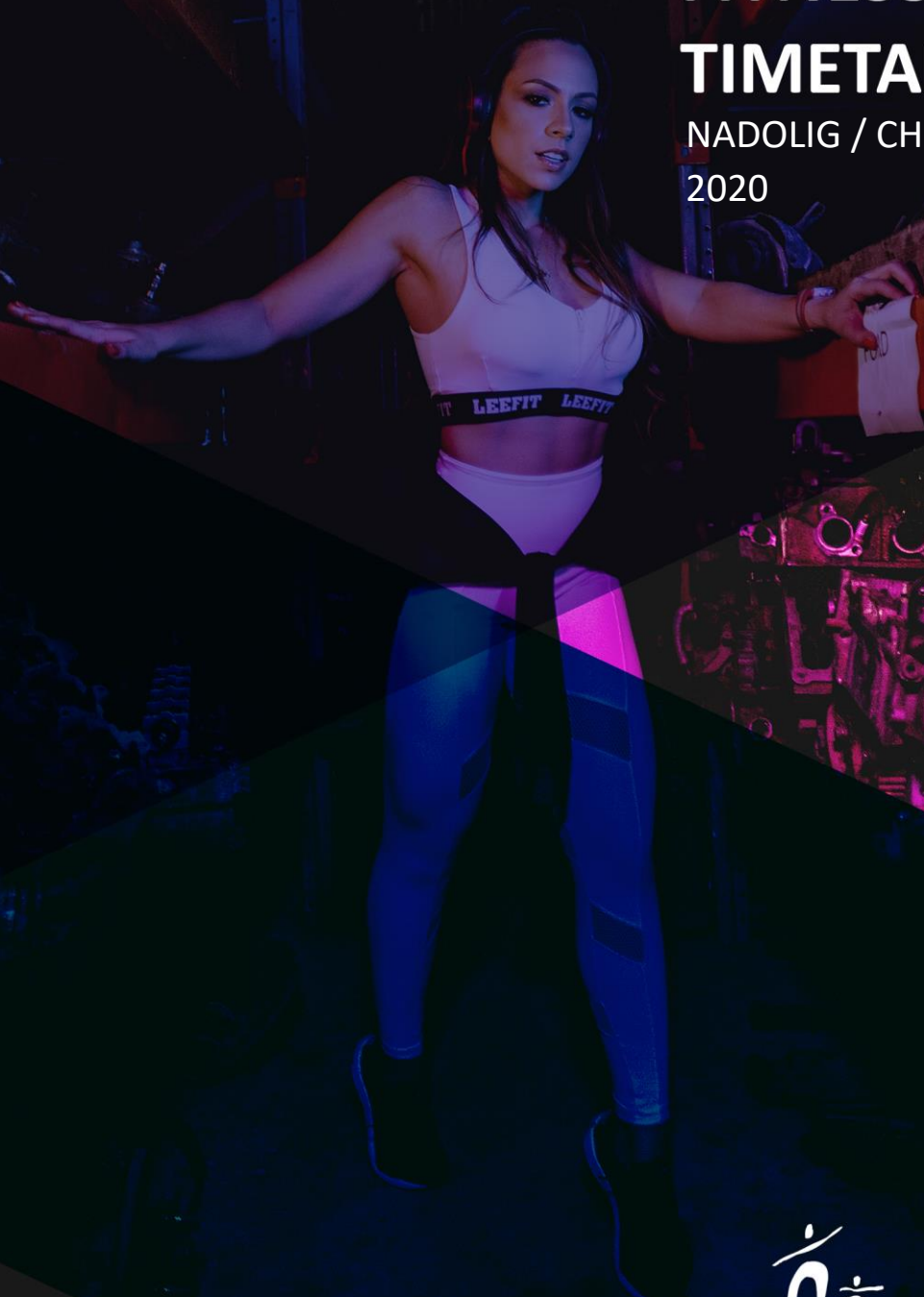


**AMSERLEN  
FFITRWYDD  
FITNESS  
TIMETABLE  
NADOLIG / CHRISTMAS  
2020**



Dydd Llun 21 <sup>ain</sup> Rhagfyr			Monday 21 <sup>st</sup> December	
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
06:30	07:00	LesMills Grit (DAVE)	● ●	LJLC
06:30	07:15	Beicio Stiwdio Indoor Cycling (PAUL M)	●	CLC
07:15	07:45	LesMills Grit (DAVE)	● ●	LJLC
08:15	09:00	Erobeg Dwr Aqua Aerobics	●	ALC
09:30	10:30	Pilates (MEG)	●	LJLC
09:30	10:30	Cyflyru'r Corff Body Conditioning (VICKI)	●	EEC
11:15	12:00	Fitrwyd Zumba Zumba Fitness (JEANINE)	●	CLC
11:15	12:15	Cyflyru'r Corff (Aur) Body Conditioning (Gold) (VICKI)	●	CLC
12:15	12:45	LesMills Grit (DAVE)	● ●	LJLC
17:00	17:45	Beicio Stiwdio Indoor Cycling	●	ALC
17:15	18:00	Beicio Stiwdio Indoor Cycling (PAUL M)	●	CLC
17:15	17:45	Abs Blast (CORNELIA)	●	YJB
17:55	18:25	Cyflyru'r Corff Body Conditioning CORNELIA)	●	YJB
18:00	18:45	Ffitrwyd Zumba Zumba Fitness (CLAIRE)	●	YJB
18:35	19:05	Cyflyru'r Corff Body Conditioning CORNELIA)	●	YJB
18:15	19:00	Effaith Metabolig Metabolic Effect (PAUL M)	● ●	EEC
18:00	19:00	Pilates (MEG)	●	ALC
19:00	19:45	Erobeg Dwr Aqua Aerobics	●	ALC
19:00	20:00	Ioga Yoga (KATH)	●	CLC
19:15	19:45	LesMills Grit	● ●	ALC

Dydd Mawrth 22 <sup>ain</sup> Rhagfyr			Tuesday 22 <sup>nd</sup> December	
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
06:30	07:30	LesMills BodyPump (RORY)	●	EEC
06:45	07:45	LesMills BodyPump	●	ALC
08:00	08:45	Pilates	●	ALC
09:30	10:30	Pilates (JULIE.M)	●	CLC
13:00	13:45	Pilates (MEG)	●	LJLC
17:00	17:45	Beicio Stiwdio Indoor Cycling	●	ALC
17:15	18:00	Beicio Stiwdio Indoor Cycling (GEMMA)	●	LJLC
17:30	18:15	Beicio Stiwdio Indoor Cycling (PAUL M)	●	CLC
18:00	18:45	Effaith Metabolig Metabolic Effect (DAVE)	● ●	YJB
18:00	19:00	LesMills BodyPump (Tammy)	●	EEC
18:00	18:45	LesMills BodyPump	●	ALC
18:00	18:30	LesMills Grit (KIERAN)	● ●	LJLC
18:45	19:15	LesMills Grit (KIERAN)	● ●	LJLC
18:30	19:15	Beicio Stiwdio Indoor Cycling (PAUL M)	●	CLC
19:00	20:00	Ffit Nofio Swm Ffit	● ●	ALC
19:00	20:00	Yoga (Dru) (JANE)	●	LJLC
19:15	20:00	Ffit Nofio Swm Ffit	● ●	LWP
19:15	20:15	Pilates (JULIE M)	●	YJB
19:45	20:15	Abs Blast	●	ALC
20:00	21:00	Aerobeg Uchel-isel High-Low Aerobics	●	CLC

Dydd Mercher 23 <sup>ain</sup> Rhagfyr		Wednesday 23 <sup>rd</sup> December		
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
06:15	07:00	H.I.I.T	● ●	HYHY
06:45	07:30	Beicio Stiwdio Indoor Cycling	●	ALC
09:30	10:30	Cyflyru'r Corff Body Conditioning (VICKI)	●	EEC
09:30	10:30	Pilates (JULIE M)	●	CLC
11:15	12:00	Fitrwyd Zumba Zumba Fitness (JEANINNE)	●	CLC
12:00	12:45	Erogeg Dwr Aqua Aerobics	●	ALC
13:00	13:45	Yoga (Power) (CORNELIA)	●	LJLC
14:00	14:45	Yoga (Power) (CORNELIA)	●	LJLC
17:00	17:45	Beicio Stiwdio Indoor Cycling (Stages) JULIE R)	●	LJLC
17:30	18:15	Beicio Stiwdio Indoor Cycling (MARTYN f)	●	CLC
18:00	18:45	Cam Sumba Zumba Step (JEANINE)	●	YJB
18:00	18:30	LesMills Grit (KIERAN)	● ●	LJLC
18:00	19:00	LesMills BodyPump (RORY)	●	EEC
18:15	19:00	Beicio Stiwdio Indoor Cycling (TONIA)	●	LJLC
18:45	19:15	LesMills Grit (KIERAN)	● ●	LJLC
19:30	20:30	Yoga (Power) (CORNELIA)	●	CLC

Dydd Iau 24 <sup>ain</sup> Rhagfyr		Thursday 24 <sup>th</sup> December		
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
06:30	07:30	LesMills BodyPump (RORY)	●	EEC
10:00	11:00	Cerdded Nordig Nordic Walking (MEL)	●	CLC

Dydd Llun 28 <sup>ain</sup> Rhagfyr		Monday 28 <sup>th</sup> December		
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
08:00	08:45	Beicio Stiwdio Indoor Cycling (GEMMA)	● ●	LJLC
09:30	10:30	Pilates (MEG)	●	LJLC
12:15	12:45	LesMills Grit (DAVE)	● ●	LJLC

Dydd Mawrth 29 <sup>ain</sup> Rhagfyr		Tuesday 29 <sup>th</sup> December		
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
06:30	07:30	LesMills BodyPump (RORY)	●	EEC
06:45	07:45	LesMills BodyPump	●	ALC
08:00	08:45	Pilates	●	ALC
09:30	10:30	Pilates (JULIE M)	●	CLC
13:00	13:45	Pilates (MEG)	●	LJLC
17:15	18:00	Beicio Stiwdio Indoor Cycling (GEMMA)	●	LJLC
17:45	18:30	Body Conditioning	● ●	YJB
18:00	18:30	LesMills Grit (KIERAN)	● ●	LJLC
18:45	19:15	LesMills Grit (KIERAN)	● ●	LJLC
18:45	19:45	Yoga (Power) (CORNELIA)	●	YJB
19:00	20:00	Yoga (Dru) (JANE)	●	LJLC

Dydd Mercher 30 <sup>ain</sup> Rhagfyr		Wednesday 30 <sup>th</sup> December		
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
06:45	07:30	Beicio Stiwdio Indoor Cycling	●	ALC
09:30	10:30	Cyflyru'r Corff Body Conditioning (VICKI)	●	EEC
09:30	10:30	Pilates (JULIE M)	●	CLC
11:15	12:15	Cyflyru'r Corff (Aur) Body Conditioning (Gold) (VICKI)	●	CLC
12:00	12:45	Erogeg Dwr Aqua Aerobics	●	ALC
13:00	13:45	Yoga (Power) (CORNELIA)	●	LJLC
14:00	14:45	Yoga (Power)(CORNELIA)	●	LJLC
17:00	17:45	Beicio Stiwdio Indoor Cycling (Stages) JULIE R	●	LJLC
17:45	18:30	Metabolic Effect (DAVE)		YJB
18:00	18:30	Les Mills Grit (KIERAN)	● ●	LJLC
18:15	19:00	Beicio Stiwdio Indoor Cycling (TONIA)	●	LJLC
18:45	19:15	LesMills Grit (KIERAN)	● ●	LJLC
18:45	19:45	Pilates (JULIE M)	●	YJB

Dydd Sadwrn 2 <sup>il</sup> Ionawr		Saturday 2 <sup>nd</sup> January		
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
08:30	09:00	Beicio Stiwdio Indoor Cycling (Tonia/Paul)	●	LJLC
08:45	09:45	LesMills BodyPump (Rory)	●	EEC
09:00	11:00	Cerdded Nordig Nordic Walking (Tony)	●	LLSC
09:15	10:00	Beicio Stiwdio Indoor Cycling (Tonia/Paul)	●	LJLC
09:30	10:30	Beicio Stiwdio Indoor Cycling (Gemma)	●	CLC

Dydd Sul 3 <sup>ydd</sup> Ionawr		Sunday 3 <sup>rd</sup> January		
O From	i To	Dosbarth Class	Categori Category	Hamdden Centre
08:30	09:15	Beicio Stiwdio (Tonia/Paul) Indoor Cycling	●	LJLC
09:00	10:00	LesMills BodyPump (Gemma)	●	EEC
09:15	10:00	Beicio Stiwdio Indoor Cycling(Tonia/Paul)	●	LJLC
10:00	10:45	Beicio Stiwdio Indoor Cycling	●	ALC

Class Categories Class Categories			
Enw	Name	Disgrifiad Description	ID
Colli Pwysau	Trim	Llosgi Caloriau a cholli pwysau Burn Calories and reduce weight	●
Gwella'ch Corf	Physique	Ymarferion a ddyluniwyd i dylino a siapio'r Corff Exercises designed to tone and shape the body	●
Egnïo	Energize	Ar gyfer iechyd, meddwl a lles For health mind and wellbeing	●
Cyrraedd y Brig	Peak	Dyluniwyd ar gyfer perfformiad athletig Designed for athletic performance	●

Cyfleuster Facility		
Canolfan Centre	Rhif Number	ID
Canolfan Hamdden Abergele Leisure Centre	01492 577940	ALC
Canolfan Hamdden Colwyn Leisure Centre	01492 577900	CLC
Canolfan Ddigiwyddiadau Eirias Events Centre	01492 577900	EEC
Canolfan Hamdden Dyffryn Conwy Leisure Centre	01492 577938	DCLC
Pwll Nofio Llanrwst Swimming Pool	01492 577932	LWP
Canolfan Hamdden John Bright Leisure Centre	01492 577930	YJB
Canolfan Nofio Llandudno Swimming Centre	01492 575700	LLSC
Canolfan Hamdden Cyffordd Llandudno Junction Leisure Centre	01492 577925	LJLC
Canolfan Hamdden Ysgol Aberconwy Leisure Centre	01492 577929	YAC
Hwb Yr Hen Ysgol	01492 577111	HYHY

Telerau ac Amodau Terms & Conditions
<p>Dewch i'ch dosbarth mewn pryd i wneud yn sicr eich bod yn cynhesu cyn dechrau ac yn cael eich cyflwyno i'r hyfforddwr. Unwaith bydd y dosbarth wedi dechrau, ni fydd yn bosibl mynd i mewn i'r ystafell.</p> <p>Cyn dechrau unrhyw ddosbarth, dywedwch wrth eich hyfforddwr os oes gennych unrhyw anafiadau neu os ydych chi'n cymryd meddyginiaeth.</p> <p>Peidiwch â gadael y dosbarth cyn gwneud ymarferion i ymlacio'r corff yn llwyr. Bydd pob ymdrech yn cael ei wneud i beidio newid amserlen y sesiynau ffitrwydd.</p> <p>Please arrive on time for your class to ensure a safe warm up and an introduction to the instructor are completed. Once the class has started there will be no entry into the class.</p> <p>Please inform your instructor of any injuries or medication before commencing any class.</p> <p>Please do not leave the class before completing a thorough cool down. Every effort will be made to minimise alterations to the fitness timetable.</p>

## Creu cyfrif archebu ar-lein

### Mae modd creu cyfrif drwy:

- E-bostio eich cais i [leisure.admin@conwy.gov.uk](mailto:leisure.admin@conwy.gov.uk)
- Cysylltu â'ch canolfan hamdden o ddewis
- Cysylltu â'n tîm gweinyddol canolog ar 01492 575677

Ym mhob achos, bydd angen i chi roi eich manylion i ni a chyfeiriad e-bost dilys.

### I gadarnhau y bydd eich cyfrif yn barod, byddwch naill ai'n:

- Cael hysbysiad drwy e-bost (os gwnaethoch gais am eich cyfrif drwy anfon e-bost atom)
- Cael gwybod dros y ffôn (os gwnaethoch gais am eich cyfrif drwy gysylltu â'ch canolfan hamdden o ddewis neu'r tîm gweinyddol canolog)

### Unwaith y byddwch yn gwybod bod eich cyfrif yn fyw, ewch yn ôl ar y dudalen hon a:

- Darllenwch drwy'r telerau ac amodau isod.
- Ticiwch i ddweud eich bod yn derbyn y telerau ac amodau, a chliciwch ar 'Mynd i Archebion Hamdden'

Yna byddwch yn cael eich cyfeirio at dudalen fewngofnodi archebion ar-lein, lle dylech:

- Roi eich cyfeiriad e-bost a chlicio ar 'Wedi anghofio cyfrinair'
- Yn dilyn hyn cewch e-bost gyda manylion ynghylch sut i osod cyfrinair.

Unwaith y byddwch wedi derbyn y camau uchod, byddwch wedi sefydlu'ch cyfrif ac yn barod i wneud eich archeb ar-lein cyntaf! Os cewch chi unrhyw broblem, neu angen rhagor o gymorth, mae pob croeso i chi gysylltu â ni ar 01492 575677, neu anfonwch e-bost atom

### Sylwch os gwelwch yn dda:

- Mae'r system archebion ar-lein yn rhedeg ochr yn ochr â'r archebion yn Nerbynfeydd Canolfannau Hamdden. I gadw eich archeb, dylech gwblhau eich archeb ar-lein o fewn 20 munud
- Mae pob gweithgaredd sydd ar gael i'w harchebu ar-lein ar gyfer sesiynau sengl yn unig
- Er eich diogelwch chi, sicrhewch fod porwr y we a'r system weithredu ar eich dyfais neu gyfrifiadur yn gyfredol

## Create an online booking account for fitness sessions

### Creating an account can be done by:

- Emailing your request to [leisure.admin@conwy.gov.uk](mailto:leisure.admin@conwy.gov.uk)
- Contacting your preferred leisure centre
- Contacting our central admin team on 01492 575677

In all instances, you'll need to give us your details and a valid email address.

### To confirm your account is ready you will either:

- Receive notification via email (if you applied for your account by sending us an email)
- Be told over the phone (if you applied for your account by contacting either your preferred leisure centre or the central admin team)

### Once you know your account is live, please re-visit this page and:

- Read through the terms and conditions below.
- Tick to say you accept the terms and conditions, and click 'Go to Leisure Bookings'
- You will then be directed to the online bookings log-in page where you should:
- Enter your email address and click Forgotten your password.
- Following this you will receive an email with details on how to set a password of your choice.

Once you have followed the steps above, you will be set up and ready to make your first online booking!

Should you experience any issues, or you need further assistance please do not hesitate to contact us on 01492 575677 or send us an email .

### Please note:

- The online bookings system runs in parallel with bookings at Leisure Centre Receptions. To secure your booking, you are advised to complete your online booking within 20 minutes
- All activities that are available to book online are for single sessions only
- For your security, please make sure that the web browser and operating system for your device or PC is up to date