Classes and Activities

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

**MONDAY**
- 09:30 - 10:30 Gym Based Circuits
- 15:45 - 18:45 Junior Trampoline Sessions
- 17:15 - 17:45 Urban Rebound
- 18:00 - 18:45 Bodymax
- 18:00 - 20:00 Spinning
- 19:00 - 20:00 Yoga

**TUESDAY**
- 08:30 - 09:30 Low Intensity Circuits
- 09:30 - 10:30 Aerotone
- 18:00 - 19:00 Functional Fitness
- 19:00 - 20:00 Spinning
- 19:00 - 20:00 Legs, Bums & Tums

**WEDNESDAY**
- 08:30 - 09:15 Boxmaster
- 09:30 - 10:30 Low Intensity Circuits
- 17:00 - 18:00 Spinfit
- 17:30 - 18:15 Bodymax
- 18:00 - 19:00 Spinning
- 19:00 - 20:00 Circuits

**THURSDAY**
- 09:30 - 10:30 Fitball
- 18:00 - 19:00 Spinning
- 18:00 - 19:00 Zumba (Starting January)
- 18:15 - 19:00 Gym Based Circuits
- 19:00 - 19:45 Functional Fitness
- 19:00 - 19:45 Zumba Strong
- 19:45 - 20:45 Pilates

**FRIDAY**
- 09:30 - 10:15 Gym Based Circuits
- 10:15 - 11:00 Kettlebox
- 10:15 - 11:15 Pilates
- 11:00 - 12:00 Low Intensity Circuits

**HAWTHORN LEISURE CENTRE**

www.rctcbc.gov.uk/HawthornLeisureCentre

☎ 01443 843406 / 842873

You are welcome to communicate with us in Welsh.

Pre-booking classes is advisable ☎ 01443 843406

Find us on Facebook

From December
Welcome to the Leisure for Life membership, which offers you inclusive access to gym, swimming, classes and indoor sports at ALL Council leisure centres.

You pay one price - with discounts depending on how you choose to pay.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Membership</td>
<td>Available to all. No joining fee.</td>
</tr>
<tr>
<td>Junior &amp; Concessions Membership</td>
<td>Visit any leisure centre as often as you like.</td>
</tr>
<tr>
<td>Corporate Membership</td>
<td>Welcome to the Leisure for Life membership, which offers you inclusive access to gym, swimming, classes and indoor sports at ALL Council leisure centres. You pay one price - with discounts depending on how you choose to pay.</td>
</tr>
</tbody>
</table>

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

This centre also hosts external classes and club activities:
- Tae Kwon Do - Tigers
- Tae Kwon Do
- Karate - Junior
- Karate - Senior
- RugbyTots
- Football Tots
- Top Tots Netball
- Top Tots Balance Bikes
- Young @ Heart
- Social Tea Dance

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.

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**SUNDAY**
- 10:00 - 11:00 Spinning
- 11:00 - 12:00 Virtual Spin* *A non-instructed workout that gives you guidance on effort levels and/or cadence through a virtual cycle ride on a large screen. Virtual spin can also be offered at different times.

**SATURDAY**
- 10:00 - 11:00 Virtual Spin*
- 10:00 - 11:00 Zumba Strong (Starting January)
- 14:00 - 15:00 Badminton

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HAWTHORN LEISURE CENTRE
Fairfield Lane, Rhydyfelin, Pontypridd CF37 5LN 01443 843406 01443 842873

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