

## **NODWCH: Newidiadau Pwysig i Fynediad**

Fel rhan o'r gwaith gwella cyfredol yng Nghanolfan Hamdden y Fenni, bydd newidiadau dros dro i fynediad y safle rhwng dydd Llun 3<sup>ed</sup> Awst a dydd Sul 9 Awst.

Bydd y ganolfan hamdden yn parhau i fod ar agor fel arfer drwy gydol y cyfnod hwn, a bydd yr holl ddosbarthiadau, gweithgareddau a chyfleusterau yn parhau i weithredu.

I alluogi gwneud gwaith hanfodol yn ddiogel, caiff y fynedfa flaen o Hen Heol Henffordd ei chau ac ni fydd unrhyw fynediad i gerbydau i safle'r ganolfan hamdden yn ystod cyfnod hwn y prosiect.

### **Sut i gael Mynediad i'r Ganolfan Hamdden**

- Ewch i'r safle ar droed drwy Heol Pen y Pound (ochr yr ysgol)
- Dilyn y llwybr cerddwyr fydd ag arwyddion clir ac a ddangosir ar y map mynediad.
- Bydd mynediad i'r ganolfan hamdden drwy Ddrws Tân y Neuadd Chwaraeon, a gaiff ei farcio yn glir.
- Bydd y llwybr Teithio Llesol yn parhau i fod ar agor drwy gydol y gwaith.

### **Gofynnir i chi ganiatáu amser ychwanegol**

Bydd arwyddion dros dro yn eu lle o amgylch y safle i lywio ymwelwyr yn ddiogel i'r fynedfa. Caiff mapiau mynediad hefyd eu dangos o fewn y ganolfan a'u rhannu ar draws ein sianeli cyfryngau cymdeithasol i'ch helpu i gynllunio eich ymweliad.

Sylweddolwn y gall y newidiadau hyn achosi peth anghyfleuster a hoffem ddiolch i chi am eich amynedd a'ch dealltwriaeth tra caiff y gwelliannau pwysig hyn eu gwneud.

Os oes gennych unrhyw gwestiynau neu angen cymorth, siaradwch gydag aelod o'r tîm os gwelwch yn dda a byddant yn hapus i helpu.

Diolch am eich cefnogaeth barhaus tra'n bod yn buddsoddi mewn gwella Canolfan Hamdden y Fenni.

## **NOTICE: Important Access Changes**

As part of the ongoing improvement works at Abergavenny Leisure Centre, there will be temporary changes to site access from Monday 3 August to Sunday 9 August.

The leisure centre will remain open as normal throughout this period, and all classes, activities and facilities will continue to operate.

To allow essential works to take place safely, the front entrance from Old Hereford Road will be closed, and there will be no vehicle access onto the leisure centre site during this phase of the project.

### **How to Access the Leisure Centre**

- Please access the site on foot via Pen Y Pound Road (school side).
- Follow the clearly signposted pedestrian route shown on the access map.
- Entry to the leisure centre will be through the Sports Hall Fire Door, which will be clearly marked.
- The Active Travel Route will remain open throughout the works.

### **Please Allow Extra Time**

Temporary signage will be in place around the site to guide visitors safely to the entrance. Access maps will also be displayed within the centre and shared across our social media channels to help you plan your visit.

We appreciate that these changes may cause some inconvenience and would like to thank you for your patience and understanding while these important improvements are carried out.

If you have any questions or require assistance, please speak to a member of the team who will be happy to help.

Thank you for your continued support while we invest in improving Abergavenny Leisure Centre.

## Temporary Gym Equipment List

CONCEPT II MODEL D ROWER

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RUN EXC 500 CE R LED TGS 0

RUN EXC 500 CE R LED TGS 0

RUN EXC 500 CE R LED TGS 0

RUN EXC 500 CE R LED TGS 0

RUN EXC 700 CE R LED TGS 0

RUNNOW 700 CE WEB WS IP U CL

SYNCHRO EXCITE 500

SYNCHRO EXCITE 500

SYNCHRO EXCITE 500

WAVE EXC 700I SP LED 0

TOP 700SP LED WS CL

TOP 700SP LED WS CL

BIKE 700SPLED WS CL GRE

BIKE 700SPLED WS CL GRE

RECLINE BIKE 500

RECLINE BIKE 700

Vario Excite+ 700

Vario Excite+ 700

Vario Excite+ 700

LEG CURL SILVER BLACK

LEG EXTENSION SILVER BLACK

LOWER BACK SILVER BLACK

SHOULDER PRESS SILVER BLACK

CHEST PRESS SILVER BLACK

VERTICAL TR SILVER BLACK

KINESIS I

ADJUSTABLE BENCH

ADJUSTABLE BENCH

ADJUSTABLE BENCH

ADJUSTABLE BENCH

HALF RACK

HALF RACK

SKI ERG

ASSAULT BIKE

ASSAULT BIKE

TECHNOGYM SPIN BIKE

DUMBBELLS 1-40kg

KETTLEBELLS 6-40kg

TRX

TANITA

TECHNOGYM KIOSK

## Rhestr Offer Campfa Dros Dro

RHWYFWR MODEL D CONCEPT II

RHWYFWR MODEL D CONCEPT II

RUN EXC 500 CE R LED TGS 0

RUN EXC 500 CE R LED TGS 0

RUN EXC 500 CE R LED TGS 0

RUN EXC 500 CE R LED TGS 0

RUN EXC 700 CE R LED TGS 0

RUNNOW 700 CE WEB WS IP U CL

SYNCHRO EXCITE 500

SYNCHRO EXCITE 500

SYNCHRO EXCITE 500

WAVE EXC 700I SP LED 0

TOP 700SP LED WS CL

TOP 700SP LED WS CL

BEIC 700SP LED WS CL

BEIC GRE 700SPLED WS CL

BEIC GRE RECLINE 500

BEIC RECLINE 700

Vario Excite+ 700

Vario Excite+ 700

Vario Excite+ 700

CYRLIO COES ARIAN DU

ESTYNIAD COES ARIAN DU

CEFN ISAF ARIAN DU

GWASG YR YSGWYDD ARIAN DU

GWASG Y FREST ARIAN DU

FERTIGOL TR ARIAN DU

KINESIS I

MAINC ADDASADWY

MAINC ADDASADWY

MAINC ADDASADWY

MAINC ADDASADWY

HANNER RAC

HANNER RAC

ERG-SGŌ

BEIC YMOSOD

BEIC YMOSOD

BEIC SBINIO TECHNOGYM

DYMBELAU 1-50 CILOGRAM

PWYSAU TEGELL 6-40 CILOGRAM

TRX

TANITA

CIOSG TECHNOGYM