

What's On at CMC Sports & Social Club

University Hospital of Wales, Heath Park, Cardiff CF14 4XW

MONDAY

Free Style Fitness Yoga - 12.30 - 1.15 pm
Circuits - 5.30-6.15 pm
Stretch & Flex 6.15-7 pm
Spin - 5.30- 6.15 & 6.15-7 pm

WEDNESDAY

Pilates 12.30 – 1.15 pm
Body Weight Training 5 – 5.30 pm
Kettlebells 5.30 – 6 pm
Spin - 5.30- 6.15 & 6.15-7 pm
Circuit Weights- 7 - 8 pm

FRIDAY

Yoga / Pilates 12.30-1.15 pm
Easy Ride Spin 5.00 – 5.45 pm Low Intensity
Spin 5.45 – 6.30 pm

Personal Training available
Monday to Saturday
Call (029) 20742440

Rooms available for hire for parties etc.
Call (029) 20742927

Includes a free swim after class

Subject to availability

TUESDAY

Spin – 12.15 – 12.45 pm
NEW for Jan 2018 Pilates – 5 -5.30 pm
Step Aerobics – 5.30-6.15 pm
Legs, Bums & Tums 6.15 – 7 pm

THURSDAY

NEW for Jan 2018 Stability Ball – 5 - 5.30 pm
Step Aerobics - 5.30 – 6.15 pm
HIIT Madness - 6.15-7 pm

SATURDAY

NEW from 27th Jan Spin - 9.30-10.15 am
Pilates – 10.30 – 11.30

REGULAR CLASSES	CHARGE PER CLASS	
	Member	Guest
45 min classes	£3-00	£4-90
30 min classes	£2-35	£4-25
CIRCUITS (WEIGHTS ROOM)	£3-90	£5-80
SPIN 30 min CLASS	£3-60	£5-30
SPIN 45 min CLASS	£5-50	£7-20

Non-members to pay over the telephone when booking.

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

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