

bridges

Linking health and wellbeing



Bridges at Mold, Flint, Holywell and Deeside Fully Refurbished Now Open

Easy to use State of the Art
Technogym Equipment featuring:

- Ipod[®] docking stations
- Easy to use Guide me technology
- Personal TV Screens
- Music and interactive games while you exercise with our entertainment package

With
membership
available for less than
£1 per day
What are you
waiting for?

What are you waiting for?

For more information Call 0845 603 2121 or come in and see us.

www.flintshire.gov.uk/leisure

Flintshire Leisure Services

Bridges ar ei newydd wedd yn Yr Wyddgrug, Y Fflint, Treffynnon a Glannau Dyfrdwy ar agor nawr Ewch amdani

Cyfarpar Technogym o'r radd flaenaf
sy'n cynnwys;

- Gorsafoedd docio Ipod
- Technoleg Guide me sy'n hawdd i'w defnyddio
- Sgriniau teledu personol
- Cerddoriaeth a gemau rhyngweithiol wrth i chi ymarfer corff gyda'n pecyn adloniant

Gallwch
ymaelodi am lai na
£1 y dydd
Felly, beth
amdani?

Am fwy o wybodaeth, ffoniwch 0845 603 2121
neu dewch draw i'n gweld ni.

www.sirymfflint.gov.uk/hamdden

Gwasanaethau Hamdden Sir Y Fflint