



GRŴP **NPTC** GROUP
ACADEMI CHWARAEON LLANDARCY
LLANDARCY ACADEMY OF SPORT

MAY – SEPTEMBER 2017

ADULT CLASSES



CLASSES TO SUIT EVERYONE PLUS
THE LATEST RELEASES FROM

LES MILLS

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GRWVP NPTC GROUP
ACADEMI CHWARAEON LLANDARCY
LLANDARCY ACADEMY OF SPORT

OVER 60 CLASSES A WEEK

TOP CLASS

FITNESS

THIS SUMMER

At Llandarcy Academy of Sport we have all your favourite classes including the latest Les Mills releases, music and moves!

This Summer our fitness class programme offers a fantastic selection of adult fitness classes for all levels and abilities. Our timetable this Summer includes favourites like Yoga and Pilates plus some of the latest and newest cutting edge fitness classes from Les Mills.

Our extensive range of classes are available 7 days a week. With membership from only £19 per month.

LES MILLS

ADULT FITNESS

CLASS DESCRIPTIONS

TRX

468kcal

Moderate Intensity

The TRX Suspension Training is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. It delivers a fast, effective total-body workout to build a rock solid core and increase muscular endurance.

WILDCARD

492kcal

Moderate To High Intensity

A class designed for a variety of levels. Wildcard incorporates a range of different exercises to challenge you and increase your fitness levels, tone the body and burn fat. The class varies from week to week, using kettlebells, weights and cardio exercises such as burpees, mountain climbers and squat thrusts etc. A great way to get fit!

STEP FIT

507kcal

Moderate To High Intensity

Step is an energizing workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music. Cardio blocks push fat burning systems into high gear for calorie burning followed by muscle conditioning tracks that shape and tone your body. Step caters to all fitness levels and you can increase or decrease the intensity of the workout by raising or lowering the height of your step.

KETTLEBELLS

600kcal

Moderate To High Intensity

Kettlebells training is a type of weight training class that will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements. The kettlebells can be used for a number of exercises that work for the whole body requiring full body integration and core stabilization. The core circuit will be a workout specifically focused on the abdominal area doing a range of exercises in circuit based training, this will build up the specific muscle targeted and flatten the mid area. Suitable for all fitness levels.

YOGA

290kcal

Low To Moderate Intensity

Yoga is a physical, mental, and spiritual discipline. Suitable for varying abilities the goal of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquillity. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing. Yoga has been used as a meditation technique for thousands of years.

INSANITY

248kcal

Moderate To High Intensity

Are you ready to be pushed to your full potential? Insanity is a revolutionary cardio based total body conditioning program based on the principles of High Intensity Interval Training. (HIIT). Insanity pushes the participant to new training heights, resulting in more calories burned, faster results and a more efficient metabolism. Insanity's interval training is the pinnacle of cardio training.

BOOT CAMP

496kcal

Moderate To High Intensity

This type of class varies each session and involves different exercises and training methods. The class may be set up in a circuit and involves exercises such as running, interval training, star jumps, squat thrusts, lunges, squats, push-ups, sit-ups, plyometrics and intense explosive routines. The instructor pushes the participants harder than they push themselves, resembling a "military style" bootcamp. Everyone works to their own ability and pace and there is a real team feeling. Bootcamp will kickstart your day and leave you feeling exhilarated and motivated. It burns fat, builds muscle and tones the body up. It will keep you on your toes as you don't know what to expect in each workout!

POWER HOUR – CONDITIONING

Moderate To High Intensity

A full body workout, that is varied and designed to test all fitness abilities. Using a range of functional fitness equipment including Battle Ropes, Sleds, Tyres, Sledge Hammers and Kettlebells – we guarantee this work out will push you to new levels of physical fitness and confidence. Run by our ex-military and competitive boxing staff.

PILATES

275kcal

Low To Moderate Intensity

Pilates is predominantly a mat-based exercise class, designed to improve the overall posture. The session incorporates exercises that strengthen the core, improve mobility and flexibility and tone and strengthen the muscles being targeted. Pilates is particularly good for preventing an injury and equally for people returning to exercise post-injury. The class offers a range of options making the session suitable for varying abilities, from beginners to advanced and including ante- natal and post natal participants. The breathing techniques used throughout this class during the exercises will leave you feeling calm and centred.

BODY BLAST

422kcal

Moderate To High Intensity

This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, lower body and core. It is an intense workout that ensures you leave the class feeling great. Options provided throughout to suit individuals of all fitness levels.



CXWORX

LES MILLS
230kcal CXWORX

Moderate To High Intensity

Exercising muscles around the core, CXWORX provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. You work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.

INDOOR CYCLING

400kcal

Moderate To High Intensity

A group cardio workout on a specialised stationary bike, cycling to upbeat, motivational music! The Instructor will take participants through an energetic cycling session, involving seated and standing hill climbs, seated and standing sprints / races and also incorporating recovery phases.

This type of workout challenges the body, improving cardiovascular fitness levels, strength and endurance and stamina. This type of workout is excellent for burning lower body fat and in particular, toning and sculpting the legs and butt! Individuals have control over the resistance dial and can work to their own ability.

LEGS, BUMS & TUMS

267kcal

Moderate Intensity

Legs, bums and tums is great for people who want to lose weight, being a top calorie burner while targeting those tricky areas. It is also great for those who just generally want to get fit and raise their stamina with some aerobic exercise while doing a series of exercises targeted to the particular areas.

LES MILLS MASH-UP

Moderate To High Intensity

Les Mills "Mash up" is a mixture of a variety of Les Mills programmes offered on our extensive timetable. This class has been added to the timetable to give new members the opportunity to try a "taster" of the Les Mills classes that we offer. For the more advanced member and those of you who become bored more easily this class will keep you on your toes and be an hour that flies past with an exciting and fun mixture of tracks from a variety of Les Mills releases. This class allows you to work as hard or as easy as you want to whilst experiencing a range of Les Mills programmes!

GRIT STRENGTH

LES MILLS
GRIT | STRENGTH

Moderate To High Intensity

Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

RPM**620kcal****LES MILLS
RPM**

Moderate To High Intensity

RPM™ is our indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories* a workout and get fit fast. Learn all the basic cycling moves like standing up, sitting down, changing hand positions, speeding up and slowing down. You control your own resistance levels and sprint speed so you can build up your training level over time. If you want a true sense of achievement, get into a RPM class today!

BODYBALANCE**390kcal****LES MILLS
BODYBALANCE**

Low To Moderate Intensity

BodyBalance is the yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

BODYATTACK**730kcal****LES MILLS
BODYATTACK**

Moderate To High Intensity

Body Attack is an inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

BODYPUMP**600kcal****LES MILLS
BODYPUMP**

Moderate Intensity

Body Pump is the original LES MILLS barbell class that will sculpt, tone and strengthen your entire body. This is done by using the REP EFFECT focusing on low weights and high repetition movements, burning fat and quickly producing lean body muscle conditioning. This class uses chart-topping music, so with your choice of weight and highly-trained instructors you can get the results you want.

LES MILLS

LOOK OUT FOR OUR LES MILLS
OPEN DAYS THROUGHOUT THE YEAR

GRIT CARDIO**LES MILLS
GRIT™** | **CARDIO**

Moderate To High Intensity

Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximise calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

GRIT PYLO**LES MILLS
GRIT™** | **PLYO**

Moderate To High Intensity

Plyo is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

SPRINT**455kcal****LES MILLS
sprint**

High Intensity

Take your training to the next level with a workout that's all about quick results. LES MILLS SPRINT™ is built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout.

BODYCOMBAT**545kcal****LES MILLS
BODYCOMBAT**

High Intensity

Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

Average calorie burn

Guide only. Average estimated calorie burn. Exact Calorie burn subject to height, weight and class intensity. Figures based on AUT University (2014, April), Exercise Intensity & Energy Expenditure During the Class.


ADULT FITNESS CLASS TIMETABLE

OVER 60 CLASSES – 7 DAYS A WEEK

BRILLIANT NEW CLASSES THIS SUMMER INCLUDING ALL THE LATEST LES MILLS CLASS RELEASES AND BRAND NEW GRIT STRENGTH, PYLO AND CARDIO.

















MONDAY

 New Class Time  Low Intensity  Medium Intensity  High Intensity

6.30am–7.20am	RPM	Track	Lindi	 
4.30pm–5.00pm	CXWORX	Track	Lindi	 
5.00pm–5.30pm	SPRINT	Track	Lindi	
5.35pm–6.25pm	PILATES	Room 1 & 2	Lindi	 
5.30pm–6.30pm	TRX	FTZ	Marcus	
6.00pm–7.00pm	BODYPUMP	Track	Scott	
6.30pm–7.30pm	YOGA	Room 1 & 2	Ruth	 
6.40pm–7.10pm	 BODYCOMBAT EXPRESS*	Sports Hall	Lindi	
7.10pm–7.40pm	 BODYATTACK EXPRESS*	Sports Hall	Lindi	 
7.40pm–8.10pm	 CXWORX	Track	Lindi	 
8.15pm–9.00pm	 INDOOR CYCLING*	Track	Sophia	 

TUESDAY

*Suitable for 11–15 year olds

6.30am–7.30am	BOOT CAMP	Arena	Ewan	 
5.00pm–6.00pm	BODYPUMP	Track	Scott	
5.15pm–6.00pm	BODYBLAST	Sports Hall	Angela	 
6.00pm–7.00pm	LBT	Sports Hall	Emma	
6.10pm–7.10pm	 BODYCOMBAT*	Track	Angela	
7.00pm–8.00pm	WILD CARD	FTZ	Carly	 
7.10pm–8.00pm	NEW! STEP AEROBICS*	Track	Angela	 
7.15pm–7.45pm	BODYATTACK EXPRESS*	Sports Hall	Sophia	 
8.00pm–8.30pm	SPRINT	Track	Lindi	
8.30pm–9.00pm	CXWORX	Track	Lindi	 

Go social for the latest class news, availability and updates from Llandarcy Academy of Sport



LlandarcyAcademy



@llandarcysport

WEDNESDAY

New Class Time Low Intensity Medium Intensity High Intensity

6.30am-7.15am	INDOOR CYCLING*	Track	Emma	
5.15pm-6.00pm	INDOOR CYCLING*	Track	Chelsey	
5.15pm-6.00pm	BODY BLAST	Sports Hall	Carly	
5.40pm-6.10pm	NEW! GRIT STRENGTH (STARTS AUG)	FTZ	Cheryl	
6.15pm-7.15pm	BODYPUMP	Track	Cheryl	
6.00pm-7.00pm	YOGA	LLB103	Ruth	
7.10pm-8.00pm	PILATES	Room 1 & 2	Lindi	
7.20pm-7.50pm	NEW! GRIT PLYO (STARTS AUG)	Track	Cheryl	
8.00pm-9.00pm	BODYBALANCE	Room 1 & 2	Lindi	
8.00pm-8.45pm	INDOOR CYCLING*	Track	Chelsey	

THURSDAY

*Suitable for 11-15 year olds

6.15am-6.45am	CXWORX	Track	Lindi	
6.45am-7.15am	SPRINT	Track	Lindi	
6.30am-7.30am	BOOT CAMP	Arena	Ewan	
4.45pm-5.15pm	SPRINT	Track	Lindi	
5.15pm - 6.00pm	RPM	Track	Lindi	
5.30pm-6.00pm	NEW! GRIT CARDIO (STARTS AUG)	Sports Hall	Sophia	
5.30pm-6.00pm	INSANITY (ENDS AUG)	Sports Hall	Sophia	
6.15pm-7.15pm	BODYBALANCE	Room 1 & 2	Lindi	
6.00pm-7.00pm	KETTLEBELLS	FTZ	Emma	
6.00pm-7.00pm	BODYATTACK*	Sports Hall	Sophia	
6.30pm-7.30pm	YOGA	LLB103	Alan	
7.10pm-7.40pm	NEW! GRIT STRENGTH (STARTS AUG)	Sports Hall	Sophia	
7.20pm-8.10pm	BODYBALANCE	Room 1 & 2	Lindi	
7.00pm-8.00pm	TRX	FTZ	Emma	

FRIDAY

*Suitable for 11-15 year olds

6.30am-7.20am	RPM	Track	Lindi	
4.30pm-5.00pm	CXWORX	Track	Lindi	
5.00pm-5.30pm	SPRINT	Track	Lindi	
5.45pm-6.30pm	INDOOR CYCLING*	Track	Carly	

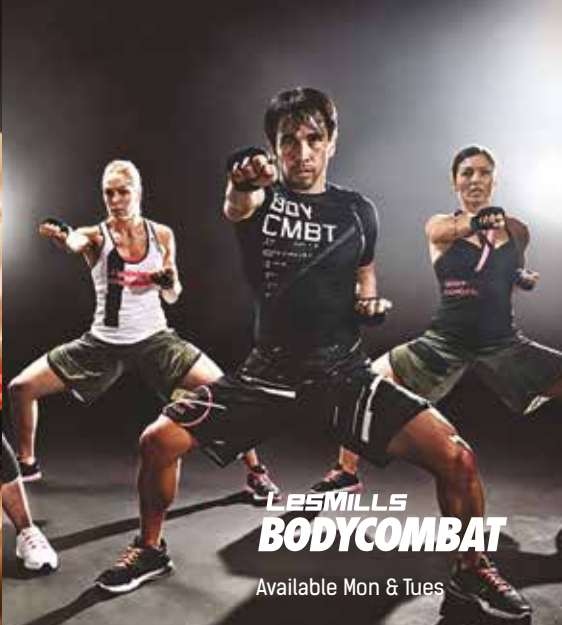
WIN FREE MEMBERSHIP FOR A MONTH!

BEEN TO ONE OF OUR CLASSES? LET US KNOW PLEASE POST A REVIEW ON ANY OF OUR SOCIAL MEDIA CHANNELS AND YOU COULD WIN A MONTHS FREE MEMBERSHIP



LES MILLS RPM

Available Mon, Thurs, Fri & Sat



LES MILLS BODYCOMBAT

Available Mon & Tues

SATURDAY

New Class Time Low Intensity Medium Intensity High Intensity

8.05am-8.35am	CXWORX	Track	Lindi	
8.35am-9.25am	RPM*	Track	Lindi	
9.30am-10.30am	BODYPUMP	Track	Sophia	
10.00am-11.00am	NEW! POWER HOUR - CONDITIONING	FTZ	Ashley/Idris	
10.40am-11.10am	BODYATTACK EXPRESS (ENDS AUG)	Track	Sophia	
10.40am-11.10am	NEW! GRIT CARDIO (STARTS AUG)	Track	Sophia	

SUNDAY

*Suitable for 11-15 year olds

9.30am-10.15am	INDOOR CYCLING*	Track	Emma	
10.00am-11.00am	YOGA	LLB103	Gail	
10.30am-11.30am	LBT	Track	Emma	
12.00pm-12.30pm	SPRINT	Track	Lindi	
12.30pm-1.00pm	NEW! GRIT STRENGTH (STARTS AUG)	Track	Lindi	
4.30pm-5.30pm	STEP FIT*	Track	Angela	
5.30pm-6.30pm	NEW! LES MILLS MASH UP	Track	Lindi	
6.30pm-7.15pm	INDOOR CYCLING*	Track	Chelsey	
6.45pm-7.45pm	BODYBALANCE	Room 1 & 2	Lindi	

Are you a member? Book your next class online today at llandarcyacademy.com



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ACADEMI CHWARAEON LLANDARCY
LLANDARCY ACADEMY OF SPORT



MORE THAN JUST MEMBERSHIP

A FUSION OF HEALTH & FITNESS
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- > Unlimited Class Usage
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AND INCLUDES
OVER 60
CLASSES

Ask staff for details or visit
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PACKAGES
FROM
£109



STRESS FREE KIDZ BIRTHDAY PARTIES

BRAND NEW PARTY PACKAGES

INCLUDING FOOTBALL, RUGBY, ZORB FOOTBALL,
NETBALL PLUS MANY MORE

Llandarcy academy of sport members
10% discount

Ask staff for details or visit
www.llandarcyacademy.com

JUNIOR FITNESS CLASS TIMETABLE

MONDAY

4.00pm-4.45pm	GYMNASTICS (4-7)
4.45pm-5.45pm	NEW ACTIVE CLIMB* (7+) *Max 9 participants
4.45pm-5.30pm	GYMNASTICS (7+)
5.45pm-6.45pm	CLIMBING (Adults & Children)
5.00pm - 6.00pm	JUDO (6+)

TUESDAY

4.00pm-5.00pm	FOOTBALL
5.00pm - 6.00pm	KARATE

WEDNESDAY

5.00pm-6.00pm	JUDO (6+)
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THURSDAY

4.30pm-5.15pm	BOXERCISE (Ages 4-8)
5.15pm-6.00pm	BOXERCISE (Ages 9+)
6.00pm-7.00pm	FIT 2 DANCE

FRIDAY

6.30pm-7.30pm	JUDO
4.30pm-5.30pm	NEW! DODGEBALL

SATURDAY

9.00am-10.00am	ACTIVE CLIMB (7+) *Max 9 participants
10.00am-11.00am	CLIMBING (Adults & Children)

SUNDAY

10.00am-12.00pm	MULTI-SPORT
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JUNIOR GYM 11-15 YEAR OLDS

Monday - Friday

3.30pm - 5.00pm

Fully supervised

All other times must be accompanied
by an Adult member

HOLIDAY & HALF TERM CAMPS

At Llandarcy Academy of Sport we have the holidays and half-terms covered. Children can choose from a selection of camps including Ospreys rugby, football and many more. Please ask staff for full details.





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ONLINE
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MAY – SEPTEMBER 2017



JUNIOR CLASSES

2017 PROGRAMME

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