

Crew Rowing

Are you feeling inspired by the Year of the Sea?
Get “on board” with our indoor Crew Rowing course!

6 Week Training Course

Inter-centre Challenge on Week 7

Full Body Workout

Improves Cardio Fitness

Non Members - £35

Loyalty Members - £30

Subscribing Members - £20

Available at Fishguard,
Haverfordwest & Pembroke
Leisure Centres from the
week commencing
17th September.
Call to book!



Rhwyfo Criw

Ydych chi wedi'ch ysbrydoli gan flwyddyn y môr?
Ymunwch yn yr "hwyl" gyda'n cwrs Rhwyfo Criw!

Cwrs Ymarfer 6 Wythnos

Her Rhyng-ganolfan ar Wythnos 7

Ymarfer Corff Cyfan

Gwella Ffitrwydd Cardio

Heb Aelodaeth - £35

Aelodau Teyrngarwch - £30

Aelodau Tanysgrifio - £20

Ar gael yn Ganolfannau
Hamdden Abergwaun,
Hwlfordd a Penfro o'r
wythnos sy'n dechrau'r 17eg
Medi. Ffoniwch i archebu!

