

# Abertillery Sports Centre

## Group Exercise Classes

life.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYCOMBAT</b> 6:15am	<b>Spin: Coach by Colour</b> 6:15am	<b>Boot Camp</b> 6:15am	<b>Mix Up</b> 6:30am	<b>Spin: Coach by Colour</b> 6:15am	<b>BODYCOMBAT</b> 9:00am	<b>BODYPUMP</b> 3:00pm
<b>BODYPUMP</b> 9:30am	<b>Grit Choice</b> 9:30am	<b>Spin: Coach by Colour</b> 9:30am	<b>BODYCOMBAT</b> 9:30am	<b>Spin: Coach by Colour</b> 9:30am	<b>BODYPUMP</b> 10:00am	
<b>Gentle Exercise</b> 11:15am	<b>BODYPUMP 30</b> 10:15am	<b>Aqua Fit</b> 10:20am	<b>BODYPUMP</b> 5:30pm	<b>Yogalates</b> 11:15am		
<b>Yoga</b> 11:15am	<b>Plyometric Strength</b> 5:30pm	<b>BODYPUMP</b> 10:30am	<b>Zumba Fit</b> 6:30pm	<b>Aqua Aerobics</b> 12:30pm		
<b>HIT</b> 5:30pm	<b>Complete Body Blast</b> 5:30pm	<b>Fit Step</b> 11:30am	<b>Spin: Coach by Colour</b> 6:30pm	<b>Body STEP</b> 5:30pm		
<b>Grit Cardio</b> 5:30pm	<b>Kettlebells</b> 6:15pm	<b>Zumba</b> 5:30pm	<b>BODYCOMBAT</b> 7:30pm	<b>Spin: Coach by Colour</b> 5:45pm		
<b>Spin: Classic Spin</b> 6:00pm	<b>Classic Spin</b> 6:30pm	<b>Yoga</b> 5:30pm		<b>Grit Plyo</b> 6:45pm		
<b>Step and Pump</b> 6:15pm	<b>Kettlebells</b> 7:00pm	<b>Grit Strength</b> 5:30pm				
<b>Pilates</b> 6:30pm		<b>Classic Spin</b> 6:00pm				
<b>Legs, Bums and Tums</b> 7:00pm		<b>Strong</b> 6:30pm				
		<b>Aqua Fit</b> 7:30pm				

 **Aneurin leisure**  
Improving community life

**LES MILLS**  
ONDEMAND

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**GRIT**

At Aneurin Leisure we want to provide you with the knowledge and tools to enable you to achieve your health and wellbeing goals. With that in mind we have classes to cater for all abilities, ages and fitness levels.

You will find all you need to be pushed to your limits, share your journey with others, and be inspired to keep coming back for more!

**Aqua Aerobics/Fit** - A fun, high energy and low impact class which is designed to tone, improve stamina and burn fat.

**Body Conditioning** - This class combines cardio and resistance work to an energetic beat to work your whole body. With a range of exercise techniques that includes aerobics, floor work, weights and resistance training.

**Core Conditioning** - This class targets the abdominals to improve athleticism and general wellbeing.

**Complete Body Blast** - A fun and challenging class which uses your body weight, resistance and cardio to shape and tone your whole body while burning calories.

**Fit Steps** - An energetic, upbeat dance fitness class featuring all of your favourite strictly dances, designed to give real, measurable fitness results.

**Get to Know your Gym** - This class is designed for people who want to get the most out of their gym routines by teaching users how to maximise each workout.

**HIIT** - High intensity interval training means a better cardio workout in less time!

**Kettlebells** - A kettlebells class that will get you fit, burn stubborn body fat, increase muscle definition and strength.

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**Mix Up** - This class is always different; it mixes cardio, strength, endurance and flexibility training.

**Pilates** - Great for strengthening and toning with a focus on your core and for increasing your flexibility. It also promotes a strong connection between mind and body, helping with mindfulness and stress relief.

**Plyometric Strength** - Also known as 'jump training' this class involves exercises in which muscles exert maximum force in short intervals of time, making this one of the most effective ways to increase your reactive strength in sport, athletics and general fitness.

**Spin** - A freestyle mix of indoor cycling designed to challenge participants to an achievable level no matter what the ability.

**Step & Pump** - An interval class that mixes step aerobics and strength training in one incredible workout.

**Strong** - STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music.

**Wellness Workout** - This class give you an opportunity to work at your pace and intensity. It's a circuits based all body workout in a fun a friendly atmosphere.

**Yogalates** - A class that combines yoga and pilates to improve your flexibility, posture and build muscle strength.

**Zumba Fit** - The Zumba program fuses hypnotic Latin rhythms and easy to follow moves, to create a one-of-a-kind fitness program that will blow you away.

**ZUU Class** - A motivating, high energy class with an inclusive culture. High intensity, low impact bodyweight training that uses primal movement patterns catered to all levels of fitness and ability.

## LESMILLS BODYPUMP

The original barbell class, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

## LESMILLS BODYCOMBAT

This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

## LESMILLS GRIT

A high intensity interval training workout designed to improve strength and build muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

## LESMILLS BODYSTEP

Expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full body workout!