GROUP EXERCISE CLASSES

at Aberavon Leisure & Fitness Centre

Monday

10.15 - 11.00	Sculpt**
12.00 - 13.00	Aqua*
17.30 - 18.15	Indoor Cycling**
17.45 - 18.15	Abs*
18.30 - 19.30	Circuits**
18.30 - 20.00	Yoga*
20.15 - 21.15	Zumba**

Tuesday

06.15 - 07.00	Indoor Cycling**
10.00 - 11.00	Body Pump**
11.30 - 12.15	Fit For Life*
12.15 - 13.15	Pilates*
17.30 - 18.15	Body Pump**
18.30 - 19.15	Body Combat**
19.30 - 20.15	Indoor Cycling**
19.30 - 20.30	Body Balance*

Wednesday

09.15 - 10.15	Yoga*
10.30 - 11.15	Chair Yoga*
12.00 - 13.00	Aqua*
17.30 - 18.15	Indoor Cycling**
17.45 - 18.15	Abs*
18.30 - 19.30	Circuits**
18.30 - 20.00	Yoga*
20.15 - 21.15	Dance Fit**

Thursday

06.15 - 07.15	Boot Camp**
09.15 - 10.15	Body Pump**
17.30 - 18.30	Body Pump**
18.30 - 19.15	Indoor Cycling**
19.30 - 20.30	Body Balance*

Friday

09.15 - 10.15	Yoga*
10.30 - 11.15	Chair Yoga*
12.00 - 13.00	Pilates*
13.00 - 13.45	Fit For Life*
17.30 - 18.30	Zumba*

Saturday

09.00 - 10.00	Boot Camp**
10.30 - 11.30	Body Pump**

Sunday

09.30 - 10.30	Circuits**
18.00 - 19.00	Aqua*

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.

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GROUP EXERCISE CLASSES

at Pontardawe Leisure Centre

Monday

09.00 - 09.45	Group Fight^**
10.00 - 11.00	Body Pump^**
10.45 - 12.00	Yoga*
18.00 - 19.00	Legs, Bums & Tums**
19.00 - 20.00	Indoor Cycling**
18.45 - 20.00	Yoga*

Tuesday

09.00 - 09.45	Fit For Life*
10.00 - 11.00	Tone Up Tuesday**
11.00 - 12.00	Pilates*
17.00 - 17.45	Indoor Cycling***
18.00 - 19.00	Body Pump**
19.00 - 19.45	Bootcamp**

Wednesday

09.00 - 09.45	Fit for Life*
10.00 - 10.45	Group Fight^**
11.00 - 11.45	Pilates Stage 1*
17.30 - 18.30	Pilates*
18.30 - 19.30	Group Fight**

Thursday

09.00 - 09.45	Fit For Life*
10.00 - 11.00	Fat Burn Thursday**
10.45 - 12.00	Yoga*
18.00 - 19.15	Yoga*
17.45 - 18.45	Group Fight**
18.00 - 18.45	Indoor Cycling**
19.00 - 19.45	Circuits**
19.00 - 20.00	Zumba**

Friday

09.00 - 10.00	F-ABS Friday
10.00 - 10.45	Pilates Stage 1*
10.00 - 11.00	Zumba*
17.30 - 18.30	Yoga**

Sunday

10.30 - 11.30	Body Pump**
16.30 - 17.30	Group Fight**

Class Level Guide

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at Pontardawe Swimming Pool

Monday

12.00 - 13.00 Aqua*

Wednesday

12.00 - 13.00 Aqua*

Friday

12.15 - 13.15 Aqua*

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GROUP EXERCISE CLASSES

at Neath Leisure Centre

Monday

06.45 - 07.45	Breakfast Yoga
10.00 - 11.00	Fitness Infusion**
12.00 - 13.00	Pilates*
18.00 - 19.00	Zumba*
19.15 - 20.15	Indoor Cycling**

Tuesday

07.30 - 08.30	Indoor Cyclilng**
09.00 - 10.00	Yoga*
12.00 - 13.00	Aqua*
17.30 - 18.15	Body Balance*
18.30 - 19.30	Body Pump**
18.30 - 19.30	Yoga*

Wednesday

09.00 - 09.45	Indoor Cycling**
13.00 - 14.00	Zumba*
17.30 - 18.30	Cardio Core
18.45 - 19.30	Indoor Cycling**

Thursday

07.30 - 08.30	20Cycle/20HIIT/20Pilates*
12.00 - 12.45	Salsasize*
12.00 - 13.00	Aqua*
12.45 - 13.45	Pilates*
17.30 - 18.15	Body Balance*
18.30 - 19.30	Body Pump**
18.30 - 19.30	Yoga*

Friday

11.00 - 12.00	Aqua*
13.45 - 14.45	Beginners Keep Fit*
18.00 - 19.00	Body Combat***

Saturday

08.30 - 09.30	Yoga*
12.00 - 13.00	Body Pump**

Sunday

10.15 - 11.15	Aqua*
17.30 - 18.30	Yoga*

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GROUP EXERCISE CLASSES

at Neath Sports Centre

Monday

09.15 - 10.15 Fit for Life*
10.30 - 11.30 Body Pump^**
10.45 - 11.45 Chair Yoga*
17.30 - 18.15 Body Combat^**
18.30 - 19.30 Body Pump^**

Tuesday

10.00 - 11.00 Kettle Bells^**
17.30 - 18.00 Abs*
18.15 - 19.15 Super Circuits***

Wednesday

10.00 - 11:00 Body Combat^**
17.30 - 18.15 Legs, Bums & Tums^**
18.30 - 19.30 Body Pump^**

Thursday

10.00 - 11.00 Circuits^**
18.00 - 19.00 Circuits**

Friday

09:00 - 10:00 Fit for Life*
10.15 - 11.15 Legs, Bums & Tums^**
11.00 - 12.00 Chair Yoga*
17.30 - 18.30 Boxercise**

Saturday

09.30 - 10.30 Body Pump**

Sunday

09.30 - 10.30 Kettlebells**

Class Level Guide

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GROUP EXERCISE CLASSES

at Vale of Neath Leisure Centre

Monday

13.30 - 14.30 Aqua*
18.00 - 18.45 Cardio Conditioning***
19.00 - 20.00 Yoga*

Tuesday

07.15 - 08.15 Rock Box Circuits**
18.00 - 19.00 Zumba*

Wednesday

18.00 - 19.00 Fit Camp**

Thursday

12.00 - 13.00 Aqua*
18.00 - 18.45 Indoor Cycling***

Saturday

10.30 - 11.30 Zumba*

Sunday

16.00 - 17.00 Aqua Gold*

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VIRTUAL STUDIO CLASSES

at Aberavon Leisure & Fitness Centre

Monday

06.30 - 07.30 Body Combat***
15.00 - 16.00 Body Pump**

Tuesday

06.30 - 07.30 Body Attack**
14.00 - 14.30 GRIT***

Wednesday

06.30 - 07.30 Body Pump**
15.00 - 16.00 Body Combat***

Thursday

06.30 - 07.30 Body Attack**
10.15 - 11.15 Body Combat***
16.00 - 17.00 Body Attack**
18.45 - 19.30 Body Combat***

Friday

06.30 - 07.30 Body Pump**
15.00 - 16.00 Body Combat***
19.30 - 20.30 Body Attack**

Saturday

09.15 - 10.15 Body Combat***
13.30 - 14.00 GRIT***
15.00 - 16.00 Body Attack**
17.00 - 18.00 Body Pump**

Sunday

08.30 - 09.30 Body Attack**
13.00 - 14.00 Body Pump**
14.30 - 15.30 Body Combat***
16.30 - 17.30 Body Attack**

Class Level Guide

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VIRTUAL CYCLING CLASSES

at Aberavon Leisure & Fitness Centre

Monday

06.45 - 07.45	myride**
08.30 - 09.15	RPM**
10.00 - 11.00	myride**
12.15 - 13.15	myride**
13.30 - 14.30	myride**
19.30 - 20.15	The TRIP**

Tuesday

08.30 - 09.30	myride**
10.00 - 10.30	SPRINT***
12.15 - 13.15	myride**
13.30 - 14.30	myride**
16.15 - 17.15	myride**
17.30 - 18.30	The TRIP**

Wednesday

06.45 - 07.45	The TRIP**
08.30 - 09.30	myride**
10.00 - 11.00	myride**
12.15 - 13.00	RPM**
14.30 - 15.30	myride**
19.30 - 20.30	myride**

Thursday

08.30 - 09.30	The TRIP**
10.00 - 11.00	myride**
12.15 - 13.15	myride**
13.30 - 14.30	myride**
16.15 - 16.45	SPRINT***
17.30 - 18.15	myride**
19.30 - 20.30	RPM**

Friday

06.45 - 07.45	myride**
08.30 - 09.30	myride**
10.00 - 11.00	RPM**
12.15 - 13.15	myride**
13.30 - 14.00	SPRINT***
16.15 - 17.15	myride**
17.30 - 18.30	The TRIP**
19.30 - 20.30	myride**

Saturday

08.15 - 09.15	myride**
10.30 - 11.30	RPM**
13.30 - 14.30	myride**
15.00 - 16.00	The TRIP**
16.15 - 17.15	myride**
17.30 - 18.30	myride**

Sunday

08.15 - 08.45	SPRINT***
10.30 - 11.30	myride**
11.30 - 12.30	The TRIP**
13.30 - 14.30	myride**
15.45 - 16.45	myride**
18.45 - 19.45	RPM**

Class Level Guide

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CYCLING STUDIO CLASSES

at Pontardawe Leisure Centre

Monday

12.15 - 13.00 myride
16.30 - 17.15 myride
19.00 - 20.00 Indoor Cycling**

Tuesday

08.30 - 09.15 myride
11.15 - 12.00 myride
17.00 - 17.45 Indoor Cycling**
19.15 - 20.00 myride

Wednesday

08.30 - 09.15 myride
13.30 - 14.15 myride
18.00 - 19.00 myride

Thursday

08.15 - 09.00 myride
18.00 - 19.00 Indoor Cycling**
19.30 - 20.15 myride

Friday

16.15 - 17.00 myride
19.00 - 19.45 myride

Saturday

09.30 - 10.15 myride
17.30 - 18.15 myride

Sunday

09.30 - 10.15 myride
18.00 - 18.45 myride

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VIRTUAL CLASSES
at Neath Leisure Centre

Monday

06.30 - 07.15 RPM***
09.00 - 09.45 RPM***
16.30 - 17.00 GRIT Cardio***

Tuesday

06.30 - 07.00 SPRINT***
10.30 - 11.30 Body Combat***

Wednesday

06.30 - 07.15 The TRIP**
14.00 - 15.00 Body Balance*

Friday

09.45 - 10.45 Body Pump**
10.00 - 10.45 Sh'Bam**
12.15 - 13.00 Body Balance*

Saturday

09.45 - 10.30 Sh'Bam**
11.00 - 11.45 CORE**
16.00 - 16.30 SPRINT***
16.30 - 17.00 GRIT Athletic***

Sunday

09.30 - 10.30 Body Combat***
10.30 - 11.30 Body Pump**
12.00 - 12.45 CORE**
16.00 - 16.30 GRIT Strength***
16.30 - 17.00 RPM***

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