

Celtic Community Leisure

In partnership with Neath Port Talbot County Borough Council



New Classes
including Zumba
Last One Standing
& Boot Camp
Circuits

Pontardawe Leisure Centre

Fitness Classes & Instructor Guide

includes fantastic new classes Zumba,
Last one Standing and Boot Camp Circuits

Get fit, stay healthy with our exciting
new adult fitness programme coming
soon to Pontardawe Leisure Centre

For further details please contact
reception on 0845 123 2240

Get Fit, Stay Healthy!

www.celticleisure.org

Full Guide to Classes & Instructors
Starting September 2010



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Adult Fitness Class Timetable

Time	Activity	Venue	Level	Instructor
MONDAY				
10.00am – 11.00am	Aerobix Max[^]	Theatre	**	Melissa Burns
11am – 11.15am	Abdominal Blast[^]	Theatre	*	Melissa Burns
7.00pm -8.00pm	Aerobix Max	Sports Hall	**	Melissa Burns
7.15pm – 8.45pm	Yoga	Bowls Bar	*	Janet Anthony
8.00pm – 9.00pm	Zumba Stage 1	Sports Hall	*	Melissa Burns
TUESDAY				
10.00am – 11.00am	Pump Fit[^]	Theatre	**	Melissa Burns
11.00am – 11.15am	Abdominal Blast[^]	Theatre	*	Melissa Burns
12.00pm -1.00pm	Zumba Stage 1	Theatre	*	Melissa Burns
1.00pm – 2.00pm	Pilates	Bowls Bar	*	Cheryl Rees
6.15pm – 7.15pm	Pump Fit	Theatre	**	Rhian Lewis
7.00pm – 8.00pm	Boot Camp Circuits	Sports Hall	**	Neil Butler
7.30pm – 8.30pm	Indoor Cycling	Theatre	**	Rhian Lewis
WEDNESDAY				
10.00am – 11.00am	Combat Fit[^]	Theatre	**	Melissa Burns
11.00am – 11.15am	Abdominal Blast[^]	Theatre	*	Melissa Burns
7.00pm – 8.00pm	Last One Standing	Theatre	***	Lyndon Jones
7.00pm - 8.00pm	Pilates	Bowls Bar	*	Cheryl Rees
8.00pm – 9.00pm	Aerobix Lite	Theatre	*	Kay Sinclair
THURSDAY				
10.00am – 11.00am	Pump Fit[^]	Theatre	**	Melissa Burns
10.30am – 12pm	Yoga	Bowls Bar	*	Jean Hall
11.00am – 11.15am	Abdominal Blast[^]	Theatre	*	Melissa Burns
11.15am – 12.15pm	Salsacise	Theatre	*	Kay Sinclair
5.30pm – 6.15pm	Indoor Cycling	Theatre	**	Lyndon Jones
6.30pm – 7.30pm	Step Fit	Theatre	**	Melissa Burns
7.00pm – 8.00pm	Power Circuits	Sports Hall	**	Lyndon Jones
7.00pm – 8.30pm	Yoga	Bowls Bar	*	Janet Anthony
7.30pm – 8.30pm	Zumba	Theatre	**	Melissa Burns
FRIDAY				
10.00am – 11.00am	Step Fit[^]	Theatre	**	Melissa Burns
11.00am – 11.15am	Abdominal Blast[^]	Theatre	*	Melissa Burns
6.00pm – 7.00pm	Zumba	Theatre	**	Melissa Burns
SUNDAY				
5.00pm – 5.45pm	Indoor Cycling	Sports Hall	**	Neil Butler
6.00pm – 7.00pm	Circuits	Sports Hall	**	Neil Butler

Class Level Guide

*Suitable for beginners and intermediates **Impact can be adapted as desired ***Suitable for higher fitness levels

[^]Creche Facilities Available

Instructor Guide



Melissa Burns

Since 2000 I have been coaching a various range of disciplines from Aerobics to Cardio Kick box. I am passionate about coaching and hope that this is evident in my class delivery. I like to think that I am not only loyal and committed to my Celtic Leisure team and customers but that I take extra care to deliver to the very highest of standards for the safest most professional exercise classes possible.



Janet Anthony

I am a British Wheel of Yoga qualified teacher, I have been teaching Yoga for 8 years, although I have been involved in the teachings of yoga for 25 years. I am also BWY county representative. My classes at Pontardawe Leisure Centre are Hatha Yoga, which involves posture work (Asana), breathing, relaxation and meditation techniques.



Cheryl Rees

'I have been employed by Celtic Leisure, specialising in Pilates since retraining in fitness instruction and holistic therapies following being made redundant in 2008. Physical fitness is a passion of mine, however my interest in Pilates stems from a realisation that poor technique and posture prevents some people fulfilling their potential.'



Neil Butler

As Gym Supervisor I have many responsibilities within the company yet I enjoy finding time to deliver challenging yet enjoyable exercise classes. I am a very conscientious member of the team of coaches, versatile and enthusiastic enough to lend myself to most fitness disciplines when necessary. Although Circuits and the new 'Boot Camp Circuits' are my speciality. Hope to see you soon.....



Rhian Lewis

I have been teaching since November 2005 I started out by teaching Indoor Cycling and have never looked back. I thoroughly enjoy teaching classes from High Impact Aerobic workouts to Toning, conditioning and endurance training. I love facing new challenges and am flexible and highly motivated.



Jean Sinclair

I Have worked for Celtic Leisure for over 3 years now and teach a number of different classes at various CCL sites. My classes include Salsa Aerobics and Aqua Aerobics, although I am also qualified in Pole Dancing and body conditioning. I thoroughly love teaching Classes on behalf of Celtic Community Leisure.



Lyndon Jones

I am the newest member of the Pontardawe Leisure Centre team of instructors. I began coaching regularly in 2010 with an indoor cycling class, then a circuits class and I am now proud to be introducing the all new 'last one standing'. I feel that my attributes and abilities include my natural creative flare and easy communication. I look forward to meeting you....



Jean Hall

I have been a BWY teacher for 28 years. I have worked for Celtic Leisure for 8 years firstly in Vale of Neath Leisure Centre and then also Pontardawe Leisure Centre. I teach a gentle style of yoga and relaxation. My main concern is for the safety of my students. I hope I bring a little peace and tranquility to my classes. Om Shanti.

Get Fit, Stay Healthy!

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Classes Guide

Zumba

"Zumba" fuses hypnotic Latin Rhythms and easy to follow moves to create a one-of-a-kind fitness program. You will achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie burning, body energising, awe-inspiring movements designed to engage and captivate for life!

Pump Fit

"Pump Fit" is an instructor led, hand held weights class designed to seriously sculpt your body. This comprehensive class aims to target all major muscle groups for a whole body approach, including the commonly requested areas of tums and bums.

Step Fit

"Step Fit" is an energetic class using a raised platform to deliver the ultimate light impact cardiovascular workout with minimum impact on your bones and joints. Step Fit routines are designed to help you achieve your desired results in fat burning and can make a significant improvement in your stamina with the simplest of choreography.

Aerobix Max

"Aerobix Max" is a very motivating choreographed sequence of movements designed not only to target improvements in your fitness and stamina but to sharpen your agility and self awareness. Your instructor will drive you to your highest potential in this fun packed, highly enjoyable workout, lifting your energy to another level.

Aerobix Lite

"Aerobix Lite" is a lighter approach to the aerobic workout. Delivered at a more controlled pace this class is ideal for those who desire the fat burning benefits of aerobics whilst building the fitness foundation they desire.

Salsa

"Salsa" is a lively dance class structured around a choreographed sequence of Salsa dance moves. This class is an uplifting treat to those whom enjoy nothing more than dancing their way into fitness. No partner or previous dance experience required.

Combat Fit

"Combat Fit" is a demanding yet highly inspiring kick boxing class. Your instructor will take you through a stimulating sequence of basic, easy to follow choreography including safe punching and kicking techniques to deliver the most rewarding of experiences. With no kick boxing experience necessary "Combat Fit" is a must for all adrenaline junkies.

Indoor Cycling

"Indoor Cycling" is an extremely popular Instructor led class. Your instructor will lead you through a sequence of creative events including changes in terrain, gradient and speed, delivering this exhilarating journey. The intensity at which you travel is of your choice although your instructor will engage with you to bring out your greatest potential.

Pilates

"Pilates" is a non challenging, pleasantly calming class incorporating various techniques that are specifically designed to lengthen and strengthen your postural alignment. Pilates will provide you with numerous benefits which include improvements in core strength, the base to which all other exercise classes rely on.

Yoga

The class style at PLC is Hatha Yoga, which involves posture work (asana) breathing, relaxation and meditation techniques. The classes are intermediate although beginners are always welcome. All Yoga postures and sequences can be modified. Yoga is a wonderful complement to the other classes that are available at PLC because it brings balance and harmony to the body and mind at the end of a tiring day.

Circuits

"Circuits" is an energetic multi stationed exercise class structured to improve all components of fitness. This exciting class will assist in making improvements in your stamina and strength with uncomplicated exercises stations. Although Circuits is ideally pitched as an introduction toward this style of exercise class, Circuits in essence is ultimately rewarding.

Power Circuits

"Power Circuits" is a highly motivating, multi stationed exercise class incorporating a fresh slant on traditional exercise techniques, such as power and plyometrics. The benefits to be gained from this style of exercise class will have a positive unequalled impact on your fitness level.

Boot Camp Circuits

"Boot Camp Circuits" is themed around the military approach of basic training. This excellent example of a hard physical exercise class will inspire you to reach your full physical potential whilst captivating your imagination. The drill instructor will ensure a thorough workout for all those who rise to the challenge.....

Last One Standing

"Last One Standing" is the ultimate challenge! The first 30 minutes contains exhilarating combat based circuit training, using a vast inventory of unique equipment. The last 30 minutes includes rigorous choreographed fighting techniques pitched at an extreme intensity via hardcore explosive action.....who will be the last one standing.....?

Abdominal Blast

"Abdominal Blast" is a daily 15 minute class at 11am every week day. During the 15minutes your instructor will concentrate entirely on the strength of your stomach muscles. You will gain stronger core muscles and improve abdominal definition in this suitably challenging snap of a class.

If you require any further information or have any queries about the facilities or classes provided by the Pontardawe Leisure Centre please call

0845 123 2240

