

Get Fit For Summer



# BEGINNERS RUNNING SESSIONS

0 to 5k in 13 weeks £20

Creuddyn Leisure Centre, Penrhyn Bay +  
Dyffryn Conwy Leisure Centre, Llanrwst

Creuddyn Leisure Centre,  
Penrhyn Bay  
Wednesday's  
6 - 7pm  
Starting 26th April 2017

Dyffryn Conwy Leisure  
Centre, Llanrwst  
Friday's  
5 - 6pm and 6 - 7pm  
Starting 28th April 2017

- 16yrs +
- Limited spaces

For more information or to  
book your place contact  
**01492 575563/64**



Ffit Ar Gyfer Yr Haf

ffit  
conwy

# SESIYNAU DECHREUWYR RHEDAG

0 i 5km mewn 13 wythnos £20  
Canolfan Hamdden Creuddyn, Bae Penrhyn +  
Dyffryn Conwy Leisure Centre, Llanrwst

Canolfan Hamdden Creuddyn,  
Bae Penrhyn  
Dydd Mercher  
6 - 7pm  
Dechrau 26 Ebrill 2017

Canolfan Hamdden  
Dyffryn Conwy,  
Llanrwst  
Dydd Gwener  
5 - 6pm a 6 - 7pm  
Dechrau 28 Ebrill 2017

- 16 oed +
- Hyn a hyn o lefydd sydd ar gael

Am fwy o wybodaeth neu i  
gadw'ch lle ffoniwch  
**01492 575563/64**

