THE COFFEE CLUB

EAST MIDLANDS PHYSIOTHERAPY CLINIC

Wyvern House
107 Ashby Road Loughborough
Leicestershire LE11 3AB

Tel: 01509 215614 • www.empc.co.uk
Email: enquiries@empc.co.uk

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 – £58 per month

2 Classes per week – £106 per month

3 Classes per week – £148 per month

10% further discount for Joint membership

Coffee Club Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.10 - 10.10	**Pilates** Lydia	**Pilates** Sally		**Pilates Plus** Lydia	**Strength** Lydia
10.20 - 11.20		**Strength** Sally		**Pilates** Louise	**Strength** Lydia
11.30 - 12.30	**Pilates Plus** Lydia	**Pilates Plus** Louise		**Strength** Sally	**Pilates** Louise
13.30 - 14.30		**Pilates** Louise	**Strength** Sally		
14.30 - 15.30			**Strength** Meg		
17.15 - 18.15	**Strength** Lydia	**Pilates** Meg			