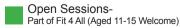
	8:30	9-10	10-11	11-12	2 12	-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	
M O N	Health Club				Closed	Stroke Workshop	Pulmonary Workshop			4 All	Fit 4 Ladies Cardio			
T U E		Heart Workshop	Heart Workshop	o V	Heart Workshop	Closed	Heart Workshop	Can B Fit	Fit 4	Kids	Fit 4	4 All	Fit 4 Ladies Core Stablility	
M E D	Health Club				Closed	Private Session	Pulmonary Workshop	Fit 4	Kids	Fit 4	4 All	Private Session (Available for hire)		
HHU		Heart Workshop	Heart Workshop	o V	Heart Vorkshop	Closed	Heart Workshop	Fit 4 Over 50's	Fit 4	Kids	Fit 4	4 All	Private Session (Available for hire)	
F R I	Health Club				Closed	Stroke Workshop	Pulmonary Workshop	Fit 4	Kids	Fit '	4 All	Private Session (Available for hire)		



Open Sessions Over 50's or Referrals Only Group Fitness Classes

Classes
Referrals Only
Private Hire
(Ask staff for details)



Open Sessions (Open to all) umbria.org

Welfare Hall, Main Road, Maryport, Cumbria CA15 8DD **Tel: 01900 814782**

MEMBERS	Children (11-15)	Adults	OAP's & Referrals	Couples (Adults)	Couples (OAP's & Referrals)
Single Session	£1.50	£3.50	£3.00	£6.50	£5.50
1 Month	£10.00	£25.00	£18.50	£35.00	£30.00
3 Months		£65.00	£50.00	£90.00	£75.00
6 Months		£115.00	£90.00	£160.00	£140.00
12 Months		£205.00	£170.00	£300.00	£260.00

NON MEMBERS	Children (11-15)	Adults	OAP's & Referrals	Couples (Adults)	Couples (OAP's & Referrals)
Single Session	£2.00	£4.00	£3.50	£7.50	£6.50
1 Month	£12.50	£30.00	£22.50	£45.00	£40.00
3 Months		£80.00	£60.00	£115.00	£100.00
6 Months		£140.00	£110.00	£210.00	£175.00
12 Months		£250.00	£200.00	£390.00	£310.00

Annual Membership £15

Members pay lower session and monthly fees (yellow prices)

VIBROGYM	Members	Non Members		
Single Session	£3.00	£4.00		
10 Sessions	£25.00	£30.00		

Pre-pay for 1 month or more and get HALF PRICE VibroGym