



USW SPORT CARDIFF

2022/23

www.southwales.ac.uk/sport

Welcome to the University of South Wales. As a student based in Cardiff, this leaflet highlights all of the Sport and Health & Fitness opportunities available to you. The USW Sport programme includes over 30+ student led Sports Clubs taking part in the British Universities College and Sports (BUCS) programme every Wednesday. You can sign up for these at the Welcome Fest on Cardiff Campus on Friday 23 September, 11am-5pm

For students wanting to keep fit and healthy locally, Pure Gym and The Gym Group offer University of South Wales students reduced membership deals with the convenience of their venues being on your doorstep.



For more information visit
www.southwales.ac.uk/sport or find us on



Facebook - USW Sport
Twitter - USWSport | ChwaraeonPDC



Pure Gym Cardiff, Stadium Plaza,
Wood Street, Cardiff,
CF10 1LA.
Tel: 03444 770 005
www.puregym.com



The Gym Group Cardiff City Centre,
South Glamorgan, CF10 2HQ.
The Gym Cardiff Newport Road,
360 Newport Road Penylan, CF23 9AE
Tel: 0300 303 4800

01443 482 681 | southwales.ac.uk/sports

PURE GYM

Membership from £14.99



Membership deal for University of South Wales students

- Located next to the Principality Stadium
- No contract
- Open 24/7 - work out when you want
- Over 70 classes per week, dedicated class area, and brand new cycle studio
- Over 220 pieces of state-of-the-art equipment in a clean, comfortable, safe, friendly and spacious setting
- Fully air conditioned for your comfort
- Free initial exercise induction
- Personal trainers available
- Changing rooms with showers and lockers
- Member benefits available in club
- Fully refurbished functional area with all the old favourites, but additions such as Prowlers, Tyres and much more!
- Over 200 clubs across the UK
- No Joining Fee and Discounted memberships available via UNIDAYS
- Fully refurbished club with additional strength and CV equipment
- New kit/ equipment for 2023

THE GYM GROUP

Membership from £18.99



Hello students of Cardiff. If there weren't already enough reasons to join The Gym Group, we've just come up with another one. Reset, recharge and restore with a student gym membership that won't break the bank. With free classes, high-spec kit, 24-hour opening hours and dual-site access all available at a 25% discount, taking a break from the books has never been more worthwhile. Search The Gym Group to find our more.