

Neath Sports Centre

MON	9.15am - 10.15am	Fit for Life*	Daniel / Luke
	10.30am - 11.30am	Body Pump ^{^**}	Daniel Thomas
	10.45am - 11.45am	Gentle Years Chair Yoga*	Geraldine Lewis
	12.00pm - 1.00pm	Pilates*	Diane Ryan
	5.30pm - 6.15pm	Body Combat ^{^**}	Joanna Potts
	6.30pm - 7.30pm	Body Pump ^{^**}	Daniel / Luke
TUE	10.00am - 11.00am	Kettle Bells ^{^**}	Joanna Potts
	5.30pm - 6.00pm	Abs*	Daniel / Luke
	6.15pm - 7.15pm	Super Circuits ^{***}	Daniel / Luke
	6.00pm - 7.00pm	Yoga*	Paula Beeforth
	7.15pm - 8.15pm	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 ^{**}	Luke / Daniel
	6.00pm - 7.00pm	Yoga*	Paula Beeforth
	7.15pm - 8.15pm	Yoga*	Geraldine Lewis
FRI	9:00am - 10:00am	Fit for Life*	Joanna Potts
	10.15am - 11.15am	Legs, Bums & Tums ^{^**}	Joanna Potts
	11.00am - 12.00pm	Gentle Years Chair Yoga*	Geraldine Lewis
	5.30pm - 6.30pm	Fight Club ^{**}	Joanna Potts
SAT	9.00am - 10.00am	Body Pump ^{**}	Daniel / Luke
	10.15am - 10.45am	HIIT ^{***}	Daniel / Luke
SUN	9.30am - 10.30am	Sunday Circuits ^{**}	Daniel Thomas
	10.45am - 11.15am	Abs*	Daniel Thomas
	5.00pm - 6.00pm	Yoga*	Paula Beeforth
	6.15pm - 7.15pm	Yoga*	Paula Beeforth

Vale of Neath Leisure Centre

MON	1.30pm - 2.30pm	Aqua*	Adele Williams
	6.00pm - 6.45pm	Cardio Conditioning ^{***}	Morgan Pemberton
	7.15pm - 8.15pm	Yoga*	Amanda Ellis
TUE	6.00pm - 7.00pm	Zumba*	Amy Winters
WED	12.00pm - 1.00pm	Aqua*	Rhian Lewis
	6.00pm - 7.00pm	Fit Camp ^{**}	Cameron Jones
THU	6.00pm - 6.45pm	Indoor Cycling ^{***}	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

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LES MILLS

Virtual Timetable

Studio

MON	6.30am - 7.30am	Body Combat***
	3.00pm - 4.00pm	Body Pump**
TUE	6.30am - 7.30am	Body Attack**
	2.00pm - 2.30pm	GRIT***
WED	6.30am - 7.30am	Body Pump**
	3.00pm - 4.00pm	Body Combat***
THU	6.30am - 7.30am	Body Attack**
	4.00pm - 5.00pm	Body Attack**
	6.45pm - 7.30pm	Body Combat***
FRI	6.30am - 7.30am	Body Pump**
	3.00pm - 4.00pm	Body Combat***
	7.30pm - 8.30pm	Body Attack**
SAT	1.30pm - 2.00pm	GRIT***
	3.00pm - 4.00pm	Body Attack**
	5.00pm - 6.00pm	Body Pump**
SUN	8.30am - 9.30am	Body Attack**
	1.00pm - 2.00pm	Body Pump**
	2.30pm - 3.30pm	Body Combat***
	4.30pm - 5.30pm	Body Attack**

Cycling Studio

MON	6.45am - 7.45am	myride**
	8.30am - 9.15am	RPM**
	10.00am - 11.00am	myride**
	12.15pm - 1.15pm	myride**
TUE	1.30pm - 2.30pm	myride**
	7.30pm - 8.15pm	The TRIP**
	8.30am - 9.30am	myride**
	10.00am - 10.30am	SPRINT***
	12.15pm - 1.15pm	myride**
	1.30pm - 2.30pm	myride**
	4.15pm - 5.15pm	myride**
5.30pm - 6.30pm	The TRIP**	
WED	6.45am - 7.45am	The TRIP**
	8.30am - 9.30am	myride**
	10.00am - 11.00am	myride**
	12.15pm - 1.00pm	RPM**
	2.30pm - 3.30pm	myride**
	7.30pm - 8.30pm	myride**
	8.30am - 9.30am	The TRIP**
THU	10.00am - 11.00am	myride**
	12.15pm - 1.15pm	myride**
	1.30pm - 2.30pm	myride**
	4.15pm - 4.45pm	SPRINT***
	5.30pm - 6.15pm	myride**
	7.30pm - 8.30pm	RPM**
	6.45am - 7.45am	myride**
FRI	8.30am - 9.30am	myride**
	10.00am - 11.00am	RPM**
	12.15pm - 1.15pm	myride**
	1.30pm - 2.00pm	SPRINT***
	4.15pm - 5.15pm	myride**
	5.30pm - 6.30pm	The TRIP**
	7.30pm - 8.30pm	myride**
SAT	8.15am - 9.15am	myride**
	10.30am - 11.30am	RPM**
	1.30pm - 2.30pm	myride**
	3.00pm - 4.00pm	The TRIP**
	4.15pm - 5.15pm	myride**
SUN	5.30pm - 6.30pm	myride**
	8.15am - 8.45am	SPRINT***
	10.30am - 11.30am	myride**
	11.30am - 12.30pm	The TRIP**
	1.30pm - 2.30pm	myride**
	3.45pm - 4.45pm	myride**
6.45pm - 7.45pm	RPM**	



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PLC MyRide Timetable



Monday
12.15pm - 1.00pm
4.30pm - 5.15pm
7.00pm - 8.00pm*

Tuesday
8.30am - 9.15am
11.15am - 12.00pm
5.00pm - 5.45pm*
7.15pm - 8.00pm

Wednesday
8.30am - 9.15am
1.30pm - 2.15pm
6.00pm - 7.00pm

Thursday
8.15am - 9.00am
6.00pm - 7.00pm*
7.30pm - 8.15pm

Friday
9.00am - 9.45am*
4.15pm - 5.00pm
7.00pm - 7.45pm

Saturday
9.30am - 10.15am
5.30pm - 6.15pm

Sunday
9.30am - 10.15am
6.00pm - 6.45pm

*Instructor led classes

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

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.



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