

## Classes and Activities

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

### MONDAY

- 06:30 - 07:00 ● **Synrgy**
- 07:00 - 20:45 ● **Public Swimming**  
16:30 - 20:45 reduced pool area  
due to club lane hire
- 09:30 - 10:00 ● **Core Stability**
- 10:00 - 11:00 ● **Aqua Aerobics**
- 12:00 - 13:00 ● **Low Intensity Circuits**
- 16:00 - 18:00 ● **Gymnastics**
- 18:00 - 18:45 ● **BodyAttack** (Les Mills)
- 18:00 - 19:00 ● **Circuits**
- 18:00 - 19:00 ● **Spinning**
- 19:00 - 19:30 ● **Kettlebells**
- 19:00 - 20:00 ● **Zumba**
- 19:30 - 20:30 ● **BodyPump** (Les Mills)
- 21:00 - 22:00 ● **Adult Swimming**

### TUESDAY

- 06:15 - 07:00 ● **Spinning**
- 06:30 - 07:00 ● **Boxmaster**
- 06:15 - 18:45 ● **Public Swimming**  
Closed for school swimming between  
09:15 - 11:30 and 12:30 - 15:00  
during term times. Term time only small  
pool closed 17:00 - 18:30
- 10:00 - 12:00 ● **Yoga**
- 11:45 - 12:45 ● **Low Intensity Circuits**

- 16:00 - 18:00 ● **Gymnastics**
- 18:00 - 19:00 ● **Spinning**
- 18:00 - 19:00 ● **Kettlebells**
- 18:00 - 19:00 ● **BodyAttack** (Les Mills)
- 18:00 - 19:00 ● **Zumba**
- 19:00 - 20:00 ● **Circuits**
- 19:00 - 20:00 ● **BodyBalance**
- 19:30 - 21:30 ● **Yoga**
- 21:00 - 22:00 ● **Family Swimming**

### WEDNESDAY

- 06:15 - 07:00 ● **BodyPump** (Les Mills)
- 07:00 - 15:45 ● **Public Swimming**  
Closed for school swimming between  
09:15 - 11:30 and 12:30 - 15:00  
during term times.
- 09:30 - 10:00 ● **Boxmaster**
- 11:30 - 12:30 ● **Aqua Aerobics**
- 12:00 - 13:00 ● **Low Intensity Circuits**
- 15:00 - 18:30 ● **Junior Learn to Swim**
- 16:00 - 18:00 ● **Gymnastics**
- 18:00 - 19:00 ● **Legs, Bums & Tums**
- 18:00 - 19:00 ● **BodyPump** (Les Mills)
- 19:00 - 19:45 ● **Dance Fit**
- 19:15 - 20:15 ● **BodyAttack** (Les Mills)
- 20:00 - 22:00 ● **Public Swimming**

- |              |                |
|--------------|----------------|
| ● Gym        | ● Main Hall    |
| ● Studio     | ● Main Pool    |
| ● Studio/Gym | ● Squash Court |

2019 FROM DECEMBER

 Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE ☎ 01443 434093



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## THURSDAY

- 06:15 - 07:00 ● **Spinning**
- 06:30 - 07:00 ● **Synrgy HIIT**
- 06:15 - 18:45 ● **Public Swimming** Closed for school swimming between **09:15 - 11:30** and **12:30 - 15:00** during term times.
- 10:00 - 11:30 ● **Yoga**
- 10:30 - 11:30 ● **Dance Fit**
- 11:45 - 12:45 ● **Low Intensity Circuits**
- 18:00 - 18:45 ● **Spinning**
- 18:00 - 19:00 ● **Clubbercise**
- 19:00 - 20:00 ● **Circuits**
- 21:00 - 22:00 ● **Public Swimming**

## FRIDAY

- 07:00 - 18:45 ● **Public Swimming** Closed for school swimming between **09:15 - 11:30** and **12:30 - 15:00** during term times.
- 09:30 - 10:00 ● **BodyAttack** (Les Mills)
- 10:00 - 10:30 ● **Core Stability**
- 10:30 - 11:30 ● **BodyBalance** (Les Mills)
- 11:30 - 12:30 ● **Aqua Aerobics**
- 17:00 - 18:00 ● **Junior Football** (Ages 5+)
- 17:30 - 18:15 ● **BodyBalance** (Les Mills)
- 18:30 - 19:00 ● **BodyPump Express** (Les Mills)
- 19:00 - 20:00 ● **Zumba**

**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.

## SATURDAY

- 07:15 - 08:00 ● **Spinning**
- 07:15 - 08:30 ● **Public Swimming**
- 08:15 - 09:15 ● **BodyPump** (Les Mills)
- 08:30 - 11:30 ● **Junior Learn to Swim**
- 09:30 - 10:30 ● **BodyBalance** (Les Mills)
- 11:30 - 12:30 ● **FREE Family Swimming**
- 11:30 - 17:45 ● **Public Swimming**

## SUNDAY

- 07:15 - 17:45 ● **Public Swimming**
- 09:00 - 10:00 ● **Kettlebells**
- 10:00 - 11:00 ● **Spinning**
- 15:00 - 18:00 ● **Survive & Save**
- 16:45 - 17:45 ● **Rookie Lifeguard**

### This centre also hosts external classes and club activities:

- Rhondda Swimming Club
- Shotokan
- Rhondda Valley Runners
- Rhondda Paddlers
- Rhondda Polar Bears
- Sub Aqua
- Judo
- RCT Tigers
- Martial Arts
- Rhondda Squash Club
- RCT Performance Swim Squad
- Top Tots Netball
- Kyokushinki Karate

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](http://www.rctcbc.gov.uk/leisuremembership), enquiring at reception or via the **Leisure For Life APP**.

# RHONDDA SPORTS CENTRE

Gelligaled Park, Ystrad CF41 7SY ☎ **01443 434093**

49705-47 November 2019