

Rhaglen Dosbarthiadau grŵp Ymarfer Corff Oedolion Adult Group Exercise Classes Programme

2nd Ionawr – 30^{ain} Ebrill 2018



hamdden leisure

2nd January – 30th April 2018

Dydd Llun	
Cylchoedd Gym	7 ^{am} – 7.30 ^{am}
Pilates	10.30 ^{am} – 11.30 ^{am}
Aqua Zumba @	12 ^{pm} – 12.45 ^{pm}
Cylchedau Ysgafn – Neuadd y dref	1 ^{pm} – 2 ^{pm}
Cylchedau Ysgafn	2 ^{pm} – 3 ^{pm}
Beic Stiwdio i'r Teulu ○	5.45 ^{pm} – 6.30 ^{pm}
Tynhau a Chyfluru'r Corff	6 ^{pm} – 7 ^{pm}
Powertone	6 ^{pm} – 7 ^{pm}
Boxfit	6 ^{pm} – 7 ^{pm}
Cylchoedd	6 ^{pm} – 7 ^{pm}
Stepio Ffitrwydd	6 ^{pm} – 7 ^{pm}
Yoga	6 ^{pm} – 7 ^{pm}
Pilates	6 ^{pm} – 7 ^{pm}
Circuits	6 ^{pm} – 7.30 ^{pm}
Body Blitz	6.45 ^{pm} – 7.30 ^{pm}
Beic Stiwdio Gwrthwynebiad	6.45 ^{pm} – 7.45 ^{pm}
ViPR @	7 ^{pm} – 7.30 ^{pm}
Tabata	7 ^{pm} – 8 ^{pm}
Cylchoedd	7.15 ^{pm} – 8 ^{pm}
Zumba @	7.15 ^{pm} – 8.15 ^{pm}
Stepio	7.15 ^{pm} – 8.15 ^{pm}
Aqua Zumba i'r Teulu ○	7.45 ^{pm} – 8.45 ^{pm}
Nofio'n Ffit ar Draws	8 ^{pm} – 9 ^{pm}
Nofio'n Ffit ar Hyd	9 ^{pm} – 10 ^{pm}

Dydd Iau	
Cylchedau Ysgafn	11 ^{am} – 12 ^{pm}
Yoga	12.30 ^{pm} – 2 ^{pm}
Pilates	6 ^{pm} – 7 ^{pm}
Beic Stiwdio	6 ^{pm} – 6.45 ^{pm}
Tabata	6 ^{pm} – 6.45 ^{pm}
Beic Stiwdio Dewis yr Hyfforddwr	6 ^{pm} – 7 ^{pm}
Rhedeg Heini	6 ^{pm} – 7 ^{pm}
Coesau, Boliau a Phenolau	6.15 ^{pm} – 7 ^{pm}
Sbonc y Galon	6.15 ^{pm} – 7.15 ^{pm}
Boxfit	7 ^{pm} – 8 ^{pm}
Pilates	7 ^{pm} – 8 ^{pm}
Craidd Hollol	7.15 ^{pm} – 8 ^{pm}
Beic Stiwdio	7.15 ^{pm} – 8 ^{pm}
Zumba @	7.15 ^{pm} – 8.15 ^{pm}
Erobig Dwr	7.30 ^{pm} – 8.30 ^{pm}

Dydd Mawrth	
Yoga	6.30 ^{am} – 7.30 ^{am}
Erobig Dwr	9.15 ^{am} – 10 ^{am}
Symudedd ac Ymestyn Corff llawn	9.30 ^{am} – 10.15 ^{am}
Cylchoedd	9.30 ^{am} – 10.30 ^{am}
Taith Hamddenol	10 ^{am} – 10.45 ^{am}
Cylchoedd Easyline@	11 ^{am} – 12 Noon
Tai Chi	4.15 ^{pm} – 5 ^{pm}
Beic Stiwdio 'Vibe'	5.45 ^{pm} – 6.30 ^{pm}
Kettlebells	6 ^{pm} – 6.45 ^{pm}
Beic Stiwdio	6 ^{pm} – 6.45 ^{pm}
Cylchoedd	6 ^{pm} – 6.45 ^{pm}
Coesau, Boliau a Phenolau	6 ^{pm} – 7 ^{pm}
Tri Chylch	6 ^{pm} – 7 ^{pm}
Ffitrwydd Datblygu	6 ^{pm} – 7 ^{pm}
Beic Stiwdio Dygnwch	6.30 ^{pm} – 7.30 ^{pm}
Bokwa @	6.45 ^{pm} – 7.45 ^{pm}
HIIT	7 ^{pm} – 7.45 ^{pm}
Beic Stiwdio	7.15 ^{pm} – 8 ^{pm}
Yoga	7.15 ^{pm} – 8.15 ^{pm}
Aqua Zumba i'r Teulu +	7.30 ^{pm} – 8.30 ^{pm}
Zumba @	7.45 ^{pm} – 8.45 ^{pm}
HIIT Dŵr	8 ^{pm} – 8.30 ^{pm}
Nofio'n Ffit ar Hyd	8.30 ^{pm} – 9.30 ^{pm}

Dydd Gwener	
Cryfder Gym	7 ^{am} – 7.30 ^{am}
Erobig Dwr	8 ^{am} – 8.45 ^{am}
Cylchedau Ysgafn	9.30 ^{am} – 10.30 ^{am}
Pilates	9.30 ^{am} – 10.30 ^{am}
Abs Sculpt	10 ^{am} – 10.45 ^{am}
Pilates	10 ^{am} – 11 ^{am}
Zumba @ Toning	11.15 ^{am} – 12.15 ^{pm}
Rheoli Pwysau	5 ^{pm} – 6 ^{pm}
Egwyl Eithaf	6 ^{pm} – 7 ^{pm}
Beic Stiwdio Egwyl	6 ^{pm} – 7 ^{pm}
Beic Stiwdio	6 ^{pm} – 6.45 ^{pm}
Cylchoedd yn y Dŵr	6 ^{pm} – 7.30 ^{pm}

Dydd Mercher	
HIIT	6.30 ^{am} – 7.15 ^{am}
Cardio Gym	7.00 ^{am} – 7.30 ^{am}
Yoga	9.15 ^{am} – 10.15 ^{am}
Zumba @ Toning	10 ^{am} – 11 ^{am}
Cylchoedd Hawdd	11.15 ^{am} – 12 ^{pm}
Aqua Zumba @	11.30 ^{am} – 12.30 ^{pm}
Cylchoedd Easyline@	12 ^{pm} – 1 ^{pm}
Cylchedau Ysgafn – Neuadd y dref	1 ^{pm} – 2 ^{pm}
Erobig Dwr	6 ^{pm} – 6.45 ^{pm}
Kettlebells	6 ^{pm} – 6.45 ^{pm}
Fitball Corff Cyfan	6 ^{pm} – 6.45 ^{pm}
Beic Stiwdio Pro	6 ^{pm} – 7 ^{pm}
Cylchoedd o dan y ddaear	6 ^{pm} – 7 ^{pm}
Boxfit	6 ^{pm} – 6.45 ^{pm}
Total Body Tone	6.30 ^{pm} – 7.30 ^{pm}
Abs Circuit	6.30 ^{pm} – 7.15 ^{pm}
Coesau, Boliau a Phenolau	7 ^{pm} – 8 ^{pm}
Corff Cryf	7 ^{pm} – 8 ^{pm}
Cylchoedd ViPR @	7.05 ^{pm} – 8.05 ^{pm}
Boxfit	7.15 ^{pm} – 7.45 ^{pm}
Cylchoedd Dŵr	7.30 ^{pm} – 8.30 ^{pm}
Tabata	8 ^{pm} – 8.45 ^{pm}
Yogalates	8 ^{pm} – 9 ^{pm}
Cylchoedd yn y Dŵr	8 ^{pm} – 9 ^{pm}

Dydd Sadwrn	
Beic Stiwdio 'Vibe'	8.30 ^{am} – 9.15 ^{am}
Beic Stiwdio Pŵer	9 ^{am} – 9.45 ^{am}
Abs Sculpt	9 ^{am} – 9.45 ^{am}
Beic Stiwdio	9.15 ^{am} – 10 ^{am}
Turbo Trainers	10 ^{am} – 11 ^{am}

Dydd Sul	
Fitball i'r Teulu ○	10 ^{am} – 10.45 ^{am}
Step Fel Ffordds	10 ^{am} – 11 ^{am}

● Angen archebu dosbarth
● Rhaid Allfrigg
● Rhaid iaelod iau ddot gydag aelod oedolyn

Gwybodaeth Dosbarthiadau

- Gwybodaeth Dosbarthiadau Cofiwch gyrraedd 10 munud cyn y bydd y dosbarth yn dechrau, unwaith y bydd y dosbarth wedi cychwyn ni fydd neb arall yn cael ymuno.
- Er, efallai y bydd dosbarthiadau'n newid, gwneir pob ymdrech i gynnal dosbarthiadau os bydd yr hyfforddwr yn absennol.
- Mae pob dosbarth ar gyfer oedolion oed 16+.

Mae disgrifiad o'r dosbarthiadau ar ein gwefath. Cysylltwch â'r Dderbynfia am ragor o wybodaeth.

Monday	
Gym Circuits	7 ^{am} – 7.30 ^{am}
Pilates	10.30 ^{am} – 11.30 ^{am}
Aqua Zumba @	12 ^{pm} – 12.45 ^{pm}
Gentle Circuits – Town Hall	1 ^{pm} – 2 ^{pm}
Gentle Circuits	2 ^{pm} – 3 ^{pm}
Family Studio Cycle ○	5.45 ^{pm} – 6.30 ^{pm}
Total Body Tone	6 ^{pm} – 7 ^{pm}
Powertone	6 ^{pm} – 7 ^{pm}
Boxfit	6 ^{pm} – 7 ^{pm}
Circuits	6 ^{pm} – 7 ^{pm}
Step Fitness	6 ^{pm} – 7 ^{pm}
Yoga	6 ^{pm} – 7 ^{pm}
Pilates	6 ^{pm} – 7 ^{pm}
Circuits	6 ^{pm} – 7.30 ^{pm}
Body Blitz	6.45 ^{pm} – 7.30 ^{pm}
Studio Cycle Resistance	6.45 ^{pm} – 7.45 ^{pm}
ViPR @	7 ^{pm} – 7.30 ^{pm}
Tabata	7 ^{pm} – 8 ^{pm}
Circuits	7.15 ^{pm} – 8 ^{pm}
Zumba @	7.15 ^{pm} – 8.15 ^{pm}
Step	7.15 ^{pm} – 8.15 ^{pm}
Family Aqua Zumba @ ○	7.45 ^{pm} – 8.45 ^{pm}
Swim Fit Widths	8 ^{pm} – 9 ^{pm}
Swim Fit Lengths	9 ^{pm} – 10 ^{pm}

Thursday	
Gentle Circuits	11 ^{am} – 12 ^{pm}
Yoga	12.30 ^{pm} – 2 ^{pm}
Pilates	6 ^{pm} – 7 ^{pm}
Studio Cycle	6 ^{pm} – 6.45 ^{pm}
Tabata	6 ^{pm} – 6.45 ^{pm}
Studio Cycle Instructors Choice	6 ^{pm} – 7 ^{pm}
RunFit	6 ^{pm} – 7 ^{pm}
Legs, Bums and Tums	6.15 ^{pm} – 7 ^{pm}
Cardio Bounce	6.15 ^{pm} – 7.15 ^{pm}
Boxfit	7 ^{pm} – 8 ^{pm}
Pilates	7 ^{pm} – 8 ^{pm}
Total Core	7.15 ^{pm} – 8 ^{pm}
Studio Cycling	7.15 ^{pm} – 8 ^{pm}
Zumba @	7.15 ^{pm} – 8.15 ^{pm}
Aqua Aerobics	7.30 ^{pm} – 8.30 ^{pm}

Abs Sculpt - A mix of exercises to strengthen, tone, and stretch the core muscles of the abdomen and back. Stability Ball and other props may be utilised.

Aqua Aerobics - A shallow water class suitable for all levels and abilities incorporating cardio, conditioning, best stress relief workout.

Aqua Circuits - A circuit class which is the aquatic equivalent to circuits in the gym. Based on a range of activities and movement, participants use equipment such as weights and specialised floats to tone specific muscle groups.

Aqua Zumba @ - Known as the Zumba® 'pool party', the Aqua Zumba programme gives new meaning to the idea of an invigorating workout. Splash, stretch, twist, even shout! Laughing, shouting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief!

Body Blitz - A non-weight bearing form of exercise, so the range of movement and intensity is far greater than you can achieve on dry land and most importantly without the impact. The class will improve your fitness, develop muscle tone, and help with weight loss and also strengthen your abdominals and core, these are such positive reasons for attending!

Boxfit - A toning class combining high and low impact moves using dumbbells and barbells as resistance to strengthen. An excellent class to tone and shape the body.

Cardio Bounce - An excellent fat-burning class using hydraulic resistance piston technology workout. Great fun and suitable for all levels.

Circuits - Including Abs Circuit, Underground Circuit and ViPR Circuits. This class will help to improve strength, balance, flexibility and movement quality as well as raising your cardiovascular performance. Consisting of simple aerobic training i.e. running, skipping, jumping and muscle endurance stations with options to suit all fitness levels.

Complete body workout - Using hydraulic resistance piston technology workout. Great fun and suitable for all levels.

Interval - Body and mind

Water workout - Strength and conditioning

Cardio - Complete body workout

Body and mind - Water workout

Strength and conditioning - Cardio

Tuesday	
Yoga	6.30 ^{am} – 7.30 ^{am}
Aqua Aerobics	9.15 ^{am} – 10 ^{am}
Full Body Mobility and Stretching	9.30 ^{am} – 10.15 ^{am}
Circuits	9.30 ^{am} – 10.30 ^{am}
Leisurely Walk	10 ^{am} – 10.45 ^{am}
Easyline@ Circuit	11 ^{am} – 12 Noon
Tai Chi	4.15 ^{pm} – 5 ^{pm}
Studio Cycling 'Vibe'	5.45 ^{pm} – 6.30 ^{pm}
Kettlebell Circuits	6 ^{pm} – 6.45 ^{pm}
Studio Cycling Circuits	6 ^{pm} – 6.45 ^{pm}
Legs, Bums and Tums	6 ^{pm} – 7 ^{pm}
Tri Circuit	6 ^{pm} – 7 ^{pm}
Evolution Fitness	6 ^{pm} – 7 ^{pm}
Studio Cycle Endurance	6.30 ^{pm} – 7.30 ^{pm}
Bokwa @	6.45 ^{pm} – 7.45 ^{pm}
HIIT	7 ^{pm} – 7.45 ^{pm}
Studio Cycling	7.15 ^{pm} – 8 ^{pm}
Yoga	7.15 ^{pm} – 8.15 ^{pm}
Family Aqua Zumba@+	7.30 ^{pm} – 8.30 ^{pm}
Zumba @	7.45 ^{pm} – 8.45 ^{pm}
Aqua HIIT	8 ^{pm} – 8.30 ^{pm}
Swim Fit Lengths	8.30 ^{pm} – 9.30 ^{pm}

Friday	
Gym Strength	7 ^{am} – 7.30 ^{am}
Aqua Aerobics	8 ^{am} – 8.45 ^{am}
Gentle Circuits	9.30 ^{am} – 10.30 ^{am}
Pilates	9.30 ^{am} – 10.30 ^{am}
Abs Sculpt	10 ^{am} – 10.45 ^{am}
Pilates	10 ^{am} – 11 ^{am}
Zumba @ Toning	11.15 ^{am} – 12.15 ^{pm}
Weight Management	5 ^{pm} – 6 ^{pm}
Ultimate Intervals	6 ^{pm} – 7 ^{pm}
Studio Cycle Intervals	6 ^{pm} – 7 ^{pm}
Studio Cycling	6 ^{pm} – 6.45 ^{pm}
Aqua Circuits	6 ^{pm} – 7.30 ^{pm}

Cardio - Complete body workout

Interval - Body and mind

Water workout - Strength and conditioning

Strength and conditioning - Cardio

Complete body workout - Interval

Body and mind - Water workout

Strength and conditioning - Cardio

Cardio - Complete body workout

Interval - Body and mind

Water workout - Strength and conditioning

Strength and conditioning - Cardio

Wednesday	
HIIT	6.30 ^{am} – 7.15 ^{am}
Gym Cardio	7.00 ^{am} – 7.30 ^{am}
Yoga	9.15 ^{am} – 10.15 ^{am}
Zumba @ Toning	10 ^{am} – 11 ^{am}
Easy Circuits	11.15 ^{am} – 12 ^{pm}
Aqua Zumba @	11.30 ^{am} – 12.30 ^{pm}
Easyline@ Circuit	12 ^{pm} – 1 ^{pm}
Gentle Circuits – Town Hall	1 ^{pm} – 2 ^{pm}
Aqua Aerobics	6 ^{pm} – 6.45 ^{pm}
Kettlebells	6 ^{pm} – 6.45 ^{pm}
Full Body Fitball	6 ^{pm} – 6.45 ^{pm}
Studio Cycle Pro	6 ^{pm} – 7 ^{pm}
Underground Circuits	6 ^{pm} – 7 ^{pm}
Boxfit	6 ^{pm} – 6.45 ^{pm}
Total Body Tone	6.30 ^{pm} – 7.30 ^{pm}
Abs Circuit	6.30 ^{pm} – 7.15 ^{pm}
Legs, Bums & Tums	7 ^{pm} – 8 ^{pm}
BodyStrong	7 ^{pm} – 8 ^{pm}
ViPR @ Circuits	7.05 ^{pm} – 8.05 ^{pm}
Boxfit	7.15 ^{pm} – 7.45 ^{pm}
Aqua Circuits	7.30 ^{pm} – 8.30 ^{pm}
Tabata	8 ^{pm} – 8.45 ^{pm}
Yogalates	8 ^{pm} – 9 ^{pm}
Aqua Circuit	8 ^{pm} – 9 ^{pm}

Saturday	
Studio Cycling 'Vibe'	8.30 ^{am} – 9.15 ^{am}
Studio Cycle Power	9 ^{am} – 9.45 ^{am}
Abs Sculpt	9 ^{am} – 9.45 ^{am}
Studio Cycling	9.15 ^{am} – 10 ^{am}
Turbo Trainers	10 ^{am} – 11 ^{am}

Sunday	
Family Fitball ○	10 ^{am} – 10.45 ^{am}
Step Moves	10 ^{am} – 11 ^{am}

● Class requires booking
● Off Peak Session
● Junior member must attend with an adult member

Zumba @ Toning - When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast!

Total Body Tone - A Combination of easy to follow energy moves with targeted body-shaping exercises. Increase your motivation with this fun training class. Working to varying tempos for a great calorie killer

Tri-Circuits - A challenging combination of step, rebounder and resistance for a fabulous interval training class. Working to varying tempos for a great calorie killer

Ultimate Intervals - A simple to follow workout which incorporates the option of short bursts of high intensity intervals giving maximum results in the minimum of time. A fantastic training session that fires the body to burn calories up to 40 hours post workout!

ViPR @ - The ultimate whole body workout by bridging the gap between movement and strength. The possibilities are quite literally endless and it is a great dynamic way to work out. Suitable for all fitness abilities.

Weight Management - A session designed to support you on your weight management journey. Sessions will include measurements, assessments, training advice and most importantly fun.

Yogalates - Yogalates blends together the best practices of Yoga and Pilates. Concentrating on strength, flexibility and postural alignment to improve core stability, enhance body shape and muscle tone.

Yoga - An authentic professional blend of asana (posture), pranayama (breath control), mudra (energy gestures) and mantra (sound vibrations) Cultivating unity and mind, promoting strength, balance and flexibility. Inspiring, challenging yet a gentle practice open to all abilities.

Zumba @ - Loaded with red-hot dance steps, Latin rhythms and easy to follow routines, this dance-fitness party will have you moving, grooving and shaking the weight off to exotic rhythms of Salsa, Cumbia, Samba, Merengue, Reggaeton and much more

- Corwen
- Nova Prestatyn
- Llanellwyllog
- Dinbych
- Y Rhyll
- Llangollen
- Rhuthun

Abs Sculpt - Cymysgedd o ymarferion i gyhau, tyllino ac ymestyn cyhyrau caidd yr addomen ar cefn. Efallai y defnyddir Pêl Sefydlogrwydd ac offer arall.

Aerobig Dwr - Dosbarth mewn dŵr bas addas ar gyfer pob lefel a gallu gan gynnwys ffitrwydd cardiofastradau a ymarferlogsi braster, cyhyrau a tynhau cyhyrau.

Hyfforddiant Cychwyn yn y Dŵr - Dosbarth ymarfer cychwyn i ferolion o'r hyfforddiant cyhol ymstafell ffitrwydd. Ym seiliedig ar amrywiaeth o weithgareddau a symudiadau, cychwyn cychwyn i ferolion o'r hyfforddiant cyhol ymstafell ffitrwydd. Ym seiliedig ar amrywiaeth o weithgareddau a symudiadau, cychwyn cychwyn i ferolion o'r hyfforddiant cyhol ymstafell ffitrwydd.

Aqua Zumba @ - Cael ei awl hedydd yn 'barti pŵil' Zumba. Mae rhaglun Zumba'n rhoi nodyn newydd i'r syniad o ymarfer hwylio. Sblasio, ymestyn, troi a hyd yn oed gwaeddi, cwerthin, iau a bledio, mae'n helpu i'w cyffwrdd mewn dosbarth Aqua Zumba. Yn cyflwynu fformiwla ac athroniaeth Zumba gyda disgyblaethau ffitrwydd aqua traddodiadol, mae dosbarth Aqua Zumba ymarfer i'w cyflwynu i ferolion o'r hyfforddiant cyhol ymstafell ffitrwydd.

Craidd Hollol - Mae'r sesiwn yn cynnwys ymarferion aelod yn aelod i'w ffitrwydd drosg.

Beic Stiwdio - Mae'r sesiwn yn cynnwys ymarferion aelod yn aelod i'w ffitrwydd drosg.

Zumba @ - Mae'r sesiwn yn cynnwys ymarferion aelod yn aelod i'w ffitrwydd drosg.

Erobig Dwr - Mae'r sesiwn yn cynnwys ymarferion aelod yn aelod i'w ffitrwydd drosg.

Boxfit - Yllwsgwr calorïau gorau, colchwch bwsiau ac edrych a themlion'wch, Cyhyrau'r corff yn ffitrwydd, ymarfer gwaredd stress gorau. Yn addas i'r 16 mwydd oed a throsoedd. Sbonc y Galon - Dosbarth ardderchog i losgi braster trwy defnyddio mini-trampoline i greu ymarferion digogel. Llauer o hwyli ac addas i bob lefel.

Hyfforddiant Cychwyn yn y Dŵr - Dosbarth ymarfer cychwyn i ferolion o'r hyfforddiant cyhol ymstafell ffitrwydd. Ym seiliedig ar amrywiaeth o weithgareddau a symudiadau, cychwyn cychwyn i ferolion o'r hyfforddiant cyhol ymstafell ffitrwydd.

Aqua Zumba @ - Cael ei awl hedydd yn 'barti pŵil' Zumba. Mae rhaglun Zumba'n rhoi nodyn newydd i'r syniad o ymarfer hwylio. Sblasio, ymestyn, troi a hyd yn oed gwaeddi, cwerthin, iau a bledio, mae'n helpu i'w cyffwrdd mewn dosbarth Aqua Zumba. Yn cyflwynu fformiwla ac athroniaeth Zumba gyda disgyblaethau ffitrwydd aqua tradd