

Classes and Activities

All the following classes are FREE and are bookable 7 days in advance to Leisure for Life members.

MONDAY

- 06:30 - 07:15 ● Synrgy
- 06:30 - 09:00 ● Lane Swimming
- 09:30 - 10:15 ● Legs Bums & Tums
- 12:00 - 12:45 ● Spin & Swing
- 13:00 - 14:00 ● Public Swimming
- 16:00 - 16:30 ● Disability Swimming Lessons
- 16:30 - 17:00 ● Disability Swimming Lessons
- 16:00 - 18:00 ● Public Swimming
- 18:00 - 18:45 ● Spinning
- 18:00 - 18:45 ● Aerobics
- 18:00 - 19:00 ● Yoga
- 19:00 - 20:00 ● Yoga

TUESDAY

- 09:30 - 10:30 ● Core Stability
- 10:30 - 11:30 ● Yoga
- 10:00 - 11:00 ● Spinfit Low Intensity
- 11:00 - 12:00 ● Functional Fitness Low Impact
- 11:30 - 12:30 ● Relaxation Class
- 12:00 - 12:45 ● Body Blast

- 12:00 - 13:00 ● Baby & Toddler Swimming Lessons
- 13:00 - 14:00 ● Public Swimming
- 16:00 - 19:00 ● Junior Learn to Swim
- 18:00 - 18:45 ● Boxercise
- 18:00 - 18:45 ● Circuits
- 19:00 - 19:45 ● Body Blast
- 19:00 - 19:45 ● Aqua Aerobics
- 20:00 - 21:00 ● Lane Swimming

WEDNESDAY

- 06:30 - 07:00 ● Spinfit
- 06:30 - 09:00 ● Lane Swimming
- 09:30 - 10:15 ● Functional Fitness
- 11:30 - 12:30 ● Yoga
- 12:00 - 12:45 ● Body Blast
- 13:00 - 14:00 ● Public Swimming
- 16:00 - 19:00 ● Junior Learn to Swim
- 17:00 - 17:45 ● Kettlebells
- 18:00 - 18:45 ● Spinning
- 18:00 - 19:00 ● Hot Yoga
- 19:00 - 20:00 ● Hot Yoga

- Fitness Studio
- Fitness Suite
- Exercise Studio
- Activity Studio
- Main Hall
- Main Pool
- Outside

2019 FROM DECEMBER

 Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE ☎ 01443 570022



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THURSDAY

- 09:30 - 10:30 ● Core Stability
10:00 - 11:00 ● Spinfit Low Intensity
10:30 - 11:30 ● Yoga
11:00 - 12:00 ● Functional Fitness Low Impact
12:00 - 12:45 ● Spinfit
13:00 - 16:00 ● Public Swimming
16:00 - 19:00 ● Junior Learn to Swim
17:00 - 17:45 ● Legs Bums & Tums
19:00 - 19:45 ● Spinning
18:00 - 18:45 ● Boxercise
19:00 - 19:45 ● Body Blast
19:00 - 21:00 ● Lane Swimming

FRIDAY

- 06:30 - 07:15 ● Spinning
06:30 - 09:00 ● Lane Swimming
09:30 - 10:15 ● Spinrgy
12:00 - 12:45 ● Synrgy
16:00 - 19:00 ● Public Swimming

SATURDAY

- 09:15 - 10:00 ● Synrgy
09:00 - 12:00 ● Junior Learn to Swim
10:15 - 11:00 ● Spinning
12:00 - 17:00 ● Public Swimming
15:30 - 16:00 ● Adult Learn to Swim Beginners
16:00 - 16:30 ● Adult Learn to Swim Intermediate

SUNDAY

- 09:00 - 12:00 ● Junior Learn to Swim
09:15 - 10:00 ● Spinning
12:00 - 16:00 ● Public Swimming

PLEASE NOTE: Various taster sessions will be offered at different times during the year.

For up-to-date information please follow us on Facebook and/or speak to a member of staff.

This centre also hosts external classes and club activities:

- Shining Stars
- Mountain Ash Karate Club
- Pontypridd Swimming Club
- Dare Valley Vixens
- Taff Ely Triathlon Club
- Welsh Shotokan Academy
- Cwm Gymnastics Club
- Cynon Valley Autistic Club

Due to unforeseen circumstances, occasionally some fitness classes may be cancelled at short notice.



Leisure for Life Membership information can be found by visiting www.rctcbc.gov.uk/leisuremembership, enquiring at reception or via the **Leisure For Life APP**.

ABERCYNON SPORTS CENTRE

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49705-47 November 2019

