

# The Spa

*Steam Room, Jacuzzi and Sauna*



## Spa Times

**Monday to Friday**  
9.00am - 9.00pm

**Saturday to Sunday**  
9.00am - 7.00pm

Access to the **Steam Room, Jacuzzi and Sauna** is included **FREE** in full Fitness Suite Membership packages or available by ticket from reception.

## Treatment Room

A range of holistic treatments are available in the **Spa Treatment Room**. For details of the current treatments on offer please contact reception.

TORFAEN  
COUNTY  
BOROUGH



BWRDEISTREF  
SIROL  
TORFAEN

**TORFAEN**  
Iechyd a lles i bawb  
total health and wellbeing

**Pontypool Active Living Centre 01495 742222**

# Y Sba

*Ystafell Stêm, Jacwsi a Sawna*



## Oriau'r Sba

**Dydd Llun i Ddydd Gwener**  
9.00am – 9.00pm

**Dydd Sadwrn i Ddydd Sul**  
9.00am – 7.00pm

Cynhwysir mynediad i'r **Ystafell Stêm, Jacwsi a Sawna AM DDIM** mewn pecynnau Aelodaeth Ystafelloedd Ffitrwydd llawn neu drwy docyn o'r dderbynfa.

## Ystafell Driniaeth

Ceir ystod o driniaethau holistig yn yr **Ystafell Driniaeth Sba**. Am fanylion y triniaethau presennol a gynigir cysylltwch â'r dderbynfa.

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**Canolfan Byw Egniol Pont-y-pŵl 01495 742222**