

DOSBARTHADAU CHWILBEDLO RHITHWIR | VIRTUAL SPIN CLASSES

3 Medi - 5 Ionawr 2020 | 3 September - 5 January 2020

	LLUN	MAW	MER	IAU	GWE	SAD	SUL
06:30		MyRide Studio Coach (Fast)		MyRide Studio Coach (Fast)	MyRide Studio Coach (Fast)		
09:00	MyRide Studio Coach (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach (Fast)
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)	MyRide Tour Coach* (Fast)
12:30	MyRide Studio Coach (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach* (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach (Fast)
13:00	MyRide Studio Coach*	MyRide Tour Coach*	MyRide Studio Coach*	MyRide Tour Coach*	MyRide Studio Coach*	MyRide Tour Coach*	MyRide Studio Coach*
15:00	MyRide Tour Coach*	MyRide Studio Coach*	MyRide Tour Coach*	MyRide Studio Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Studio Coach*
16:00	MyRide Studio Coach*	MyRide Tour Coach*	MyRide Studio Coach*	MyRide Tour Coach*	MyRide Studio Coach*		
17:30	MyRide Tour Coach* (Fast)				MyRide Studio Coach (Fast)		
18:30		MyRide Studio Coach (Fast)		MyRide Studio Coach (Fast)			
19:30	MyRide Studio Coach (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach (Fast)	MyRide Tour Coach* (Fast)	MyRide Studio Coach (Fast)		
20:00	MyRide Tour Coach*	MyRide Studio Coach	MyRide Tour Coach*	MyRide Studio Coach	MyRide Tour Coach*		
	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

3 Medi - 5 Ionawr 2020
3 September - 5 January 2020

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



AMSERLEN DOSBARTHIAU FFITRWYDD | FITNESS CLASS TIMETABLE

3 Medi - 5 Ionawr 2020 | 3 September - 5 January 2020

	LLUN	MAW	MER	IAU	GWE	SAD	SUL
06:30	Coach by Colour® (45 mun/min)		Coach by Colour® (45 mun/min)				
06:45		Gym HIIT		Gym HIIT	Gym HIIT		
08:30						FTP Testing	
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					Coach by Colour® (45 mun/min)		
13:30		Aqua Fit			Aqua Fit		
17:30	Boot Camp	Coach by Colour® (45 mun/min)	HIIT Pwysau Tegell / Kettlebell HIIT FTP Testing	Coach by Colour® (45 mun/min)	Box Fit / Yogalaties		
18:30	Coach by Colour® (45 mun/min)	Mynd am dani / Body Blast	Coach by Colour® (45 mun/min)	Siapio'r corff gyda Barbwysau / Barbell Sculpt	Coach by Colour® (45 mun/min)		
19:30	Insanity	Yogalaties	Body Sculpt				
20:00			Aqua Fit				
	MON	TUES	WED	THUR	FRI	SAT	SUN

DRIAU 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 GYMRYO
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 parh 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 fewnynnu 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.