

Rhaglenni Dosbarthiadau Ffitrwydd Fitness Class Programmes



O fis Chwefror 2020
From February 2020

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 dosbarthiadau 30 munud o hyd yn £3.50 (i rai nad ydynt yn aelodau £4.50).


- Classes suitable for beginners or anyone new to exercise.
Gwyrdd - dosbarthiadau addas i ddechreuwy'r neu i unrhyw un sydd heb 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 felly cadwch lygad am symbol y galon.

** Seasonal Classes - please check with centre

** Dosbarthiadau Tymhorol - gwiriwch gyda'r Ganolfan

*** Subject to change in school holidays

*** Gall newid yn ystod gwyliau'r ysgol

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Deeside - Fitness Class Programmes

Glannau Dyfrdwy - Rhaglen Dosbarthiadau Ffitrwydd

| | Time/Amser | Classes | Dosbarth | Level/Lefel |
|--------------|---------------|----------------------------|----------------------------------|-------------------------------------|
| Mon / Lluon | 09.30-10.30 | Total Tone | Tynhau'r Corff Cyfan | ● ● ● |
| | 10.00-10.45 | Studio Cycling | Beicio Dan Do | ● ● |
| | 11.00-12.00 | Wellbeing Circuit | Ymarferion Lles Cylchol | ♥ ● |
| | 12.15-13.15 | Fitness Pilates | Pilates Ffitrwydd | ● ● |
| | 13.30-14.30 | Tai Chi Movements (TMW)*** | Symudiadau Tai Chi (TMW)*** | ♥ ● |
| | 17.30-18.15 | Rebounder | Rebounder | ● ● |
| | 17.15-17.45 | Teen Ab Attack | Ab Attack yr ardegau | ● |
| | 17.45-18.15 | Abs | Cyhyrau Stumog | ● ● ● |
| | 18.30-19.30 | Circuits | Ymarfer Cylchol | ● ● ● |
| | 18.30-19.15 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 19.30-20.30 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 19.30-20.30 | Couch to 5k | Soffa i 5k | ● ● |
| Tue / Mawrth | 06.30-07.30 | Super Circuits | Ymarfer Cylchol Pellach | ● ● ● |
| | 09.30-10.15 | Bums & Tums | Dosbarth Tynhau Penolau a Boliau | ● ● ● |
| | 10.30-11.30 | Heartbeat | Dosbarth Heartbeat | ♥ ● |
| | 10.40-12.00 | Yoga*** | Ioga*** | ● |
| | 11.15-12.15 | Wellbeing Back Class | Gofal Cefn ar gyfer Lles | ♥ ● |
| | 13.00-14.00 | Pilates | Pilates | ● ● |
| | 18.00-19.00 | Studio Cycling | Beicio Dan Do | ● ● |
| | 18.00-18.45 | Kettlercise | Kettlercise | ● ● ● |
| | 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 | ● ● |
| | Wed / Mercher | 07.00-08.00 | Studio Cycling, Total Tone | Beicio Dan Do, Tynhau'r Corff Cyfan |
| 09.30-10.15 | | Rebounder | Rebounder | ● |
| 10.30-11.15 | | Studio Cycling | Beicio Dan Do | ● ● ● |
| 13.30-14.30 | | Wellbeing Circuit | Ymarferion Lles Cylchol | ♥ ● |
| 14.30-15.15 | | Tai Chi Movements (TMW)*** | Symudiadau Tai Chi (TMW)*** | ♥ ● |
| 17.00-17.30 | | Teen Boxercise | Bocsiomarfer yr ardegau | ● |
| 17.30-18.15 | | Rebounder | Rebounder | ● ● ● |
| 17.45-18.15 | | Abs | Cyhyrau Stumog | ● ● ● |
| 18.30-19.15 | | Beginner Run Club | Clwb Rhedeg i Ddechreuwyr | ● ● |
| 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 |
|---------------|-------------|--------------------------|----------------------------------|-------------|
| Thur / Iau | 06.30-07.30 | Lift and Burn | Codi a Llosgi | ● ● ● |
| | 09.30-10.30 | Rebounder - Total Tone | Rebounder - Tynhau'r Corff Cyfan | ● ● |
| | 10.00-11.00 | Wellbeing Walk | Taith Gerdded Lles | ♥ ● |
| | 11.30-12.30 | Wellbeing Studio Cycling | Beicio Stwdio Lles | ♥ ● |
| | 18.00-18.45 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 18.00-18.40 | Metafit | Ffitrwydd Metabolig | ● ● ● |
| | 18.40-19.20 | Express Bells | Pwysau Cyflym | ● ● ● |
| | 19.00-19.45 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 18.30-19.30 | Yoga*** | Ioga*** | ● |
| | 19.45-20.45 | Yoga*** | Ioga*** | ● |
| | 19.20-20.00 | Rebounder and Tone | Rebounder a Thynhau | ● ● |
| Fri / Gwener | 07.00-07.45 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 9.30-10.30 | Wellbeing Circuit | Dosbarth Cylched Lles | ♥ ● |
| | 09.30-10.30 | Total Tone | Tynhau'r Corff Cyfan | ● ● ● |
| | 10.30-11.30 | Wellbeing Circuit | Dosbarth Cylched Lles | ♥ ● |
| | 10.30-11.30 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 11.00-12.00 | Pilates | Pilates | ♥ ● ● |
| | 17.15-18.00 | Bums & Tums | Dosbarth Tynhau Penolau a Boliau | ● ● ● |
| | 18.15-19.00 | Pump | Pump | ● ● ● |
| Sat / Sadawrn | 18.00-18.45 | Studio Cycling | Beicio Dan Do | ● ● |
| | 09.30-10.15 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 10.30-11.15 | Booty Camp | Perffeithio'r Pen-ôl | ● ● |
| Sun / Sul | 10.00-11.00 | Studio Cycling | Beicio Dan Do | ● ● |

| Jade Jones Pavilion Flint - Fitness Class Programmes | | | | |
|--|-------------|----------------------------|---|-------------|
| Pafiliwn Jade Jones y Fflint - Rhaglen Dosbarthiadau Ffitrwydd | | | | |
| | Time/Amser | Classes | Dosbarth | Level/Lefel |
| Mon / Llun | 09.30-10.15 | Studio Cycling | Beicio Dan Do | ● |
| | 9.30-10.15 | Box n burn | Box n burn | ● ● ● |
| | 10.30-11.30 | Circuits | Ymarfer Cylchol | ● ● ● |
| | 11.30-12.30 | Tai Chi Movements (TMW)*** | Symudiadau Tai Chi (TMW)*** | ♥ ● |
| | 18.15-19.00 | Studio Cycling | Beicio Dan Do | ● |
| | 19.15-20.15 | Circuits (High School) | Dosbarth Ymarfer Cylchol (Ysgol Uwchradd) | ● ● |
| | 19.00-20.00 | Total Tone | Tynhau'r Corff Cyfan | ● ● ● |
| | 19.30-20.15 | Zumba | Zumba | ● ● ● |
| | 20.00-21.00 | Yogalates | Yogalates | ● |

| | Time/Amser | Classes | Dosbarth | Level/Lefel |
|---------------|-------------|-------------------------------|---|-------------|
| Tue / Mawrth | 09.30-10.30 | Kettlecise | Kettlecise | ● ● ● |
| | 10.45-11.45 | Beginner Circuits | Ymarfer Cylchol Dechreuwy'r | ● |
| | 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 | ● ● ● |
| Wed / Mercher | 09.15-10.00 | Aqua Fit | Ffitrwydd Dŵr | ● ● ● |
| | 09.30-10.00 | Express Bells | Pwysau Cyflym | ● ● ● |
| | 10.00-10.30 | Abs | Cyhyrau'r Stumog | ● ● ● |
| | 10.00-11.30 | Yoga | Ioga | ● |
| | 11.30-12.30 | Wellbeing Walk and Talk | Cerdded a Sgwrs Lles | ♥ ● |
| | 18.00-19.00 | Zumba | Zumba | ● ● ● |
| | 18.30-19.30 | Family Circuits (High School) | Dosbarth Ymarfer Cylchol (Ysgol Uwchradd) | ● ● ● |
| | 19.15-20.00 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 20.00-21.00 | Kettlecise | Kettlecise | ● ● ● |
| Thur / Iau | 09.30-10.30 | Pilates | Pilates | ♥ ● ● |
| | 09.30-10.30 | Studio Cycling & Abs | Beicio Dan Do a Chyhyrau'r Stumog | ● ● ● |
| | 10.45-11.45 | Wellbeing Circuit | Ymarferion Lles Cylchol | ♥ ● |
| | 17.30-18.00 | Express Bells | Pwysau Cyflym | ● ● ● |
| | 18.00-19.00 | Studio Cycling | Beicio Dan Do | ● ● ● |
| | 18.00-19.00 | Box n burn | Box n burn | ● ● ● |
| | 19.15-20.15 | Suspension Training | Crograffau | ● ● ● |
| | 20.00-21.00 | Yoga | Ioga | ● ● ● |
| | 20.00-21.30 | Yoga | Ioga | ● ● ● |
| Fri / Gwener | 09.30-10.30 | Wellbeing Circuit | Dosbarth Cylched Lles | ♥ ● |
| | 09.30-10.30 | Kettlecise | Kettlecise | ● ● ● |
| | 11.00-11.45 | Wellbeing Studio Cycling | Beicio Stiwdio Lles | ♥ ● |
| | 11.30-12.30 | Back Care*** | Gofal Cefn*** | ♥ ● |
| | 16.00-16.30 | Junior Class | Dosbarth Iau | ● ● ● |
| | 17.15-17.45 | Express Metafit HIIT | Ffitrwydd Metabolig Cyflym | ● ● ● |
| | 17.45-18.15 | Express Bells | Pwysau Cyflym | ● ● ● |
| | 18.15-18.45 | Express Abs | Cyhyrau'r Stumog Cyflym | ● ● ● |
| Sat / Sadwrn | 08.00-08.45 | Cycle and Go | Beicio ac Ewch | ● ● ● |
| | 10.00-11.00 | Kettlebells | Pwysau Tegell | ● ● ● |
| Sun / Sul | 10.00-11.00 | Studio Cycling | Beicio Dan Do | ● ● ● |

Contact the Fitness Suites direct / Cysylltwch â'r Ystafelloedd Ffitrwydd yn uniongyrchol

Buckley Leisure Centre
Canolfan Hamdden Bwcle
CH7 3HQ
01352 704290

Deeside Leisure Centre
Canolfan Hamdden Glannau Dyfrdwy
CH5 1SA
01352 704240

Jade Jones Pavilion Flint
Pafiliwn Jade Jones y Fflint
CH6 5ER
01352 704308

Mold Leisure Centre
Canolfan Hamdden Yr Wyddgrug
CH7 1HT
01352 704333

Mold Leisure Centre - **Fitness Class Programmes**

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

| | Time/Amser | Classes | Dosbarth | Level/Lefel |
|----------------------|-------------|----------------------------|-------------------------------------|-------------|
| Mon / Lluon | 09.00-09.30 | Abs and stretch | Cyhyrau'r Stumog ac Ymestyn | ● ● ● |
| | 09.30-10.30 | Circuits | Ymarfer Cylchol | ● ● ● |
| | 17.15-18.00 | Wellbeing Studio Cycling | Ymarferion Beicio Dan Do | ♥ ● |
| | 17.30-18.00 | Body Tone | Tôn y Corff | ♥ ● |
| | 18.00-19.00 | Boxing and Abs | Bocsio a Chyhyrau'r Stumog | ● ● ● |
| | 18.15-19.00 | Studio Cycling | Beicio Dan Do | ● |
| | 19.00-20.00 | Wellbeing Circuit | Ymarferion Lles Cylchol | ♥ ● |
| | 20.00-21.00 | Circuits | Ymarfer Cylchol | ● ● ● |
| | 21.00-22.00 | Master Swim | Dosbarth Nofio Meistr | ● ● ● |
| Tue / Mawrth | 09.30-10.30 | Pilates*** | Pilates*** | ♥ ● ● |
| | 10.30-11.30 | Studio Cycling, Total Tone | Beicio Dan Do, Tynhau'r Corff Cyfan | ● ● ● |
| | 12.00-13.00 | Wellbeing Workout | Sesiwn Ymarfer Lles | ♥ ● |
| | 16.00-16.45 | Teen HIIT | Ffitrwydd yr ardegau | ● ● ● |
| | 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 | Cyflymu'r Corff | ● ● ● |
| | 21.00-22.00 | Adult Stroke Technique | Dosbarth Nofio i Oedolion | ● ● ● |
| Wed / Mercher | 09.00-09.30 | Abs and stretch | Cyhyrau'r Stumog ac Ymestyn | ● ● ● |
| | 09.30-10.30 | Zumba | Zumba | ● ● |
| | 10.30-11.15 | Body Toning | Tynhau'r Corff | ● ● ● |
| | 11.30-12.30 | Tai Chi Movements (TMW)*** | Symudiadau Tai Chi (TMW)*** | ♥ ● |
| | 12.45-13.45 | Heartbeat | Dosbarth Heartbeat | ♥ ● |
| | 17.30-18.15 | Kettlebells | Pwysau Tegell | ● ● ● |
| | 18.00-19.00 | Studio Cycling | Beicio Dan Do | ● |
| | 18.30-19.30 | Pilates | Pilates | ♥ ● ● |
| | 19.00-19.45 | Studio Cycling | Beicio Dan Do | ● ● ● |
| 19.30-20.30 | Circuits | Ymarfer Cylchol | ● ● ● | |
| 19.30-21.00 | Yoga*** | Ioga*** | ♥ ● | |
| Thur / Iau | 09.15-10.00 | Functional Fitness | Ffitrwydd Swyddogaethol | ● ● ● |
| | 10.30-12.00 | Yoga*** | Ioga*** | ♥ ● |
| | 17.30-18.00 | Abs and stretch | Cyhyrau'r Stumog ac Ymestyn | ● ● ● |
| | 18.00-18.45 | Zumba | Zumba | ● ● ● |
| | 18.00-19.00 | Body Blast | Dosbarth Body Blast | ● ● ● |
| | 19.00-19.45 | Fitness Pilates | Ffitrwydd Pilates | ● ● ● |
| | 19.00-20.00 | Circuits | Ymarfer Cylchol | ● ● ● |
| | 20.00-20.45 | Studio Cycling | Beicio Dan Do | ● |
| | 21.00-22.00 | Master Swim | Dosbarth Nofio Meistr | ● ● ● |

| | Time/Amser | Classes | Dosbarth | Level/Lefel |
|--------------|-------------|----------------------------|-------------------------------------|-------------|
| Fri / Gwener | 09.00-09.30 | Abs and stretch | Cyhyrau'r Stumog ac Ymestyn | ● ● ● |
| | 09.30-10.30 | Studio Cycling, Total Tone | Beicio Dan Do, Tynhau'r Corff Cyfan | ● ● ● |
| | 11.15-12.15 | Wellbeing Circuit | Ymarferion Lles Cylchol | ♥ ● |
| | 16.00-16.30 | Teen BoxFit | Boxfit yr arddegau | ● ● ● |
| | 18.00-19.00 | Studio Cycling | Beicio Dan Do | ● |
| Sat / Sadwrn | 08.15-09.15 | Run Club | Clwb Rhedeg | ● ● ● |
| | 09.30-10.30 | Studio Cycling | Beicio Dan Do | ● |
| | 10.30-11.15 | Studio Cycling | Beicio Dan Do | ● |
| | 11.00-12.00 | Circuits | Ymarfer Cylchol | ● ● ● |
| | 17.00-18.00 | Master Swim | Dosbarth Nofio Meistr | ● ● ● |
| Sun / Sul | 09.30-10.15 | Studio Cycling | Beicio Dan Do | ● |

Buckley Leisure Centre - Fitness Class Programmes

Canolfan Hamdden Bwcle - Rhaglen Dosbarthiadau Ffitrwydd

| | Time/Amser | Classes | Dosbarth | Level/Lefel |
|---------------|-------------|--------------------------|-----------------------------|-------------|
| Mon / Llun | 11.00-12.00 | Aqua Fit | Ffitrwydd Dŵr | ● ● ● |
| Tue / Mawrth | 10.00-11.00 | Sweaty Mamas Class | Dosbarth Sweaty Mama | ● ● ● |
| | 11.00-12.00 | Move it or Lose it Class | Dosbarth Move it or Lose it | ● ● ● |
| | 18.30-19.30 | Total Tone | Tynhau'r Corff Cyfan | ● ● ● |
| Wed / Mercher | 09.00-10.00 | Easyline Circuit | Ymarfer Cylchol Easyline | ♥ ● ● |
| | 10.15-11.15 | Easyline Circuit | Ymarfer Cylchol Easyline | ♥ ● ● |
| | 20.00-20.45 | Aqua Fit | Ffitrwydd Dŵr | ● ● ● |
| Thur / Iau | 18.00-19.00 | Zumba | Zumba | ● ● ● |
| | 19.00-20.00 | Pilates | Pilates | ♥ ● ● |
| Fri / Gwener | 09.15-10.45 | Yoga | Ioga | ♥ ● |
| | 09.15-10.00 | Aqua Fit | Ffitrwydd Dŵr | ● ● ● |

| | Time/Amser | Classes | Dosbarth | Level/Lefel |
|---------------|---------------|--|--|--|
| Mon / Llun | 10.00-11.00am | Aura Buggy Fitness (6 Weeks), Mold Leisure Centre - 01352 704330 | Ffitrwydd 'Bygi' Aura (6 Wythnosau), Canolfan Hamdden yr Wyddgrug - 01352 704330 | ♥ ● |
| Wed / Mercher | 10.00-11.00am | Aura Buggy Fitness (6 Weeks), Deeside Leisure Centre - 01352 704240 | Ffitrwydd 'Bygi' Aura (6 Wythnosau), Canolfan Hamdden Glannau Dyfrdwy - 01352 704240 | (these classes are not included in the membership) (nid yw'r dosbarthiadau hyn wedi'u cynnwys yn yr aelodaeth). |
| Fri / Gwener | 10.00-11.00am | Aura Buggy Fitness (6 Weeks), Mold Leisure Centre - 01352 704330 | Ffitrwydd 'Bygi' Aura (6 Wythnosau), Canolfan Hamdden yr Wyddgrug - 01352 704330 | |

Attend up to a maximum of 12 sessions per 6 week block, booking is essential. £30 for 6 weeks. /
Cewch fynychu hyd at uchafswm o 12 sesiwn fesul bloc 6 wythnos, Mae'n rhaid archebu lle. £30 am 6 wythnos