

# DOSBARTHIAU CHWILBEDLO RHITHWIR | VIRTUAL SPIN CLASSES

10 Mehefin - 2 Medi 2019 | 10 June - 2 September 2019

	LLUN	MAW	MER	IAU	GWE	SAD	SUL
06:30		MyRide Studio Coach (Fast) (30 mun/mins)		MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)		
08:30							MyRide Studio Coach®
10:00	MyRide Studio Coach®	MyRide Tour Coach®	MyRide Studio Coach	MyRide Tour Coach®	MyRide Studio Coach®		
11:00	MyRide Tour Coach®	MyRide Studio Coach®	MyRide Tour Coach®	MyRide Studio Coach®	MyRide Tour Coach®		
11:30						MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)
12:30	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)			
13:00	MyRide Studio Coach®	MyRide Tour Coach®	MyRide Studio Coach®	MyRide Tour Coach®		MyRide Studio Coach®	MyRide Tour Coach®
15:00	MyRide Tour Coach®	MyRide Studio Coach®	MyRide Tour Coach®	MyRide Studio Coach®	MyRide Tour Coach®	MyRide Tour Coach®	MyRide Studio Coach®
17:30	MyRide Studio Coach (Fast) (30 mun/mins)				MyRide Studio Coach (Fast) (30 mun/mins)		
18:30		MyRide Studio Coach (Fast) (30 mun/mins)					
19:30		MyRide Studio Coach®		MyRide Studio Coach®			
20:00			MyRide Studio Coach (Fast) (30 mun/mins)		MyRide Studio Coach (Fast) (30 mun/mins)		
	MON	TUES	WED	THUR	FRI	SAT	SUN

Mae'r dosbarthiadau ac amseroedd yn amodol ar newid, gwelwch y wefan am fanylion. | Classes and times are subject to change, see website for details.



## Dosbarthiadau Ffitrwydd Fitness Classes

10 Mehefin - 2 Medi 2019  
10 June - 2 September 2019

CANDLEFAN HAMDDEN DYFFRYN AMMAN  
AMMAN VALLEY LEISURE CENTRE



### Ar-lein Actif

Ymunwch, archebwch a edychwch ar ein holl ddsbarthiadau ffitrwydd yn

**Actif.cymru**



@SportCarms

T 01267 224700

### Actif Online

Join, book and view all our fitness classes online at

**Actif.wales**



Actif Sport and Leisure

E [actifsirgar@sirgar.gov.uk](mailto:actifsirgar@sirgar.gov.uk)



# AMSERLEN DOSBARTHIAU FFITRWYDD | FITNESS CLASS TIMETABLE

10 Mehefin - 2 Medi 2019 | 10 June - 2 September 2019

	LLUN	MAW	MER	IAU	GWE	SAD	SUL
06:30	Chwilbedlo / Spin		Coach by Colour® (45 mun/min)				
06:45		Gym HIIT		Gym HIIT	Gym HIIT		
08:30						Prawf FTP / FTP Spin Test	
09:30	Gym HIIT		Gym HIIT		Gym HIIT	Gym HIIT	Siapio'r Corff / Body Sculpt
10:00						Boot Camp	
10:30	Ymarfer i gerddoriaeth / Exercise to Music				Boliâu, Coesau, a Phenolau / Legs, Bums and Tums		Coach by Colour® (45 mun/min)
12:30			Cylchoedd Ymarfer HEI / HIIT Circuit	Gym HIIT	Coach by Colour® (45 mun/min)		Gym HIIT
13:00			Craidd / Core				
13:15		Acwa Fit					
13:30					Acwa Fit		
17:30	Boot Camp	Coach by Colour® (45 mun/min)	HIIT Pwysau Tegell / Kettlebell HIIT Prawf FTP / FTP Spin Test	Chwilbedlo / Spin	Box Fit / Yogalaties		
18:30	Chwilbedlo / Spin	Mynd am dani / Body Blast	Coach by Colour® (45 mun/min)	Siapio'r corff gyda Barbwysau / Barbell Sculpt Prawf FTP / FTP Spin Test	Chwilbedlo / Spin		
19:30	Insanity	Yogalaties	Body Sculpt				
20:00			Aqua Fit				
	MON	TUES	WED	THUR	FRI	SAT	SUN

## ORIAU AGOR Y GAMPFA | GYM OPENING HOURS

Dydd Llun – Dydd Gwener	06:30am	21:00pm	Monday – Friday
Dydd Sadwrn a Dydd Sul	08:00am	16:00pm	Saturday and Sunday

Mae amserau agor yn newid yn ystod gwyliau banc, gweler y wefan i gael manylion. | Opening times change during bank holidays, see website for details. Mae'r dosbarthiadau ac amseroedd yn amodol ar newid, gweler y wefan am fanylion. | Classes and times are subject to change, see website for details.



YDYCH CHI'N BAROD I GYMRYD  
EICH DOSBARTH CHWILBEDLO

**I'R LEFEL NESAF?**

Mae'r stiwdio chwilbedlo yn cynnwys 22 o feiciau arloesol Life Fitness IC6 sydd yn cynnwys y dechnoleg ddiweddaraf Coach by Colour® a MyRide.

### DOSBARTHIAU COACH BY COLOUR®\*

Bydd y dosbarthiadau hyn yn gwella eich profiad beicio dan do trwy ddefnyddio **5 parth hyfforddi â lliw** i sicrhau eich bod yn gweithio at y dwysedd cywir, pob ymarfer\*. Y cyfan sydd angen i chi ei wneud yw cyfateb y lliw ar eich beic i'r lliw ar feic yr hyfforddwr – syml ond nid bob amser yn hawdd!

### CHWILBEDLO RHITHWIR\*

Mae rhain yn ddosbarthiadau rhithwir newydd sbon.  
**MAE GENNYM 3 I DDEWIS:**

#### MyRide Studio Coach®

Bydd hyfforddwr rhiwthwir ar y sgrin yn eich tywys trwy eich ymarfer.

#### MyRide Studio Coach (Fast)®

NEWYDD! Dosbarth ymarfer egniol iawn â seibiannau (HIIT) i sicrhau'r canlyniadau gorau i chi a lleihau'r amser ymarfer.

#### MyRide Tour Coach®

Gallwch feicio gan ddilyn golygfeydd rhygweithiol o bedwar ban byd gyda cherddoriaeth a hyfforddiant ar y sgrin.

ARE YOU READY TO TAKE  
YOUR SPIN CLASS TO

**THE NEXT LEVEL?**

Our spin studio at Amman Valley Leisure Centre features 22 top of the range Life Fitness IC6 bikes which have the latest Coach by Colour® and MyRide Technology.

### COACH BY COLOUR®\*

These classes will enhance your indoor cycling experience by using **5 coloured training zones** to ensure that you are working at the right intensity, every workout\*. All you need to do is match the colour on your bike to the colour on the instructor's bike – simple but not always easy!

### VIRTUAL CLASSES\*

These are brand new virtual reality spin classes.  
**WE HAVE 3 TO CHOOSE FROM:**

#### MyRide Studio Coach®

An on screen virtual coach will guide you through your workout.

#### MyRide Studio Coach (Fast)®

NEW! High intensity interval (HIIT) Fast Class available to maximise your results while reducing training time

#### MyRide Tour Coach®

Ride to interactive scenery from all over the world paired with music and on screen coaching.

\* **Prawf Chwilbedlo FTP:** Er mwyn personoli a manteisio i'r eithaf ar eich profiad yn y dosbarthiadau hyn rydym yn argymhell eich bod yn cwblhau prawf chwilbedlo FTP, bydd hyn yn rhoi rhif mwy cywir a fydd yn cael ei fewnbwnu ar ddechrau'r dosbarth. Gellir archebu lle ar gyfer y prawf 4 munud hwn yn y dderbyntia.

\* **FTP Spin Test:** To personalise and maximise your experience in these classes we do recommend you complete an FTP Spin test, this will give you a more accurate number that gets inputted at the start of the class. Bookings for this test can be secured at reception.