

Low Impact Classes | Dosbarthiadau llai heriol

Regional Pool & Tennis Centre | Canolfan Tennis a Nofio Ranbarthol

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener
9.30 - 10.15am Easy Movers		9.30 - 10.15am Easy Movers		
12 - 1pm Good Boost (Main Pool) (Group Pool Session)		1 - 1.45pm Stepping Stones (Teaching Pool)		
12.45 - 1.45pm Women's Only Yoga (Wellbeing Suite)	2.05 - 2.50pm Aqua (Main Pool)	1 - 1.45pm Aqua (Main Pool)	2.05 - 2.50pm Aqua (Main Pool)	12.05 - 12.55pm Aqua (Main Pool)
2.05 - 2.50pm Aqua (Main Pool)	5.15 - 6pm Women's Only Pilates	1 - 2pm Good Boost (Main Pool)	3 - 4pm Good Boost (Main Pool)	

BOOK NOW



CADWCH LE
NAWR

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Regional Pool & Tennis Centre | Canolfan Tennis a Nofio Ranbarthol

Good-Boost Individual Drop-in Sessions | Sesiynau galw heibio unigol

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
10am, 10.30am, 11am, 1pm, 3pm (Main Pool)	9am, 10am, 12pm, 3pm, 6pm, 9pm (Main Pool)	9am, 10am, 11am, 2pm, 3pm, 8pm (Main Pool)	9am, 11am, 4pm (Main Pool)	9am, 11am, 3pm (Main Pool)	2pm (Main Pool)	10am, 11am, 6pm, 7pm (Main Pool)

Please note: Please book with an instructor for a personalised workout tailored specifically for you.

Sylwch: Dylech gadw lle gyda hyfforddwr ar gyfer sesiwn ymarfer corff wedi'i theilwra'n benodol ar eich cyfer chi.

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The Riverfront Theatre & Arts Centre | Theatr a Chanolfan Gelfyddydau Glan yr Afon

Monday Dydd Llun	Wednesday Dydd Mercher	Thursday Dydd Iau	Saturday Dydd Sadwrn
10.25 - 11.05am Zumba	9.30 - 10.15am FitSteps Fab	9.15 - 10am DanceFit	10.30 - 11.15am Pilates
11.15 - 12pm Pilates		10.05 - 10.50am Barre	
12.30pm momentwm Walking Network Group	11.30 - 12.15pm Tai Chi for Wellbeing	11.30 - 12.15pm Yoga	
5.30 - 6.15pm DanceFit		5.30 - 6.15pm Zumba	
6.20 - 7.05pm Yoga			



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The Riverfront Theatre & Arts Centre | Theatr a Chanolfan Gelfyddydau Glan yr Afon

Monday Dydd Llun	Tuesday Dydd Mawrth	Friday Dydd Gwener	Saturday Dydd Sadwrn
12.30pm momentwm Walking Network Group	9.30 - 10.15am DanceFit	10.30 - 11.15am Easy Movers	11.30 - 12.15pm Zumba
7.30 - 8.15pm Pilates			



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Active Living Centre | Canolfan Byw yn Weithgar

Monday
Dydd Llun

7 - 7.45pm

Zumba

Tuesday
Dydd Mawrth

7 - 7.45pm

DanceFit

Wednesday
Dydd Mercher

6 - 6.45pm

Zumba

7.45 - 8.45pm

Aqua
(Main Pool)

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Geraint Thomas National Velodrome of Wales | Felodrom Cenedlaethol Geraint Thomas

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
11.30 - 12.15pm Walking Football	11.30 - 12.15pm Yoga	11.30 - 12.15pm Walking Football	10.30 - 11.15am FitSteps Fab		9.30 - 10.15am Zumba	10.30 - 11.15am Zumba
11.30 - 12.15pm Yoga		11.30 - 12.15pm Pilates	11.30 - 12.15pm Pilates	11.15 - 12pm Pilates	10.30 - 11.15am FitSteps	
1 - 1.45pm Heart Health			11.30am Walking Football (Womens Only)	1 - 1.45pm Heart Health		
7 - 7.45pm Pilates	7.30 - 8.15pm Twilight Yoga	7.30 - 8.15am Pilates				



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Station | Gorsaf

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iddwr	Friday Dydd Gwener	Saturday Dydd Sadwrn
	9.30 - 10.15am DanceFit	8.40 - 9.25am Yoga		10.30 - 11.15am Easy Movers	11.30 - 12.15pm Zumba
2.30 - 3.15pm Chair Pilates	1.30 - 2.15pm Mature Movers	12.15 - 1pm Strength & Balance		11.15 - 12pm Pilates	
7.30 - 8.15pm Pilates				12.15 - 1pm Strength & Balance	

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