

Summer Cycle Challenge

7th – 29th July

Are you training for an event?

Do you like a challenge?

**317km in
3 weeks!**

Cycle the distance of the first and last stage of the Tour de France during the 3 weeks of the event *

Sign up in your preferred centre and start logging the distances you cycle in the gym or spin classes! You can now also include up to 160km of outdoor training!



Complete the challenge and be entered in to a prize draw to win a cycling hamper full of goodies!

Worth £60

*At least 157km must be completed within a leisure centre.
Outdoor training to be logged using a fitness app.
All training to be logged on the distance wall chart.

Non-members taking part in the challenge get spin classes at a reduced rate!

Hamdden
Sir Benfro



Her Seiclo **Haf**

7fed - 29ain Gorffennaf

**Ydych chi'n hyfforddi ar
gyfer digwyddiad?**

Ydych chi'n hoffi her?

**317km
mewn 3
wythnos!**

**Beiciwch bellter y camau cyntaf ac olaf Tour de
France eleni yn ystod 3 wythnos y digwyddiad ***

**Cofrestrwch yn eich canolfan ddewisol a dechreuwch
gofnodi'r pellteroedd rydych yn seiclo yn y gampfa neu
ddosbarthiadau troelli! Gallwch nawr gynnwys hyd at
160km o ymarfer awyr agored!**



**Cwblhewch yr
her a chewch
y siawns i
ennill hamper
o ategolion
beicio!**

Werth £60

**Gall cwsmeriaid heb
aelodaeth sy'n cymryd
rhan yn yr her cael
gostyngiad pris ar
ddosbarthiadau troelli.**

*Rhaid cwblhau o leiaf 157km o fewn canolfan hamdden a
chofnodi ymarfer awyr agored trwy ddefnyddio app ffitrwydd.
Rhaid cofnodi bob sesiwn ymarfer ar y siart wal pellter.