

Narberth Dynamamos

is pleased to
present



 **CYCLE**  **FIT**

indoor cycling
with Jon Mills

Every **Tuesday Evening** at **Bloomfield** starting **13th October**
at **7.30pm** Just bring your own bike and we will supply the
Turbo Trainer and the Music. **Cost £4.00 per week**

For more information go to www.narberthdyanamos.co.uk/cyclefit

