

FUSION

clwb iechyd a ffitrwydd
health and fitness club



**Aelodaeth o
Membership from**

£20

Os ydych am ddod yn heini, colli ychydig o bwysau, gwella eich iechyd, cael seibiant o'r gwaith astudio neu gadw'n ffit ar gyfer y tymor sydd i ddod, Fusion yw'r lle i chi.

Rhydaman	01269 594517
Caerfyrddin	01267 224700
Llanelli	01554 774757
Castell Newydd Emlyn	01239 711025

www.sirgar.gov.uk/hamdden
www.carmarthenshire.gov.uk/leisure



Whether you want to get into shape, lose a few pounds, improve your health, have time out from studying or stay fit for the coming season, Fusion is the place for you.

Ammanford	01269 594517
Carmarthen	01267 224700
Llanelli	01554 774757
Newcastle Emlyn	01239 711025

