

Amserlen Dosbarthiadau | Class Timetable



DYDD LLUN | MONDAY

7.00 - 7.30am	Siâp Shape
12.30 - 1.00pm	Siâp Shape
6.00 - 6.30pm	Perfformiad Performance

DYDD MAWRTH | TUESDAY

7.00 - 7.30am	Perfformiad Performance
12.30 - 1.00pm	Siâp Shape
6.00 - 6.30pm	Hwyl Fun*

DYDD MERCHER | WEDNESDAY

9.30 - 10.00am	Hwyl Fun*
12.30 - 1.00pm	Perfformiad Performance
6.00 - 6.45pm	Super Syngry (45 mun / mins)

DYDD IAU | THURSDAY

7.00 - 7.30am	Perfformiad Performance
12.30 - 1.00pm	Perfformiad Performance
6.00 - 6.30pm	I ddechreuwr Starter

DYDD GWENER | FRIDAY

7.00 - 7.30am	I ddechreuwr Starter
12.30 - 1.00pm	Siâp Shape
6.00 - 6.45pm	Super Syngry (45 mun / mins)

DYDD SADWRN | SATURDAY

9.30 - 10.00am	Hwyl Fun*
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DYDD SUL | SUNDAY

9.30 - 10.00am	I ddechreuwr Starter
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* Ar gael i rai sy'n 11-13 oed | Available for 11-13 year olds

Gmunwch ar-lein | Join on-line
Actif.cymru / Actif.wales

Pa ddsbarth sy'n addas i chi? | Which class is for you?

**Ymdrechu
i'r eithaf
Maximum
exertion**

SUPER SYNRGY - Dosbarth dwysedd uchel 45 munud ar gyfer y corff cyfan a fydd yn herio hyd yn oed y rhai mwyaf heini. Bydd ymarfer ar y dwysedd eithafol hwn yn helpu i losgi hyd at 1000 o galoriau.

PERFFORMIAD - Dosbarth dwysedd uchel 30 munud.

SUPER SYNRGY - A high intensity 45 minute full body workout that will challenge even the fittest. Exercising at this extreme intensity will help burn up to 1000 calories per class.

PERFORMANCE - A high intensity 30 minute class.

**Caled
Hard**

SIÂP - Wedi'i ddylunio i drawsnewid eich corff drwy ddatblygu cryfder a dyncwch ym mhob un o brif grwpiau'r cyhyrau.

SHAPE - Designed to transform your body by developing strength and endurance in all major muscle groups.

**Cymedrol
Moderate**

HWYL - Ymarfer corff hwyl i'r teulu sy'n cynnwys ymarferion egniol iawn.

FUN - Fun family workout providing high energy exercises.

**Ysgafn
Light**

I DDECHREUWYR - Dosbarth cychwynnol gyda'r nod o hyfforddi a datblygu techneg ar ymarferion amrywiol Synrgy. Perffaith ar gyfer dechreuwy ac oedolion hŷn.

STARTER - An introductory class aimed to coach and develop technique on the various Synrgy exercises. Perfect for beginners and older adults.

Prisiau | Prices

Ddim yn Aelod (talu fesul sesiwn)	Non Member (PAYGO)	£5.60
Aelod (talu fesul sesiwn)	Member (PAYGO)	£5.05
Aelodaeth Synrgy yn Unig	Synrgy Only Membership	£22.40
Aelodaeth Ychwanegol	Bolt-on Membership	£14.75
Sesiwn lau (talu fesul sesiwn)	Junior Session (PAYGO)	£3.60
Aelodaeth lau	Junior Membership	£14.40
Aelodaeth lau Ychwanegol	Bolt-on Junior Membership	£10.80
Hurio (fesul awr)	Hire (per hour)	£50.00

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neu ffoniwch/or phone: 01267 224700

 @sportcarms  Actif Sport and Leisure

LifeFitness



SYNRGY 360