

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 - 19:00 ● Kettlebox
- 19:00 - 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
- 18:00 - 19:00 ● Zumba
- 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

- Gym Circuit Room
- UFT Room
- Gym Studio 1
- Aerobiking Studio
- Main Hall
- Function Hall
- Meeting Room
- Fitness Suite

2019 FROM DECEMBER

Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE ☎ 01443 843406



RHONDDA CYNON TAF

SATURDAY

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

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.

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:

- 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

Leisure for Life Membership Card

Join today and start saving!

**Standard
Membership**

**Junior & Concessions
Membership**

**Corporate
Membership**



Available to all. No joining fee.

Visit any leisure centre as often as you like.

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.

JOIN ONLINE NOW!

www.rctcbc.gov.uk/leisuremembership
Or via the **Leisure For Life APP**

**DOWNLOAD
IT NOW!**



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

HAWTHORN LEISURE CENTRE

Fairfield Lane, Rhydyfelin, Pontypridd CF37 5LN ☎ **01443 843406**
01443 842873

49705-47 November 2019

