

DEESIDE

Autumn Term Programme



ACTIVE
CAMBRIA

Sport Sessions

Fitness Sessions

Deeside	12.15 until 12.45pm	12.15pm until 12.45pm	4pm until 4.45pm	5pm until 5.30pm
Monday	5 a side	Track usage	Badminton / Circuit	Circuit
Tuesday	Table tennis / Badminton	Circuit		
Wednesday	Table tennis / Badminton	Strength & stretch (online across sites)		
Thursday	Basketball / Table tennis	TRX		
Friday	Basketball / Table tennis	Spin		

Running track available ring sports 0300 30 30 007 to book
Active room G52 available email donna.welsh@cambria.ac.uk

**Lifestyle
Fitness**

Lifestyle fitness £18.99 a month email
membership.deeside@lifestyle.co.uk
Ring 01244 836060

Click [here](#) to see our selection of fitness workouts or go to the Active page on student hub or the New student app.
Email donna.welsh@cambria.ac.uk for more information or if you'd like to run any sessions as a Trusted leader.

  @ActiveCambria



GLANNAU DYFRDWY

Rhaglen Tymor yr Hydref



↙ Sesiynau chwaraeon

↘ Dosbarthiadau ffitrwydd

Glannau Dyfrdwy	12.15 tan 12.45pm	12.15pm tan 12.45pm	4pm tan 4.45pm	5pm tan 5.30pm
Dydd Llun	5 yr ochr	Defnyddio'r trac	Badminton / Cylched	Cylched
Dydd Mawrth	Tenis bwrdd / Badminton	Cylched		
Dydd Mercher	Tenis bwrdd / Badminton	Cryfder ac ymestyn (ar-lein ar bob safle)		
Dydd Iau	Pêl-fasged / Tennis Bwrdd	TRX		
Dydd Gwener	Pêl-fasged / Tennis Bwrdd	Troelli		

Trac rhedeg ar gael, ffoniwch yr adran chwaraeon ar 0300 30 30 007 i archebu.

Ystafell heini G52 ar gael, e-bostiwch donna.welsh@cambria.ac.uk

**Lifestyle
Fitness**[®]

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Ring 01244 836060

Cliciwch **yma** i weld ein dewis o sesiynau ffitrwydd neu ewch i'r dudalen Heini ar yr hwb myfyrwyr neu'r ap myfyrwyr newydd. E-bostiwch donna.welsh@cambria.ac.uk am ragor o wybodaeth neu os hoffech gynnal unrhyw sesiwn fel Arweinydd Dibynadwy.

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