



**THE  
COFFEE  
CLUB**

EAST MIDLANDS  
PHYSIOTHERAPY  
CLINIC

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# Introducing The Coffee Club

**Classes and a Coffee at EMPC**

**A small intimate limited membership club**

**Bright, well equipped, friendly, personal  
and intimate Exercise Studio**

We are proud to announce the launch of our new programme of small, physio led Pilates and Strength classes at EMPC.

Our focus is quality, close coaching and fun, to help you enjoy the health benefit of exercise; all under the watchful eye of Physiotherapists and Graduate Exercise Therapists.

## How does it work?

- Join the Coffee Club for £100 (per annum)
- Access to weekly class plan
- Choose when, what and how many classes you want to do (max 3 classes per week)
- Reserve classes for a whole year
- Class max sizes of 6
- Guaranteed class space with no need to book

## Additional Benefits

- Half Price Heart Rate Monitor (if required)
- 10% discount on all Physiotherapy Appointments
- 10% discount on all Sports Massage Appointments
- 10% discount on all 121 personal Training Sessions
- Complementary Tea / Coffee from the Coffee Club Machine

# Coffee Club Pricing

Annual Fee – £100

1 Class per week – £54 per month

2 Classes per week – £100 per month

3 Classes per week – £140 per month

**10% further discount for Joint membership**

# Coffee Club Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.10 – 10.10	<b>Pilates</b> Danielle	<b>Pilates</b> Sally		<b>Pilates Plus</b> Lydia	<b>Strength</b> Danielle
10.20 – 11.20	<b>Strength</b> Danielle	<b>Strength</b> Sally		<b>Pilates</b> Louise	<b>Pilates Plus</b> Louise
11.30 – 12.30	<b>Pilates Plus</b> Lydia	<b>Pilates Plus</b> Louise		<b>Strength</b> Sally	
1.30 – 2.30		<b>Pilates</b> Louise	<b>Strength</b> Sally		
4.00 – 5.00					
5.15 – 6.15	<b>Strength</b> Lydia	<b>Pilates</b> Danielle			