

# Rhaglen Ffitrwydd Dosbarth Fitness Class Programmes



O fis Ionawr 2019  
From January 2019

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

**30 Minute Classes are £3.50 (non member £4.50).**  
**Mae 30 o Ddosbarthiadau Cofnodion yn £ 3.50 (heb fod yn aelod o £ 4.50).**

- 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
<b>Monday/Dydd Llun</b>			
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	● ● ●
<b>Tuesday/Dydd Mawrth</b>			
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	● ●
<b>Wednesday/Dydd Mercher</b>			
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
<b>Monday/Dydd Llun</b>			
07.15-08.00	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	♥ ●
17.15-18.00	Wellbeing Studio Cycling	Ymarferion Beicio Dan Do	♥ ●
18.00-19.00	Boxing and Abs	Bocsio ac Abs	● ● ● ●
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	● ● ● ●
<b>Tuesday/Dydd Mawrth</b>			
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	● ● ● ●
17.30-18.30	Back Care	Gofal Cefn	♥ ●
18.00-18.45	Studio Cycling	Beicio Dan Do	●
18.30-19.15	Metafit HIIT	Ffitrwydd Metabolig	● ● ●
19.00-19.45	Body Conditioning	Corff cyflyru	● ● ●
21.00-22.00	Adult Stroke Technique	Techneg Strôc Oedolion	● ● ● ●
<b>Wednesday/Dydd Mercher</b>			
09.30-10.30	Zumba	Zumba	● ● ●
10.30-11.15	Body Toning	Toning Corff	● ● ● ●
11.30-12.30	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***	loga***	♥ ●
<b>Thursday/Dydd Iau</b>			
09.15-10.00	Functional Fitness	Ffitrwydd Swyddogaethol	● ● ●
10.30-12.00	Yoga***	loga***	♥ ●
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			
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	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	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