

# Rhaglenni Dosbarthiadau Ffitrwydd Fitness Class Programmes



O fis Ionawr 2019  
From January 2019

Correct at time of printing, classes are subject to change and review.  
Cywir ar adeg argraffu, mae dosbarthiadau yn destun newid ac adolygu.

**30 Minute Classes are £3.50 (non member £4.50).**

**Mae dosbarthiadau 30 munud o hyd yn £3.50 (i rai nad ydynt yn aelodau £4.50).**

- Classes suitable for beginners or anyone new to exercise.  
Gwyrdd - dosbarthiadau addas i ddechreuwy'r neu i unrhyw un sydd heb 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 gynorthwyir felly cadwch lygad am symbol y galon.

\*\* Seasonal Classes - please check with centre

\*\* Dosbarthiadau Tymhorol - gwiriwch gyda'r Ganolfan

\*\*\* Subject to change in school holidays

\*\*\* Gall newid yn ystod gwyliau'r ysgol



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## Deeside - Fitness Class Programmes

### Glannau Dyfrdwy - Rhaglen Dosbarthiadau Ffitrwydd

Time/Amser	Classes	Dosbarth	Level/Lefel
<b>Monday/Dydd Llun</b>			
09.30-10.30	Burn/Firm/Cardio conditioning	Llosgi/Tynhau/Cyflyru Cardio	● ● ●
10.00-10.45	Studio Cycling	Beicio Dan Do	● ●
12.15-13.00	Fitness Pilates	Pilates Ffitrwydd	● ●
13.30-14.30	Tai Chi Movements (TMW)***	Symudiadau Tai Chi (TMW)***	♥ ●
17.30-18.15	Rebounder	Rebounder	● ●
17.45-18.15	Abs	Cyhyrau Stumog	● ● ●
18.30-19.30	Circuits	Ymarfer Cylchol	● ● ●
18.30-19.30	Coached Weight Lifting Session	Sesiwn Codi Pwysau Hyfforddi	● ●
18.30-19.15	Studio Cycling	Beicio Dan Do	● ●
19.30-20.30	Studio Cycling	Beicio Dan Do	● ●
19.30-20.00	Express Bells	Pwysau Cyflym	● ● ●
20.00-20.30	Body Blast	Dosbarth Body Blast	● ● ●
<b>Tuesday/Dydd Mawrth</b>			
06.30-07.30	Super Circuits	Ymarfer Cylchol Pellach	● ● ●
09.30-10.15	Bums & Tums	Dosbarth Tynhau Penolau a Boliau	● ● ●
10.30-11.30	Heartbeat	Dosbarth Heartbeat	♥ ●
10.40-12.00	Yoga***	Ioga***	●
13.00-14.00	Pilates	Pilates	● ●
18.00-19.00	Studio Cycling	Beicio Dan Do	● ●
18.00-18.30	HIIT	HIIT	● ●
18.30-19.00	Stretch and Core	Dosbarth Ymestyn a'r Craidd	● ●
19.00-20.00	Pilates	Pilates	●
19.00-20.00	Studio Cycling	Beicio Dan Do	● ● ●
20.00-20.45	Rebounder - Total Tone	Rebounder - Tynhau'r Corff Cyfan	● ●
<b>Wednesday/Dydd Mercher</b>			
07.00-08.00	Studio Cycling, Total Tone	Beicio Dan Do, Tynhau'r Corff Cyfan	● ● ●
09.30-10.15	Rebounder	Rebounder	●
10.30-11.15	Studio Cycling	Beicio Dan Do	● ● ●
13.30-14.30	Wellbeing Circuit	Ymarferion Lles Cylchol	♥ ●
17.30-18.15	Rebounder	Rebounder	● ● ●
17.45-18.15	Abs	Cyhyrau Stumog	● ● ●
18.30-19.15	Couch to 5k	Couch i 5k	● ●
18.30-19.30	Step Aerobics	Aerobeg Camu	● ●
18.30-19.30	Circuits	Ymarfer Cylchol	● ● ●
18.30-19.15	Studio Cycling	Beicio Dan Do	●
19.30-20.15	Studio Cycling	Beicio Dan Do	● ●
19.30-20.30	Zumba	Zumba	● ● ●

Time/Amser	Classes	Dosbarth	Level/Lefel
Thursday/Dydd Iau			
06.30-07.30	Lift and Burn	Codi a Llosgi	● ● ●
09.30-10.30	Rebounder - Total Tone	Rebounder - Tynhau'r Corff Cyfan	● ●
12.30-13.00	Omnia Circuit	Ymarfer Cylchol Omnia	● ● ●
18.00-18.45	Studio Cycling	Beicio Dan Do	● ● ●
18.00-18.40	Metafit	Ffitrwydd Metabolig	● ● ●
18.40-19.20	Express Bells	Pwysau Cyflym	● ● ●
19.00-19.45	Studio Cycling	Beicio Dan Do	● ● ●
18.30-19.30	Yoga***	loga***	●
19.45-20.45	Yoga***	loga***	●
19.30-20.00	Stretch and Tone	Ymestyn a Thynhau	● ●
Friday/Dydd Gwener			
07.00-07.45	Studio Cycling	Beicio Dan Do	● ● ●
09.30-10.30	Total Tone	Tynhau'r Corff Cyfan	● ● ●
10.30-11.30	Studio Cycling	Beicio Dan Do	● ● ●
11.00-12.00	Pilates	Pilates	♥ ● ●
17.15-18.00	Bums & Tums	Dosbarth Tynhau Penolau a Boliau	● ● ●
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	● ● ●
10.30-11.15	Booty Camp	Perffeithio'r Pen-ôl	● ●
10.30-11.30	Studio Cycling	Beicio Dan Do	● ● ●
Sunday/Dydd Sul			
10.00-11.00	Studio Cycling	Beicio Dan Do	● ● ●

## Jade Jones Pavilion Flint - **Fitness Class Programmes** Pafiliwn Jade Jones y Fflint - **Rhaglen Dosbarthiadau Ffitrwydd**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
09.30-10.15	Studio Cycling	Beicio Dan Do	●
9.30-10.15	Boxfit Beginner	Boxfit i Ddechreuwyr	● ●
10.30-11.30	Total Tone	Tynhau'r Corff Cyfan	● ●
17.15-18.00	Metafit HIIT	Ffitrwydd Metabolig	● ● ●
18.15-19.00	Studio Cycling	Beicio Dan Do	●

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
19.15-20.15	Circuits (High School)	Dosbarth Ymarfer Cylchol (Ysgol Uwchradd)	● ●
19.00-20.00	Total Tone	Tynhau'r Corff Cyfan	● ● ●
19.30-20.15	Zumba	Zumba	● ● ●
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	Mobility & Stretch	Symudedd ac Ymestyn	● ●
20.00-20.45	Aqua Fit	Ffitrwydd Dŵr	● ●
Wednesday/Dydd Mercher			
09.15-09.45	Abs	Cyhyrau'r Stumog	● ●
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 & Abs	Beicio Dan Do a Chyhyrau'r Stumog	● ●
10.45-11.45	Wellbeing Circuit	Ymarferion Lles Cylchol	♥ ●
15.30-18.00	Express Bells	Pwysau Cyflym	● ● ●
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			
09.30-10.15	Kettlecise	Kettlecise	● ● ●
10.15-11.15	Tai Chi Movements (TMW)***	Symudiadau Tai Chi (TMW)***	♥ ●
11.30-12.30	Back Care***	Gofal Cefn***	♥ ●
16.00-16.30	Junior Class	Dosbarth Iau	● ●
17.15-18.00	Metafit HIIT	Ffitrwydd Metabolig	● ●
18.00-18.30	Kettlecise	Kettlecise	● ● ●
Saturday/Dydd Sadwrn			
10.00-11.00	Kettlebells	Pwysau Tegell	● ●
08.00-08.45	Cycle and Go	Beicio ac Ewch	● ● ●
Sunday/Dydd Sul			
10.00-11.00	Studio Cycling	Beicio Dan Do	● ● ●
11.00-12.00	Running Club	Clwb Rhedeg	● ●

# Mold Leisure Centre - **Fitness Class Programmes**

## Canolfan Hamdden Yr Wyddgrug - **Rhaglen Dosbarthiadau Ffitrwydd**

Time/Amser	Classes	Dosbarth	Level/Lefel
<b>Monday/Dydd Llun</b>			
07.15-08.00	Studio Cycling	Beicio Dan Do	●
09.00-09.30	Abs and stretch	Cyhyrau'r Stumog ac Ymestyn	● ● ●
09.30-10.30	Circuits	Ymarfer Cylchol	● ●
11.00-12.00	Wellbeing Circuit	Ymarferion Lles Cylchol	♥ ●
17.15-18.00	Wellbeing Studio Cycling	Ymarferion Beicio Dan Do	♥ ●
18.00-19.00	Boxing and Abs	Bocsio a Chyhyrau'r Stumog	● ● ●
18.15-19.00	Studio Cycling	Beicio Dan Do	●
19.00-20.00	Wellbeing Circuit	Ymarferion Lles Cylchol	♥ ●
20.00-21.00	Circuits	Ymarfer Cylchol	● ● ●
21.00-22.00	Master Swim	Dosbarth Nofio Meistr	● ● ●
<b>Tuesday/Dydd Mawrth</b>			
09.30-10.30	Pilates***	Pilates***	♥ ● ● ●
09.30-10.30	Nordic Walking	Cerddeg Nordig	♥ ●
10.30-11.30	Studio Cycling, Total Tone	Beicio Dan Do, Tynhau'r Corff Cyfan	● ● ● ●
17.30-18.30	Back Care	Gofal Cefn	♥ ●
18.00-18.45	Studio Cycling	Beicio Dan Do	●
18.30-19.15	Metafit HIIT	Ffitrwydd Metabolig	● ● ●
19.00-19.45	Body Conditioning	Cyflymu'r Corff	● ● ●
21.00-22.00	Adult Stroke Technique	Dosbarth Nofio i Oedolion	● ● ● ●
<b>Wednesday/Dydd Mercher</b>			
09.30-10.30	Zumba	Zumba	● ● ●
10.30-11.15	Body Toning	Tynhau'r Corff	● ● ● ●
11.30-12.30	Tai Chi Movements (TMW)***	Symudiadau Tai Chi (TMW)***	♥ ●
13.45-14.45	Heartbeat	Dosbarth Heartbeat	♥ ●
17.30-18.15	Kettlebells	Pwysau Tegell	● ● ●
18.00-19.00	Studio Cycling	Beicio Dan Do	●
18.30-19.30	Pilates	Pilates	♥ ● ● ●
19.15-20.00	Abs and stretch	Cyhyrau'r Stumog ac Ymestyn	● ● ● ●
19.30-20.30	Circuits	Ymarfer Cylchol	● ● ●
19.30-21.00	Yoga***	Ioga***	♥ ●
<b>Thursday/Dydd Iau</b>			
09.15-10.00	Functional Fitness	Ffitrwydd Swyddogaethol	● ● ●
10.30-12.00	Yoga***	Ioga***	♥ ●
18.00-19.00	Booty Camp	Perffeithio'r Pen-ôl	● ● ● ●
19.00-20.00	Circuits	Ymarfer Cylchol	● ● ●
19.15-20.00	Studio Cycling	Beicio Dan Do	●
21.00-22.00	Master Swim	Dosbarth Nofio Meistr	● ● ● ●

Time/Amser	Classes	Dosbarth	Level/Lefel
Friday/Dydd Gwener			
09.00-09.30	Abs and stretch	Cyhyrau'r Stumog ac Ymestyn	● ● ●
09.30-10.30	Studio Cycling, Total Tone	Beicio Dan Do, Tynhau'r Corff Cyfan	● ● ●
11.15-12.15	Wellbeing Circuit	Ymarferion Lles Cylchol	♥ ●
18.00-19.00	Studio Cycling	Beicio Dan Do	●
Saturday/Dydd Sadwrn			
11.00-12.00	Circuits	Ymarfer Cylchol	● ● ●
17.00-18.00	Master Swim	Dosbarth Nofio Meistr	● ● ●
Sunday/Dydd Sul			
09.30-10.15	Studio Cycling	Beicio Dan Do	●
Fitness Course (Mondays and Fridays)/Cwrs Ffitrwydd (Dydd Llun a Dydd Gwener)			
6 Weeks	Buggy Fitness	Ffitrwydd Hefo Bygi	
Contact Number	Mold Leisure Centre / Canolfan Hamdden yr Wyddgrug	01352 704333	

## Buckley Leisure Centre - **Fitness Class Programmes** Canolfan Hamdden Bwcle - **Rhaglen Dosbarthiadau Ffitrwydd**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
11.00-12.00	Aqua Fit	Ffitrwydd Dŵr	● ● ●
Tuesday/Dydd Mawrth			
18.30-19.30	Total Tone	Tynhau'r Corff Cyfan	● ● ●
19.45-20.30	Metafit	Ffitrwydd Metabolig	● ●
Wednesday/Dydd Mercher			
09.00-10.00	Easyline Circuit	Ymarfer Cylchol Easyline	♥ ● ●
10.15-11.15	Easyline Circuit	Ymarfer Cylchol Easyline	♥ ● ●
18.30-19.15	Metafit	Ffitrwydd Metabolig	● ●
19.30-20.30	Booty camp	Perffeithio'r Pen-ôl	● ● ●
20.00-20.45	Aqua Fit	Ffitrwydd Dŵr	● ● ●
Thursday/Dydd Iau			
18.00-19.00	Zumba	Zumba	● ● ●
19.00-20.00	Pilates	Pilates	♥ ● ●
Friday/Dydd Gwener			
09.15-10.45	Yoga	loga	♥ ●
11.00-12.00	Aqua Fit	Ffitrwydd Dŵr	● ● ●

### Contact the Fitness Suites direct / Cysylltwch â'r Ystafelloedd Ffitrwydd yn uniongyrchol

Buckley Leisure Centre  
Canolfan Hamdden Bwcle  
CH7 3HQ  
01352 704290

Deeside Leisure Centre  
Canolfan Hamdden Glannau Dyfrdwy  
CH5 1SA  
01352 704240

Jade Jones Pavilion Flint  
Pafiliwn Jade Jones y Fflint  
CH6 5ER  
01352 704308

Mold Leisure Centre  
Canolfan Hamdden Yr Wyddgrug  
CH7 1HT  
01352 704333