

# COMMUNITY COLLABORATION

OPEN TO ANYONE AGED 60+

## FREE 60+ ZUMBA

Pill Social Centre  
SA73 2QT

Wednesdays 09.30AM-10.30AM  
10/01/2024 - 28/02/2024



Improve your cardiovascular fitness and coordination whilst meeting new people in your local community!

Book via the Pembrokeshire Leisure App (select the Leisure Initiatives site), our website or telephone your nearest facility. For further enquiries email [active4life@pembrokeshire.gov.uk](mailto:active4life@pembrokeshire.gov.uk).

# CYDWEITHREDIAD CYMUNEDOL

AR AGOR UNRHYW UN SY'N 60+ OED

Canolfan Gymdeithasol Pill  
Aberdaugleddau  
SA73 2QT

## ZUMBA AM DDIM 60+

Bob dydd Mercher  
09.30YB - 10.30YB  
10/01/24 - 28/02/24



Cyfle i wella'ch ffitrwydd cardiofasgwlaidd a'ch cydsymudiad wrth gwrdd â phobl newydd yn eich cymuned leol!

Cadwch le trwy ap Pembs Leisure (dewiswch wefan y Mentrau Hamdden), trwy ein gwefan, neu drwy ffonio eich cyfleuster agosaf. Am ymholiadau pellach, anfonwch neges e-bost at [active4life@pembrokeshire.gov.uk](mailto:active4life@pembrokeshire.gov.uk).