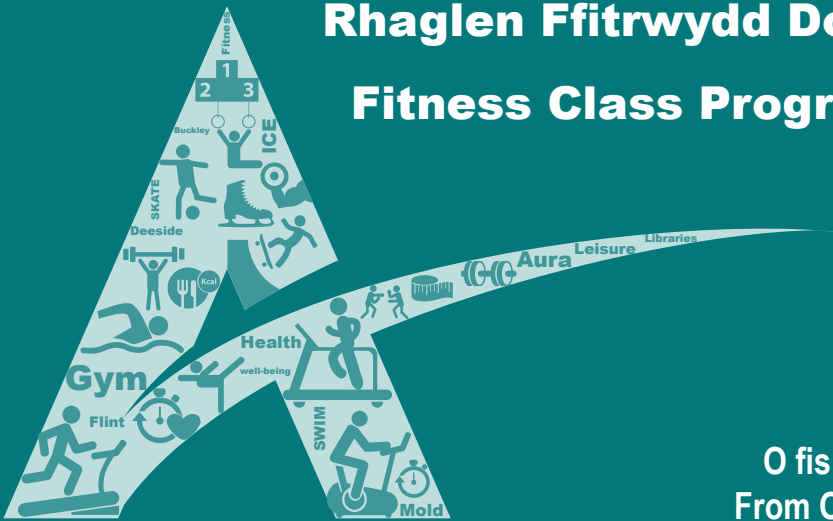


Rhaglen Ffitrwydd Dosbarth Fitness Class Programmes



O fis Hydref 2018
From October 2018

Correct at time of printing, classes are subject to change and review.
Cywir ar adeg argraffu, mae dosbarthiadau yn destun newid ac adolygu.

- Classes suitable for beginners or anyone new to exercise.
Gwyrdd - dosbarthiadau addas i ddechreuwr neu i unrhyw un nad yw wedi cymryd rhan mewn ymarfer corff o'r blaen.
- Classes are suitable for an intermediate level of fitness and ability.
Oren - dosbarthiadau addas i'r rhai sydd a gallu a ffitrwydd canolog.
- Classes will be at an advanced skill and fitness level.
Coch - dosbarthiadau i'r rhai sydd a gallu corfforol a ffitrwydd uwch.
- ♥ 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 telly cadwch lygad am symbol y galon.

** Seasonal Classes - please check with centre



*** Subject to change in school holidays



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Deeside - Fitness Class Programmes

Glannau Dyfrdwy - Rhaglen Ffitrwydd Dosbarth

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
09.30-10.30	Burn/Firm/Cardio conditioning	Pen OI Gardam Cyflwr Cardio	● ● ●
10.00-10.45	Studio Cycling	Beicio Dan Do	● ●
12.15-13.00	Fitness Pilates	Pilates Ffitrwydd	● ●
13.30-14.30	Tai Chi Movements (TMW)***	Symudiadau Tai Chi (TMW)***	♥ ●
17.30-18.15	Rebounder	Rebounder	● ●
17.45-18.15	Abs	Cyhyrau Stumog	● ● ●
18.30-19.30	Circuits	Ymarfer Cylchol	● ● ●
18.30-19.30	Coached Weight Lifting Session	Sesiwn Codi Pwysau Hyfforddi	● ●
18.30-19.15	Studio Cycling	Beicio Dan Do	● ●
19.30-20.30	Studio Cycling	Beicio Dan Do	● ●
19.30-20.00	Express Bells	Express Bells	● ● ●
20.00-20.30	Body Blast	Blast Corff	● ● ●
Tuesday/Dydd Mawrth			
06.30-07.30	Super Circuits	Ymarfer Cylchol Super	● ● ●
09.30-10.15	Bums & Tums	Hyfforddiant tynhau cyhrau	● ● ●
10.30-11.30	Heartbeat	Curriad Calon	♥ ●
10.40-12.00	Yoga***	Ioga***	●
13.00-14.00	Pilates	Pilates	● ●
18.00-19.00	Studio Cycling	Beicio Dan Do	● ●
18.00-18.30	HIIT	HIIT	● ●
18.30-19.00	Stretch and Core	Stretch a Craidd	● ●
19.00-20.00	Pilates	Pilates	●
19.00-20.00	Studio Cycling	Beicio Dan Do	● ● ●
20.00-20.45	Rebounder - Total Tone	Rebounder - Tynhau'r Corff Cyfan	● ●
Wednesday/Dydd Mercher			
07.00-08.00	Studio Cycling, Total Tone	Beicio Dan Do, Tynhau'r Coff Cyfan	● ● ●
09.30-10.15	Rebounder	Rebounder	●
10.30-11.15	Studio Cycling	Beicio Dan Do	● ● ●
13.30-14.30	Wellbeing Circuit	Ymarferion Ies Cylchol	♥ ●
17.30-18.15	Rebounder	Rebounder	● ● ●
17.45-18.15	Abs	Cyhyrau Stumog	● ● ●
18.30-19.15	Couch to 5k	Couch i 5k	● ●
18.30-19.30	Step Aerobics	Aerobeg Camu	● ●
18.30-19.30	Circuits	Ymarfer Cylchol	● ● ●
18.30-19.15	Studio Cycling	Beicio Dan Do	●
19.30-20.15	Studio Cycling	Beicio Dan Do	● ●
19.30-20.30	Zumba	Zumba	● ● ●

Time/Amser	Classes	Dosbarth	Level/Lefel
Thursday/Dydd Iau			
06.30-07.30	Lift and Burn	Lift a Llosgi	● ● ●
09.30-10.30	Rebounder - Total Tone	Rebounder - Tynhau'r Corff Cyfan	● ●
12.30-13.00	Omnia Circuit	Ymarfer Cylchol Omnia	● ● ●
18.00-18.45	Studio Cycling	Beicio Dan Do	● ● ●
18.00-18.40	Metafit	Ffitrwydd Metabolig	● ● ●
18.40-19.20	Express Bells	Express Bells	● ● ●
19.00-19.45	Studio Cycling	Beicio Dan Do	● ● ●
18.30-19.30	Yoga***	loga***	●
19.45-20.45	Yoga***	loga***	●
19.30-20.00	Stretch and Tone	Stretch and Tone	● ●
Friday/Dydd Gwener			
07.00-07.45	Studio Cycling	Beicio Dan Do	● ● ●
09.30-10.30	Total Tone	Tynhau'r Corff Cyfan	● ● ●
10.30-11.30	Studio Cycling	Beicio Dan Do	● ● ●
11.00-12.00	Pilates	Pilates	♥ ● ●
17.15-18.00	Bums & Tums	Hyfforddiant tynhau cyhrau	● ● ●
18.00-18.45	Pump	Pump	● ● ●
18.00-18.45	Studio Cycling	Beicio Dan Do	● ●
Saturday/Dydd Sadwrn			
08.00-09.00	Jogging Club	Clwb Ioncian	● ● ●
09.15-10.15	Kettlebells	Pwysau Tegell	● ● ●
09.30-10.15	Studio Cycling	Beicio Dan Do	● ● ●
10.30-11.15	Booty Camp	Gwersyll Booty	● ●
10.30-11.30	Studio Cycling	Beicio Dan Do	● ● ●
Sunday/Dydd Sul			
10.00-11.00	Studio Cycling	Beicio Dan Do	● ● ●

Jade Jones Pavilion Flint - **Fitness Class Programmes** Pafliwn Jade Jones y Fflint - **Rhaglen Ffitrwydd Dosbarth**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
09.30-10.15	Studio Cycling	Beicio Dan Do	●
9.30-10.15	Boxfit Beginner	Dechreuwr Blychau	● ●
10.30-11.30	Total Tone	Tynhau'r Coff Cyfan	● ●
17.15-18.00	Metafit HIIT	Ffitrwydd Metabolig	● ● ●
18.15-19.00	Studio Cycling	Beicio Dan Do	●

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
19.15-20.15	Circuits (High School)	Ymarfer Cylchol	● ●
19.00-20.00	Total Tone	Tynhau'r Coff Cyfan	● ● ●
19.30-20.15	Zumba	Zumba	● ● ●
Tuesday/Dydd Mawrth			
09.30-10.30	Kettlecise	Kettlecise	● ● ●
18.00-18.45	Studio Cycling	Beicio Dan Do	● ● ●
18.00-19.00	Kettlebells	Pwysau Tegell	● ●
19.00-19.45	Studio Cycling	Beicio Dan Do	● ● ●
19.00-19.45	Mobility & Stretch	Symudedd a Stretch	● ●
20.00-20.45	Aqua Fit	Ffitrwydd Dwr	● ●
Wednesday/Dydd Mercher			
09.15-09.45	Abs	Boliau	● ● ●
10.00-10.30	Kettlecise	Kettlecise	● ● ●
10.00-11.30	Yoga	loga	●
18.00-19.00	Zumba	Zumba	● ● ●
19.15-20.00	Studio Cycling	Beicio Dan Do	● ●
20.00-21.00	Kettlecise	Kettlecise	● ● ●
Thursday/Dydd Iau			
09.30-10.30	Pilates	Pilates	♥ ● ●
09.30-10.15	Studio Cycling & Abs	Beicio Dan Do A Boliau	● ●
10.45-11.45	Wellbeing Circuit	Ymarferion Lies Cylchol	♥ ●
15.30-18.00	Express Bells	Express Bells	● ● ●
18.00-19.00	Studio Cycling	Beicio Dan Do	●
18.00-19.00	CardioKick Condition	Cyflyru Cicardio	● ●
19.15-20.15	Suspension Training	Crograffau	● ● ●
20.00-21.30	Yoga	loga	● ●
Friday/Dydd Gwener			
09.30-10.15	Kettlecise	Kettlecise	● ● ●
10.15-11.15	Tai Chi Movements (TMW)***	Symudiadau Tai Chi (TMW)***	♥ ●
11.30-12.30	Back Care***	Gofal Cefn***	♥ ●
16.00-16.30	Junior Class	Dosbarth Iau	● ●
17.15-18.00	Metafit HIIT	Ffitrwydd Metabolig	● ● ●
18.00-18.30	Kettlecise	Kettlecise	● ● ●
Saturday/Dydd Sadwrn			
10.00-11.00	Kettlebells	Pwysau Tegell	● ● ●
08.00-08.45	Cycle and Go	Beicio ac Ewch	● ● ●
Sunday/Dydd Sul			
10.00-11.00	Studio Cycling	Beicio Dan Do	● ● ●
11.00-12.00	Running Club	Rhedeg Clwb	● ● ●

Mold Leisure Centre - **Fitness Class Programmes**

Canolfan Hamdden Yr Wyddgrug - **Rhaglen Ffitrwydd Dosbarth**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
08.00-08.45	Studio Cycling	Beicio Dan Do	●
09.00-09.30	Abs and stretch	Cyhyrau Stumog ac Ymestyn	● ● ●
09.30-10.30	Circuits	Ymarfer Cylchol	● ●
11.00-12.00	Wellbeing Circuit	Ymarferion Lies Cylchol	♥ ●
16.00-17.00	Teen Fitness	Ffitrwydd Teen	● ● ●
17.15-18.00	Wellbeing Studio Cycling	Ymarferion Beicio Dan Do	♥ ●
18.15-19.00	Studio Cycling	Beicio Dan Do	●
19.00-20.00	Wellbeing Circuit	Ymarferion Lies Cylchol	♥ ●
20.00-21.00	Circuits	Ymarfer Cylchol	● ● ●
21.00-22.00	Master Swim	Dosbarth Nofio Meistr	● ● ●
Tuesday/Dydd Mawrth			
09.30-10.30	Pilates***	Pilates***	♥ ● ●
09.30-10.30	Nordic Walking	Cerddeg Nordig	♥ ●
10.30-11.30	Studio Cycling, Total Tone	Beicio Dan Do, Tynhau'r Coff Cyfan	● ● ●
18.00-18.45	Studio Cycling	Beicio Dan Do	●
18.30-19.15	Metafit HIIT	Ffitrwydd Metabolig	● ● ●
19.15-20.00	Body Conditioning	Corff cyflyru	● ● ●
21.00-22.00	Adult Stroke Technique	Techneg Strôc Oedolion	● ● ●
Wednesday/Dydd Mercher			
09.30-10.30	Zumba	Zumba	● ●
10.30-11.30	Kettlebells***	Pwysau Tegell***	● ● ●
11.45-12.30	Tai Chi Movements (TMW)***	Symudiadau Tai Chi (TMW)***	♥ ●
13.45-14.45	Heartbeat	Curriad Calon	♥ ●
17.30-18.15	Kettlebells	Pwysau Tegell	● ● ●
18.00-19.00	Studio Cycling	Beicio Dan Do	●
18.30-19.30	Pilates	Pilates	♥ ● ●
19.15-20.00	Abs and stretch	Cyhyrau Stumog ac Ymestyn	● ● ●
19.30-20.30	Circuits	Ymarfer Cylchol	● ● ●
19.30-21.00	Yoga***	Ioga***	♥ ●
Thursday/Dydd Iau			
09.15-10.15	Suspension Training***	Crograffau***	● ● ●
10.30-12.00	Yoga***	Ioga***	♥ ●
18.00-19.00	Booty Camp	Gwersyll Booty	● ● ●
19.00-20.00	Circuits	Ymarfer Cylchol	● ● ●
19.15-20.00	Studio Cycling	Beicio Dan Do	●
21.00-22.00	Master Swim	Dosbarth Nofio Meistr	● ● ●

Time/Amser	Classes	Dosbarth	Level/Lefel
Friday/Dydd Gwener			
08.00-08.45	Studio Cycling	Beicio Dan Do	●
09.00-09.30	Abs and stretch	Cyhyrau Stumog ac Ymestyn	● ● ●
09.30-10.30	Studio Cycling, Total Tone	Beicio Dan Do, Tynhau'r Coff Cyfan	● ● ●
11.15-12.15	Wellbeing Circuit	Ymarferion Lies Cylchol	♥ ●
18.00-19.00	Studio Cycling	Beicio Dan Do	●
Saturday/Dydd Sadwrn			
11.00-12.00	Circuits	Ymarfer Cylchol	● ● ●
17.00-18.00	Master Swim	Dosbarth Nofio Meistr	● ● ●
Sunday/Dydd Sul			
09.30-10.15	Studio Cycling	Beicio Dan Do	●
Fitness Course (Mondays and Fridays)/Cwrs Ffitrwydd (Dydd Llun a Dydd Gwener)			
6 Weeks	Buggy Fitness	Ffitrwydd Hefo Buggy	
Contact Number	Mold Leisure Centre	01352 704333	

Buckley Leisure Centre - **Fitness Class Programmes** Canolfan Hamdden Bwcle - **Rhaglen Ffitrwydd Dosbarth**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
11.00-12.00	Aqua Fit	Ffitrwydd Dwr	● ● ●
Tuesday/Dydd Mawrth			
18.30-19.30	Total Tone	Tynhau'r Corff Cyfan	● ● ●
19.45-20.30	Metafit HIIT	Ffitrwydd Metabolig	● ●
Wednesday/Dydd Mercher			
09.00-10.00	Easyline Circuit	Ymarfer Cychol Easyline	♥ ● ● ●
10.15-11.15	Easyline Circuit	Ymarfer Cychol Easyline	♥ ● ● ●
18.30-19.15	Metafit HIIT	Ffitrwydd Metabolig	● ●
19.30-20.30	Booty camp	Gwersyll Booty	● ● ● ●
20.00-20.45	Aqua Fit	Ffitrwydd Dwr	● ● ● ●
Thursday/Dydd Iau			
18.00-19.00	Zumba	Zumba	● ● ●
19.00-20.00	Pilates	Pilates	♥ ● ● ●
Friday/Dydd Gwener			
09.15-10.45	Yoga	Ioga	♥ ●
11.00-12.00	Aqua Fit	Ffitrwydd Dwr	● ● ● ●

Contact the Fitness Suites direct

Buckley Leisure Centre
Mill Lane, Buckley, Flintshire,
CH7 3HQ
01352 704290

Deeside Leisure Centre
Chester Road West, Queensferry,
Deeside, Flintshire, CH5 1SA
01352 704240

Jade Jones Pavilion Flint
Earl Street, Flint, Flintshire,
CH6 5ER
01352 704308

Mold Leisure Centre
Wrexham Road, Mold, Flintshire,
CH7 1HT
01352 704333