

**Are you ready to cycle to
work on the 15th August?**



**Let us help you on your way
with our group cycling classes!**

How Indoor Cycling can help you prepare for the road:

- Correct Bike Set-up
- Increases Confidence
- Improves Technique
- Develop Stamina & Fitness
- Basic Cycling Safety

Book a class @

Crymych

Fishguard

Haverfordwest

Milford Haven

Pembroke

Tenby

Take a look at our group exercise timetables -

<https://www.pembrokeshire.gov.uk/take-a-class/class-timetables>

**Y dych chi'n barod i feicio i
gwaith ar y 15fed o Awst?**



**Gadewch i ni eich helpu chi ar eich
ffordd gyda'n dosbarthiadau beicio grŵp!**

**Sut gall Beicio Dan Do eich
helpu i baratoi ar gyfer yr heol:**

- Sefydlu Beic yn Gywir
- Cynyddu Hyder
- Gwella Techneg
- Datblygu Stamina a Ffitrwydd
- Diogelwch Beicio Sylfaenol

Archebwch ddosbarth yn

Crymych

Abergwaun

Hwlfordd

Aberdaugleddau

Penfro

Dinbych-y-pysgod

Edrychwch ar ein hamserlenni ymarfer grŵp –

<https://www.sir-benfro.gov.uk/dosbarthiadau/amserlenni-dosbarth>