



# Gwybodaeth Dosbarth Ffitrwydd

## Fitness Class Information



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**Bookings office 01352 702436**

# Fitness Class Information

## Fitness Class Age Information

The Fitness Management Team recommend that classes are suitable from the age of 16 above but classes without weighted equipment can be suitable from the age of 13. The management team would recommend that you personally speak with the individual class instructors to confirm that ages 13-15 are suitable to attend.

## Fitness Class Prices

We offer an excellent range of membership options to suit your needs from Fitness Class only memberships to Premier which includes Fitness Classes, Gym, Swimming and much more. Check out the LEISURE SERVICES PRICE LIST for up to date details of all our Membership options.

## Class Cancellations/Changes

Classes may have to be cancelled due to reasons beyond our control. We will endeavour to contact customers who are booked into classes to notify them of cancellations wherever possible. This programme is produced periodically and may be subject to change, we would therefore recommend that you check with the centre you are attending when making bookings for any changes to the timetable.

## Booking Instructions For Classes

It is recommended that you book before attending classes. To do this, follow the instructions below:

### Online Bookings

Visit online leisure bookings at [www.flintshire.gov.uk/leisure](http://www.flintshire.gov.uk/leisure). You will be asked for your member ID and personal PIN number. If you haven't already got these, follow these instructions:

Email [leisure.bookings@flintshire.gov.uk](mailto:leisure.bookings@flintshire.gov.uk) or telephone 01352 702430 or 01352 702437 (Monday to Friday 9.00am to 5.00pm) providing us with your actif Card number and a valid email address. The actif card numbers begin with FLS and is located underneath the barcode. Unfortunately we are unable to provide your member ID and personal PIN number without your actif card number and a valid email address

### Telephone Bookings

Contact the following fitness suites direct:

Deeside Leisure Centre 01352 704240

Jade Jones Pavilion Flint 01352 704308

Mold Leisure Centre 01352 704333

Buckley Leisure Centre 01352 704290

Holywell Leisure Centre 01352 704478

# Fitness Class Information

## High / Low Energy Classes

These classes will consist of high and low impact and intensity cardiovascular fitness exercises that are guaranteed to work up a sweat and burn calories. Most of these classes will incorporate an element of body conditioning and will be delivered in different formats such as Circuit Training, GymFit and Boxfit. Equipment may also be used in classes such as Rebounder and Step. Classes that sit under this category are ...

- Hi or Low Impact Aerobics
- Step Aerobics
- Rebounder
- Circuit Training
- Boxfit
- Metabolic Fitness / Metafit HITT
- Cardio Mix / 20 20 20
- Cardio Combat
- GymFit
- Zumba I Clubbersice

## Water Classes

Water based classes that will involve exercising in one of our indoor swimming pools, ranging from traditional swimming to dance based sessions. Classes that sit under this category are ...

- Aqua Jog
- Aqua Fit
- Swimba
- Master Swimming
- Triathlon Swim

## Body Conditioning Classes

Body conditioning classes that will help improve your strength, endurance and balance as well as toning and sculpting the body using a variety of equipment. There will be elements of cardiovascular fitness in some sessions. Classes that sit under this category are ...

- Kettlebells / kettlecise
- Pump
- Total Tone
- Functional / 20 20 20
- Suspension Training
- AB's/Core
- Easyline
- Bums & Tums

## Holistic Classes

Classes that aim to stimulate and revitalise your mind and body, build flexibility, core strength, balance, improve posture and body shape. Low intensity work outs that would suit most people which give great results. Classes that sit in this category include ...

- Yoga
- Pilates
- Back Care
- Tai Chi Movements for Well Being

## Studio Cycling Classes

Studio Cycling is a form of exercise focusing on endurance, strength, intervals, high intensity and recovery, which involve using a special stationary exercise bike.

## Outdoor Training Classes

A variety of fitness based sessions taking you out of a stuffy gym environment and utilising the outdoor space. Training in the fresh air will give you a feeling of revitalisation and improved sense of wellbeing. Classes that sit under this category are ...

- Health Walks
- Nordic Walking - poles provided
- Jogging Club
- Pram Walks

## Specialist Classes

Specialist classes are those which are designed to support clients with special medical conditions/needs or those people who are new to exercise and feel they would need to begin at a very low and supported level.

Classes that sit under this category are ...

- Heartbeat (Cardiac referrals)
- Wellbeing Circuits (GP referrals)
- Toning Suite Circuits - usage of Toning Beds

♥ Please note some of these classes are suitable for very low and supported level customers so look out for the heart symbol. Bydd rhai o'r dosbarthiadau yn addas i gwsmeriaid heb fawr o allu corfforol a chwsmeriaid a gynorthwyr Jelly cadwch lygad am symbol y galon.