



Cardiff Medical Centre Sports & Social Club

at the University Hospital of Wales, Heath Park, Cardiff

Includes **FREE** swim **after** "drop in" class.

Monday	Free Style Fitness Yoga	12.30 - 1.15 pm
	Spin Class	5.30 - 6.15 pm
	Circuits	5.30 – 6.15 pm
	Pilates	Restarts in Sept 17
	Spin Class	Restarts in Sept 17
Tuesday	Spin Class	12.15 – 12.45pm
	Upper Body Tone	5.00 – 5.30 pm
	Step Aerobics	5.30 – 6.15 pm
	Legs, Bums & Tums	6.15 – 7 pm
Wednesday	Pilates	12.30 – 1.15pm
	Body Weight Training	5 – 5.30 pm
	Kettlebells	5.30 – 6 pm
	Spin Class	5.30 – 6.15 pm
	Spin Class	Restarts in Sept 17
	Circuits Fitness Suite	7 – 8 pm
Thursday	Mummy & Me Fitness Class	1.30 – 2.15
	ABS Blast	5 – 5.30 pm
	Step Aerobics	5.30 – 6.15pm
	HITT Madness High intensity interval training	6.15 – 7 pm
Friday	Pilates	12.30 – 1.15 pm
	Easy Ride Spin Class	5.00 – 5.45 pm <i>Low intensity</i>
	Spin Class	5.45 – 6.30 pm

All "DROP IN" classes are included in MULTI ticket

Members pay £2.70
30 min Spin Class £3.35
45 min Spin Class £4.90

Guests pay £4.35
Guests pay £4.90
Guests pay £6.50

For further details **Tel:(029) 207 42440**
 or visit our website **www.cmcsportsandsocialclub.co.uk**
 or email us at **info@cmcsportsandsocialclub.co.uk**

follow us on twitter @ **CMCSportsSocial**

facebook **Cmc Ssc**