



Rhaglen Ffitrwydd Dosbarth Fitness Class Programmes



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Deeside - Fitness Class Programmes

Glannau Dyfrdwy - Rhaglen Ffitrwydd Dosbarth

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
09.30-10.30	■ Burn/Firm/Cardio conditioning	■ Pen Ol Gardarn Cyflwr Cardio	● ● ●
10.00-10.45	■ Studio Cycling	■ Beicio Dan Do	● ●
17.30-18.15	■ Rebounder	■ Rebounder	● ●
17.45-18.15	■ AB's	■ Boliâu	● ● ●
18.30-19.30	■ Step Aerobics	■ Aerobeg Camu	● ●
18.30-19.30	■ Circuits	■ Ymarfer Cylchol	● ● ●
18.30-19.15	■ Studio Cycling	■ Beicio Dan Do	● ●
19.30-20.30	■ Coached Weight Lifting Session	■ Sesiwn Codi Pwysau Hyfforddi	● ●
19.30-20.30	■ Studio Cycling	■ Beicio Dan Do	● ●
19.30-20.30	■ Kettlebells	■ Pwysau Tegell	● ●
Tuesday/Dydd Mawrth			
09.30-10.15	■ Bums & Tums	■ Hyfforddiant tynhau cyhrau	● ● ●
10.30-11.30	■ Heartbeat	■ Curiad Calon	♥ ●
10.30-12.00	■ Yoga***	■ Ioga***	● ●
13.30-14.30	■ Pilates	■ Pilates	● ●
18.00-19.00	■ Studio Cycling	■ Beicio Dan Do	● ●
19.00-20.00	■ Pilates	■ Pilates	●
19.00-20.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●
20.00-21.00	■ Rebounder - Total Tone	■ Rebounder - Tynhau'r Corff Cyfan	● ●
20.00-21.00	■ Studio Cycling**	■ Beicio Dan Do**	● ● ●
Wednesday/Dydd Mercher			
07.00-08.00	■ Studio Cycling, Total Tone	■ Beicio Dan Do, Tynhau'r Coff Cyfan	● ● ●
09.30-10.15	■ Rebounder	■ Rebounder	●
10.30-11.15	■ Studio Cycling	■ Beicio Dan Do	● ● ●
13.30-14.30	■ Tai Chi Movements (TMW)***	■ Symudiadau Tai Chi (TMW)***	♥ ●
13.30-14.30	■ Wellbeing Circuit	■ Ymarferion lies Cylchol	♥ ●
17.30-18.15	■ Rebounder	■ Rebounder	● ● ●
18.30-19.30	■ Step Aerobics	■ Aerobeg Camu	● ●
18.30-19.30	■ Kettlebells	■ Pwysau Tegell	● ●
18.30-19.15	■ Studio Cycling	■ Beicio Dan Do	●
19.30-20.15	■ Studio Cycling	■ Beicio Dan Do	● ●
19.30-20.30	■ Zumba	■ Zumba	● ● ●

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Time/Amser	Classes	Dosbarth	Level/Lefel
Thursday/Dydd Iau			
09.25-09.55	■ Rebounder	■ Rebounder	● ● ●
10.15-11.00	■ Total Tone	■ Tynhau'r Coff Cyfan	● ● ● ●
18.00-18.45	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
18.15-19.00	■ Metafit HIIT	■ Metafit HIIT	● ● ● ●
19.00-19.45	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
19.00-20.30	■ Yoga***	■ Ioga***	● ● ● ●
19.00-20.00	■ Body Conditioning	■ Cyflyru Coff	● ● ● ●
20.00-20.45	■ BoxFit/Ab's	■ BoxFit/Boliau	● ● ● ●
Friday/Dydd Gwener			
07.00-07.45	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
09.30-10.30	■ 20-20-20	■ 20-20-20	● ● ● ●
11.00-12.00	■ Pilates	■ Pilates	♥ ● ● ●
18.00-18.45	■ Pump	■ Pump	● ● ● ●
18.00-18.45	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
Saturday/Dydd Sadwrn			
08.00-09.00	■ Jogging Club	■ Clwb Ioncian	● ● ● ●
09.15-10.15	■ Kettlebells	■ Pwysau Tegell	● ● ● ●
09.30-10.15	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
10.30-11.30	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
Sunday/Dydd Sul			
10.00-11.00	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
11.00-12.00	■ Studio Cycling**	■ Beicio Dan Do**	● ● ● ●

Jade Jones Pavilion Flint - Fitness Class Programmes Pafiliwn Jade Jones y Fflint - Rhaglen Ffitrwydd Dosbarth

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
09.30-10.15	■ Studio Cycling	■ Beicio Dan Do	● ● ● ●
10.30-11.30	■ Total Tone	■ Tynhau'r Coff Cyfan	● ● ● ●
17.15-18.00	■ Met-fit	■ Ffitrwydd Metabolig	● ● ● ●
19.15-20.15	■ Circuits (High School)	■ Ymarfer Cylchol	● ● ● ●
19.00-20.00	■ Total Tone	■ Tynhau'r Coff Cyfan	● ● ● ●
19.15-20.45	■ Yoga	■ Ioga	● ● ● ●
20.00-21.00	■ Kettleercise	■ Kettleercise	● ● ● ●

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Time/Amser	Classes	Dosbarth	Level/Lefel
Tuesday/Dydd Mawrth			
09.30-10.30	■ Kettlecise	■ Kettlecise	● ● ●
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	● ● ●
19.00-19.45	■ Motability & Stretch	■ Symudedd & Ymestyn	● ● ●
20.00-20.45	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ●
Wednesday/Dydd Mercher			
09.15-09.45	■ Ab's	■ Boliâu	● ● ●
10.00-10.30	■ Kettlecise	■ Kettlecise	● ● ●
10.00-11.30	■ Yoga	■ Ioga	● ● ●
18.00-19.00	■ Zumba	■ Zumba	● ● ●
19.15-20.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●
20.00-21.00	■ Kettlecise	■ Kettlecise	● ● ●
Thursday/Dydd Iau			
09.30-10.30	■ Pilates	■ Pilates	♥ ● ● ●
09.30-10.15	■ Studio Cycling & Ab's	■ Beicio Dan Do A Boliâu	● ● ●
10.30-11.15	■ Suspension Training	■ Crograffau	● ● ●
10.45-11.45	■ Wellbeing Circuit	■ Ymarferion Lies Cylchol	♥ ● ● ●
18.00-19.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●
18.00-19.00	■ CardioKick Condition	■ Cyflyru Cicardio	● ● ●
19.15-20.15	■ Suspension Training	■ Crograffau	● ● ●
20.00-21.30	■ Yoga	■ Ioga	● ● ●
Friday/Dydd Gwener			
10.00-11.00	■ Tai Chi Movements (TMW)***	■ Symudiadau Tai Chi (TMW)***	♥ ● ● ●
11.30-12.30	■ Back Care***	■ Gofal Cefn***	♥ ● ● ●
17.15-18.00	■ Met-Fit	■ Ffitrwydd Metabolig	● ● ●
17.15-17.45	■ Ab's	■ Boliâu	● ● ●
18.00-18.30	■ Kettlecise	■ Kettlecise	● ● ●
18.00-18.45	■ Studio Cycling	■ Beicio Dan Do	● ● ●
Saturday/Dydd Sadwrn			
10.00-11.00	■ Kettlebells	■ Pwysau Tegell	● ● ●
11.00-12.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●
Sunday/Dydd Sul			
10.00-11.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●

Mold Leisure Centre - **Fitness Class Programmes**

Canolfan Hamden Yr Wyddgrug - **Rhaglen Ffitrwydd Dosbarth**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
09.30-10.30	■ Circuits	■ Ymarfer Cylchol	● ● ●
11.00-12.00	■ Wellbeing Circuit	■ Ymarferion Lies Cylchol	♥ ● ●
18.00-19.00	■ Rebounder	■ Rebounder	● ● ● ●
20.00-21.00	■ Circuits	■ Ymarfer Cylchol	● ● ●
21.00-22.00	■ Master Swim	■ Dosbarth Nofio Meistr	● ● ● ●
Tuesday/Dydd Mawrth			
09.30-10.30	■ Pilates***	■ Pilates***	♥ ● ● ●
09.30-10.30	■ Nordic Walking	■ Cerddeg Nordig	♥ ● ●
10.30-11.30	■ Total Tone***	■ Tynhau'r Corff Cyfan***	● ● ● ●
18.00-19.15	■ Step Aerobics	■ Aerobeg Camu	● ● ● ●
21.00-22.00	■ Advanced Stroke Technique	■ Techneg Strôc uwch	● ● ● ●
Wednesday/Dydd Mercher			
09.30-10.30	■ Zumba	■ Zumba	● ● ● ●
10.30-11.30	■ Kettlebells***	■ Pwysau Tegell***	● ● ● ●
11.30-12.30	■ Tai Chi Movements (TMW)***	■ Symudiadau Tai Chi (TMW)***	♥ ● ● ●
13.45-14.45	■ Heartbeat	■ Curiad Calon	♥ ● ● ●
17.30-18.30	■ Kettlebells	■ Pwysau Tegell	● ● ● ●
18.30-19.30	■ Pilates	■ Pilates	♥ ● ● ●
19.30-20.30	■ Circuits	■ Ymarfer Cylchol	● ● ● ●
19.30-21.00	■ Yoga***	■ Ioga***	♥ ● ● ●
Thursday/Dydd Iau			
09.15-10.15	■ Suspension Training***	■ Crograffau***	● ● ● ●
10.30-12.00	■ Yoga***	■ Ioga***	♥ ● ● ●
18.00-19.00	■ Cardio Mix	■ Cardio Cymysg	● ● ● ●
19.00-20.00	■ Circuits	■ Ymarfer Cylchol	● ● ● ●
21.00-22.00	■ Master Swim	■ Dosbarth Nofio Meistr	● ● ● ●
Saturday/Dydd Sadwrn			
11.00-12.00	■ Circuits	■ Ymarfer Cylchol	● ● ● ●
16.30-17.30	■ Master Swim	■ Dosbarth Nofio Meistr	● ● ● ●
Fitness Course (Mondays and Fridays)/Cwrs Ffitrwydd (Dydd Llun a Dydd Gwener)			
6 Weeks	■ Buggy Fitness	■ Ffitrwydd Hefo Buggy	
Contact Number	Mold Leisure Centre	01352 704333	

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Buckley Leisure Centre - Fitness Class Programmes

Canolfan Hamden Bwcle - Rhaglen Ffitrwydd Dosbarth

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
11.00-12.00	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ●
Tuesday/Dydd Mawrth			
18.30-19.30	■ Total Tone	■ Tynau'r Corff Cyfan	● ● ●
19.30-20.30	■ Cardio Mix	■ Cardio Cymysg	● ● ●
Wednesday/Dydd Mercher			
09.00-10.00	■ Easyline Circuit	■ Ymarfer Cychol Easyline	♥ ● ●
10.15-11.15	■ Easyline Circuit	■ Ymarfer Cychol Easyline	♥ ● ●
20.00-20.45	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ●
Thursday/Dydd Iau			
18.00-19.00	■ Zumba	■ Zumba	● ● ●
19.00-20.00	■ Pilates	■ Pilates	♥ ● ●
Friday/Dydd Gwener			
11.00-12.00	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ●

● Classes suitable for beginners or anyone new to exercise.
Gwyrdd - dosbarthiadau addas i ddechreuwr neu i unrhyw un nad yw wedi 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 telly cadwch lygad am symbol y galon.

■ High / Low Energy Classes
Dosbarthiadau Egn'iol lawn/ Llai Egn'iol

■ Body Conditioning Classes
Dosbarthiadau Cyflyru'r Corff

■ Outdoor Training Classes
Ymarfer Corff Yn Yr Awyr Agored

■ Studio Classes
Dosbarthiadau Beicio Dan Do

■ Specialist Classes
Dosbarthiadau Arbenigol

** Seasonal Classes -
please check with centre

■ Water Classes
Dosbarthiadau Yn Y Pwll

■ Holistic Classes
Dosbarthiadau Holistig

*** Subject to change in school holidays

Buckley Leisure Centre
Mill Lane, Buckley,
Flintshire, CH7 3HB
01352 704290

Deeside Leisure Centre
Chester Road West,
Queensferry, Deeside,
Flintshire, CH5 1SA
01352 704240

Jade Jones Pavilion Flint
Earl Street, Flint,
Flintshire, CH6 5ER
01352 704308

Mold Leisure Centre
Wrexham Road, Mold,
Flintshire, CH7 1HT
01352 704333