

**FITNESS IS NOT  
ABOUT BEING  
BETTER THAN  
SOMEONE ELSE...IT'S  
ABOUT BEING  
BETTER THAN YOU  
USED TO BE.**



# Fit, Fun & Friendships (3F's)!

## New Fitness Sessions Starting Tues 6th October

- Looking to get into shape for Xmas?
  - Like to lose a few pounds?
  - Like to feel a bit fitter?

**Come along to KPC on a Tuesday morning from 9.15 – 10.15 am  
& join our new Exercise/Zumba Class Sessions**

**All levels of ability welcome**

**We'd particularly welcome those of you who may not attend a gym normally**

**We offer an informal session and a chance to meet friends, have fun & get fit!**

**There are also limited crèche spaces at SPLICE – these would need to be pre-booked with KPC before the Session – Tel: Alison 749219**

**Cost is FREE – with a voluntary contribution towards the session**

**For more info/to book a place – please phone the number below  
Limited to 20 places per session**

Off Pyle Inn Way  
Pyle  
BRIDGEND CF33 6AB  
Email: [kpcyouth@hotmail.com](mailto:kpcyouth@hotmail.com)  
[www.kpcyouth.com](http://www.kpcyouth.com)  
Tel: 01656 749219/745399  
Charitable Company No: 1123339



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CHANGING FOR THE BETTER

