



Sams

Health and Fitness
www.sams gym.com

Great Value Membership Packages

(One time single payment)

12 Months **£150**

3 Months **£54**

Facilities

Highly qualified staff on hand to help at all times.

Free health check including BMI and blood pressure.

Free dietary information.

Free exercise programmes.

Full range of cardiovascular equipment.

Free weights up to 50kg.

Sauna and Steam Room.

Friendly, clean and hygienic environment.

Sauna and Steam Room Timetable

Monday	Men
Tuesday	Women
Wednesday	Men
Thursday	Women
Friday	Men
Saturday	Women
Sunday	Men

Contact



More car parking is available at Oldbury Academy's Car Park after 4pm. Pound Road - B68 8NE.

Sam's Health and Fitness Suite

Oldbury Academy
Wolverhampton Road
Oldbury
B68 8NE

0121 544 9989

www.oldburyacademy.org.uk

Opening Times

Monday	13.00 - 21.00
Tuesday	13.00 - 21.00
Wednesday	13.00 - 21.00
Thursday	13.00 - 21.00
Friday	13.00 - 21.00
Saturday	09.00 - 14.00
Sunday	09.00 - 17.00