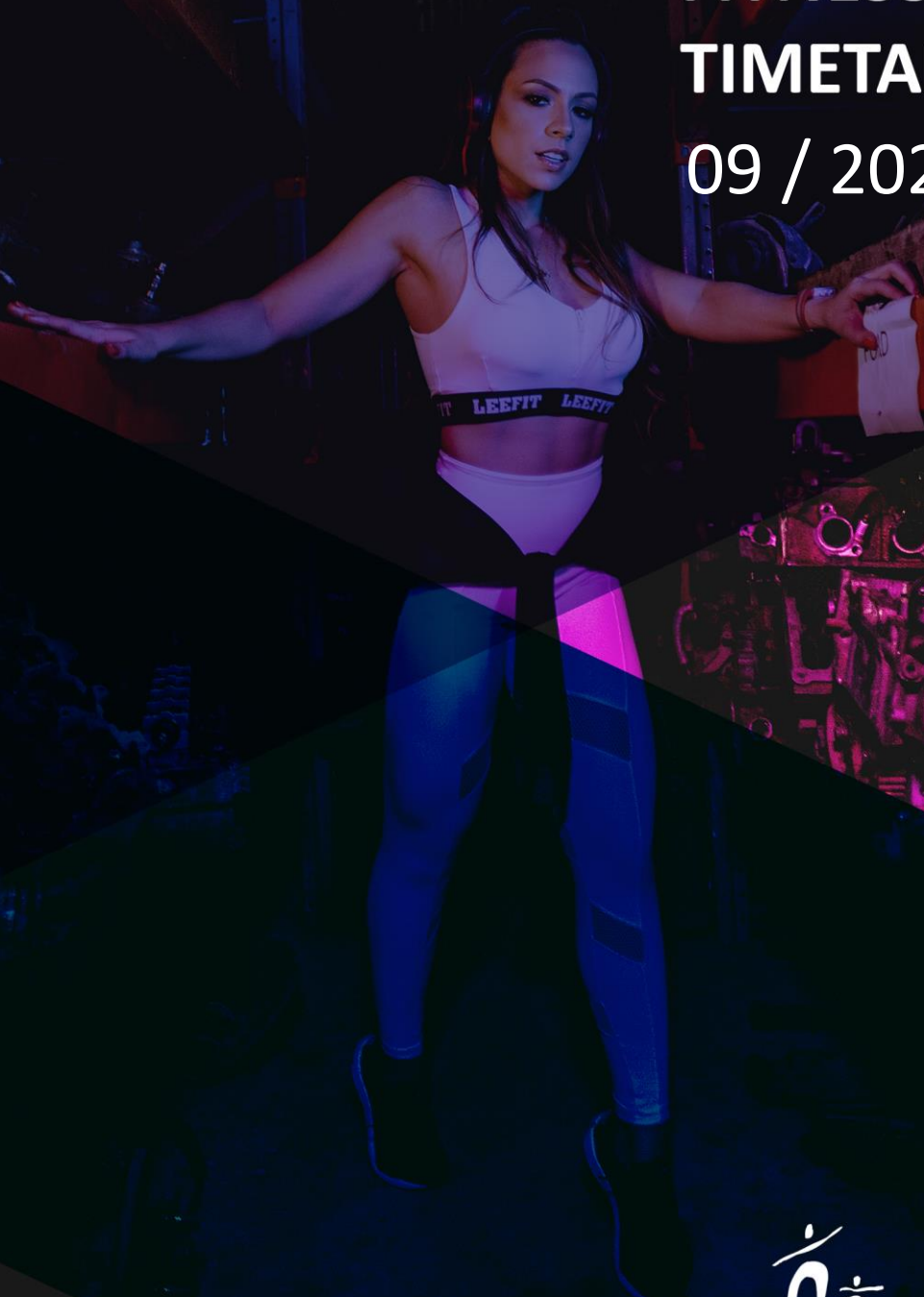


**AMSERLEN  
FFITRWYDD  
FITNESS  
TIMETABLE  
09 / 2020**



| Dydd Llun Monday |       |                                    |                   |                |
|------------------|-------|------------------------------------|-------------------|----------------|
| O From           | i To  | Dosbarth Class                     | Categori Category | Hamdden Centre |
| 06:30            | 07:00 | LesMills Grit                      | ● ●               | LJLC           |
| 06:30            | 07:15 | Beicio Stiwdio Indoor Cycling      | ●                 | CLC            |
| 09:30            | 10:30 | Pilates                            | ●                 | LJLC           |
| 09:30            | 10:30 | Cyflyru'r Corff Body Conditioning  | ●                 | EEC            |
| 11:15            | 12:15 | Fitrwyd Zumba Zumba Fitness        | ●                 | LJLC           |
| 12:15            | 12:45 | LesMills Grit                      | ● ●               | LJLC           |
| 17:00            | 17:45 | Beicio Stiwdio Indoor Cycling      | ●                 | ALC            |
| 17:15            | 18:00 | Beicio Stiwdio Indoor Cycling      | ●                 | CLC            |
| 17:30            | 18:15 | H.I.I.T                            | ●                 | DCLC           |
| 17:30            | 18:00 | Abs Blast                          | ●                 | YJB            |
| 17:30            | 18:15 | Beicio Stiwdio Indoor Cycling      | ●                 | LJLC           |
| 18:00            | 18:45 | Ffitrwyd Zumba Zumba Fitness       | ●                 | YJB            |
| 18:15            | 19:00 | Cyflyru'r Corff Body Conditioning  | ●                 | YJB            |
| 18:15            | 19:00 | Effaith Metabolig Metabolic Effect | ● ●               | EEC            |
| 18:15            | 19:15 | Pilates                            | ●                 | ALC            |
| 18:30            | 19:15 | Cyflyru'r Corff Body Conditioning  | ●                 | DCLC           |
| 19:00            | 20:00 | Ioga Yoga                          | ●                 | CLC            |
| 19:30            | 20:30 | Pilates                            | ●                 | LJLC           |

| Dydd Mawrth Tuesday |       |  |                   |                |
|---------------------|-------|--|-------------------|----------------|
| O From              | i To  | Dosbarth Class                                     | Categori Category | Hamdden Centre |
| 06:30               | 07:30 | LesMills BodyPump                                  | ●                 | EEC            |
| 06:45               | 07:45 | LesMills BodyPump                                  | ●                 | ALC            |
| 08:00               | 08:45 | Pilates  | ●                 | ALC            |
| 06:45               | 07:30 | Beicio Stiwdio Indoor Cycling                      | ●                 | LJLC           |
| 09:30               | 10:30 | Pilates  | ●                 | CLC            |
| 12:45               | 13:30 | Erobeg Dwr Aqua Aerobics                           | ●                 | LLSC           |
| 14:00               | 15:00 | Pilates  | ●                 | LJLC           |
| 17:00               | 17:45 | Beicio Stiwdio Indoor Cycling                      | ●                 | ALC            |
| 17:30               | 18:15 | Beicio Stiwdio Indoor Cycling                      | ●                 | CLC            |
| 17:30               | 18:30 | Beicio Stiwdio Indoor Cycling                      | ●                 | DCLC           |
| 17:15               | 18:00 | Beicio Stiwdio Indoor Cycling                      | ●                 | LJLC           |
| 18:00               | 18:45 | Effaith Metabolig Metabolic Effect                 | ● ●               | YJB            |
| 18:00               | 19:00 | LesMills BodyPump                                  | ●                 | EEC            |
| 18:00               | 19:00 | LesMills BodyPump                                  | ●                 | ALC            |
| 18:15               | 18:45 | LesMills Grit                                      | ● ●               | LJLC           |
| 19:30               | 20:00 | LesMills Grit                                      | ● ●               | ALC            |
| 19:15               | 20:15 | Pilates  | ●                 | YJB            |
| 18:30               | 19:00 | Abs Blast  | ●                 | DCLC           |
| 19:15               | 20:15 | Cryfder a Chyflyru'r Corff Strength & Conditioning | ●                 | DCLC           |

| Dydd Mercher Wednesday |       |  |                   |                |
|------------------------|-------|--|-------------------|----------------|
| O From                 | i To  | Dosbarth Class                                 | Categori Category | Hamdden Centre |
| 06:15                  | 07:00 | H.I.I.T  | ● ●               | HYHY           |
| 06:30                  | 07:15 | Beicio Stiwdio Indoor Cycling                  | ●                 | CLC            |
| 06:45                  | 07:30 | Beicio Stiwdio Indoor Cycling                  | ●                 | ALC            |
| 09:30                  | 10:30 | Cyflyru'r Corff Body Conditioning              | ●                 | EEC            |
| 09:30                  | 10:30 | Pilates  | ●                 | CLC            |
| 09:30                  | 10:30 | Cyflyru'r Corff (Aur) Body Conditioning (Gold) | ●                 | LJLC           |
| 10:45                  | 11:45 | Cerdded Nordig Nordic Walking                  | ●                 | LJLC           |
| 11:15                  | 12:00 | Fitrwyd Zumba Zumba Fitness                    | ●                 | LJLC           |
| 14:00                  | 15:00 | Yoga (Power)                                   | ●                 | LJLC           |
| 17:00                  | 17:45 | Beicio Stiwdio Indoor Cycling (Stages)         | ●                 | LJLC           |
| 17:30                  | 18:30 | Cyflyru'r Corff (Aur) Body Conditioning (Gold) | ●                 | DCLC           |
| 17:30                  | 18:15 | Beicio Stiwdio Indoor Cycling                  | ●                 | CLC            |
| 17:30                  | 18:15 | Beicio Stiwdio Indoor Cycling                  | ●                 | ALC            |
| 18:15                  | 18:45 | LesMills Grit                                  | ● ●               | LJLC           |
| 18:15                  | 19:00 | Beicio Stiwdio Indoor Cycling                  | ●                 | LJLC           |
| 18:30                  | 19:30 | LesMills BodyPump                              | ●                 | ALC            |
| 19:00                  | 20:00 | Cylchoed Circuits                              | ●                 | DCLC           |
| 19:45                  | 20:30 | H.I.I.T  | ●                 | ALC            |
| 19:30                  | 20:30 | Yoga (Power)                                   | ●                 | CLC            |

| Dydd Iau Thursday |       |                                    |                   |                |
|-------------------|-------|------------------------------------|-------------------|----------------|
| O From            | i To  | Dosbarth Class                     | Categori Category | Hamdden Centre |
| 06:30             | 07:30 | LesMills BodyPump                  | ●                 | EEC            |
| 06:45             | 07:30 | Beicio Stiwdio Indoor Cycling      | ●                 | LJLC           |
| 07:00             | 07:45 | H.I.I.T STEP                       | ●                 | ALC            |
| 08:00             | 08:45 | Pilates                            | ●                 | ALC            |
| 09:30             | 10:30 | H.I.I.T                            | ●                 | EEC            |
| 10:00             | 11:00 | Cerdded Nordig Nordic Walking      | ●                 | CLC            |
| 12:45             | 13:45 | Pilates                            | ●                 | LJLC           |
| 14:00             | 14:45 | TMW                                | ●                 | LJLC           |
| 17:00             | 17:45 | Beicio Stiwdio Indoor Cycling      | ●                 | ALC            |
| 17:30             | 18:00 | Abs Blast                          | ●                 | CLC            |
| 17:30             | 18:15 | Beicio Stiwdio Indoor Cycling      | ●                 | DCLC           |
| 17:45             | 18:30 | Beicio Stiwdio Indoor Cycling      | ●                 | LJLC           |
| 18:00             | 19:00 | LesMills BodyPump                  | ●                 | EEC            |
| 18:00             | 18:45 | Effaith Metabolig Metabolic Effect | ● ●               | YJB            |
| 18:00             | 19:00 | LesMills BodyPump                  | ●                 | ALC            |
| 18:15             | 19:00 | Beicio Stiwdio Indoor Cycling      | ●                 | CLC            |
| 18:15             | 18:45 | LesMills Grit                      | ● ●               | LJLC           |
| 19:00             | 20:00 | Yoga (Power)                       | ●                 | DCLC           |
| 19:15             | 20:15 | Pilates                            | ●                 | YJB            |
| 19:30             | 20:30 | Cylchoed Circuits                  | ●                 | ALC            |

| Dydd Gwener Friday |       |  |                   |                |
|--------------------|-------|--|-------------------|----------------|
| O From             | i To  | Dosbarth Class                                 | Categori Category | Hamdden Centre |
| 06:15              | 07:00 | H.I.I.T  | ●                 | HYHY           |
| 06:15              | 07:00 | Pwysau Tegell Kettle Bells                     | ● ●               | LJLC           |
| 07:15              | 08:00 | Pwysau Tegell Kettle Bells                     | ● ●               | LJLC           |
| 06:45              | 07:30 | Beicio Stiwdio Indoor Cycling                  | ●                 | ALC            |
| 11:15              | 12:15 | Yoga (Power)                                   | ●                 | LJLC           |
| 11:30              | 12:30 | Cyflyru'r Corff (Aur) Body Conditioning (Gold) | ●                 | CLC            |
| 12:15              | 12:45 | LesMills Grit                                  | ● ●               | LJLC           |
| 13:30              | 14:30 | Pilates  | ●                 | CLC            |
| 17:30              | 18:15 | Beicio Stiwdio Indoor Cycling                  | ●                 | ALC            |
| 17:45              | 18:30 | Beicio Stiwdio Indoor Cycling                  | ●                 | CLC            |
| 18:00              | 18:45 | Cyflyru'r Corff Body Conditioning              | ●                 | YJB            |
| 18:00              | 19:00 | Beicio Stiwdio Indoor Cycling                  | ●                 | DCLC           |
| 19:00              | 19:45 | H.I.I.T  | ●                 | EEC            |
| 19:00              | 20:00 | Yoga (Power)                                   | ●                 | YJB            |

| Dydd Sadwrn Saturday |       |                               |                   |                |
|----------------------|-------|-------------------------------|-------------------|----------------|
| O From               | i To  | Dosbarth Class                | Categori Category | Hamdden Centre |
| 09:00                | 09:45 | Beicio Stiwdio Indoor Cycling | ●                 | LJLC           |
| 09:30                | 10:30 | Beicio Stiwdio Indoor Cycling | ●                 | CLC            |

| Dydd Sul Sunday |       |                               |                   |                |
|-----------------|-------|-------------------------------|-------------------|----------------|
| O From          | i To  | Dosbarth Class                | Categori Category | Hamdden Centre |
| 09:00           | 09:45 | Beicio Stiwdio Indoor Cycling | ●                 | LJLC           |
| 09:00           | 10:00 | LesMills BodyPump             | ●                 | EEC            |
| 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<br>Burn Calories and reduce weight                                 | ●  |
| Gwella'ch Corf                    | Physique | Ymarferion a ddyluniwyd i dylino a siapio'r Corff<br>Exercises designed to tone and shape the body | ●  |
| Egnïo                             | Energize | Ar gyfer iechyd, meddwl a lles<br>For health mind and wellbeing                                    | ●  |
| Cyrraedd y Brig                   | Peak     | Dyluniwyd ar gyfer perfformiad athletig<br>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

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.

Cyn dechrau unrhyw ddosbarth, dywedwch wrth eich hyfforddwr os oes gennych unrhyw anafiadau neu os ydych chi'n cymryd meddyginiaeth.

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.

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.

Please inform your instructor of any injuries or medication before commencing any class.

Please do not leave the class before completing a thorough cool down. Every effort will be made to minimise alterations to the fitness timetable.

## 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