

## ***ADDITIONAL EXERCISE CLASSES IN CARDIFF***

Agile Therapy	Pen-y-lan Road	Julia	02920 099 400	<b>Physio led</b> - small class or 1:1
Be core fit	Parish Hall, Britway Road, Dinas Powys	Sarah	Becorefit@gmail.com	
Bishop of Llandaff school	High Street, Llandaff	Alyson Burnell	07548 185319 alyjb267@sky.com	General, antenatal, postnatal & pelvic floor
Barefoot Studio	Vale business park, Cowbridge		01446 775772	
Canton Community Hall	Leckwith Road		02920 344699	cardiff.gov.uk
Cardiff Pilates Studio	Wyndham Crescent, Canton	Justyna	07707750740	Group, 1:1 or machines
Channel view Centre	Jim Driscoll Way, Grangetown		02920 378161	Women only
Roath & Machen	Various locations	Vasiliki Kafritsa	07532300271	Postnatal, antenatal, general class & 1:1 or 2:1
Chapter	Market Road, Canton	Tina Otto Claire-Louise Carter	07970 874938 02920 555895	
Clwb Iechyd Da	Cowbridge Road East		07969 275713	
Gaia Lifestyle	Treharris Street, Roath	Sharon	07830 085606	sharonpilates@hotmail.com
Iechyd Da	Cowbridge Road East, Canton		07969 275713	Some classes in welsh
Llandough Memorial Hall	Penlan Road	Imogen Williams	7767473236	<b>Physio led</b> -pregnancy & general class imogenwilliamsphysio@gmail.com
Makintosh Church	Mackintosh Place	Julia	02920 099400	<b>Physio led</b> class
Lower Penarth Community Centre	Penarth	Sarah Fowles	07738 738903	
Pontcanna Dojo	Kings Road	Sara McGaughey	07774 601544	sarasclasses4@gmail.com
Physio Matters	Station Road, Llandaff North		02920 635800	<b>Physio led</b> classes
Peterston-super-Ely	Village Hall	Katy	07929 300894	<b>Physio led</b> class katy@K2bPhysio.com
PPP Physio	Windsor Road, Penarth	Dyfri Owen	02920 025085	Physio led classes
Radyr Guide Centre	Bryn Derwen	Alyson Burnell	07548 185319 alyjb267@sky.com	Post natal class with babies
Parish Hall	Bridgend	Pippa Carter	07515 160825	<b>Physio led</b> - postnatal for Mum & baby
Penllyn Village Hall	Cowbridge	Pippa Carter	FB - @physiopippa	<b>Physio led</b> - postnatal for Mum & baby
St. Nicholas Hall	St. Nicholas Road, Barry	Sharon	07830 085606	sharonpilates@hotmail.com
The Gate	Keppoch Street, Roath	Sandra Harnisch-Lace	02920 483344	General & over 60's/reduced mobility classes
Welsh institute of Sport	Sophia Close		0845 0450902	

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Fit Mums South Wales

Fit Muma

Laura Warren