

# Canolfan Hamdden Biwmares

## Beumaris Leisure Centre



[www.ynysmon.gov.uk/canolfanhamddenbiwmares](http://www.ynysmon.gov.uk/canolfanhamddenbiwmares)  
[www.anglesey.gov.uk/beumarisleisurecentre](http://www.anglesey.gov.uk/beumarisleisurecentre)

## Fitness Classes

### Monday

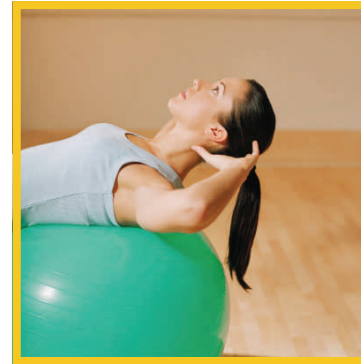
12.30 - 13.30	Sure Start: Yoga
13.00 - 14.00	Sure Start: Fitness Session
12.30 - 14.00	Creche
13.00 - 14.00	Fitness for All
13.45 - 15.45	Yoga
18.00 - 19.00	Fitness for All
19.00 - 20.00	Aeropump

### Tuesday

10.00 - 11.00	Tots Gym
10.00 - 12.00	Cardiac Rehabilitation Session
19.00 - 20.30	Pilates

### Wednesday

11.00 - 12.00	Exercise by Invitation: Gym Circuits
13.00 - 14.00	Exercise by Invitation: Fitness Session
13.45 - 15.45	Yoga
19.00 - 20.00	Youth Fitness Session, 11+



### Thursday

10.00 - 11.15	Gentle Exercise
18.00 - 19.00	Body Sculpt
19.30 - 20.30	Circuit Training
19.00 - 21.00	Yoga

### Friday

10.00 - 11.30	Step Aerobics
11.00 - 12.00	Exercise by Invitation: Fitness Session
13.00 - 14.00	Fitness for All
13.00 - 14.00	Community Fit Club
14.30 - 15.30	Gym Session



**Tel:**

**01248 811200**

**Prices and times are subject to occasional changes, please check with reception on 01248 811200**