



Backed by local Health Professionals

# The Exercise Referral Scheme

Only £7.50 to join

Gentle classes to ease you back into regular exercise!

## Introductory Low Impact Classes

### Hydro Active level 2

Aqua class designed to improve your strength, stamina and all round mobility. Ideal for those living with health concerns including joint or back problems.

### Hydro Active level 1

A gentle aqua class that places special emphasis on safely improving all-round mobility for those needing to start at a lower level.

### Health Circuits

A circuit class that is ideal to help people effectively manage longer-term medical conditions (including Heart Disease, Diabetes and COPD).

### Mobilise

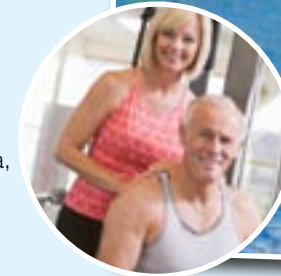
This gentle chair based class allows you to work at very low levels to safely improve your all-round strength, mobility and balance.

### Functional Fitness

A beginner to medium level non-competitive circuit class that allows you to exercise at a safe and enjoyable pace to improve core stability, stamina, strength and flexibility

### Wellfit

A beginner to medium level class that incorporates freestanding exercises using your own body weight and stretch bands to develop strength, stamina and suppleness.



Exercise Referral is for individuals living with medical concerns who feel motivated to start exercising to benefit their health and help manage their conditions. There is an initial joining fee of £7.50 which includes the following benefits:

- A one-to-one with an exercise referral specialist
- Access to a range of special activity classes
- A 12-week period of reduced activity prices
- Ongoing help and a telephone support line

Advanced Booking Recommended

### PRICE LIST

	Per Class
Introductory 12 weeks for all classes	£2.50
After 12 weeks all classes	£4.20
Monday Health Circuits (intro 12 wks)	£2.00
Monday Health Circuits (after 12 wks)	£3.40

Payment required at time of booking classes.

All these classes offer alternative exercise options to allow you to work at your own pace

	Monday	Tuesday	Wednesday	Thursday	Friday
Hydro Active Level 2	7.45–8.25am Ann (SP)	7.45–8.25am Brigitte (SP)	8.30–9.10am Brigitte (SP)	7.45–8.25am Ann (SP)	8.30–9.10am Cathy (SP)
Hydro Active Level 2	8.30–9.10am Ann (SP)	8.30–9.10am Brigitte (SP)	9.15–9.55am Angie (SP)	8.30–9.10am Ann (SP)	9.15–9.55am Cathy (SP)
Hydro Active Level 2	9.15–9.55am Naomi (SP)	9.15–9.55am Cathy (SP)	Hydro Active Level 1	Hydro Active Level 2	Wellfit
Hydro Active Level 2	11.45–12.25pm Angie (SP)*	Hydro Active Level 1	Wellfit	9.15–9.55am Brigitte (SP)	11.15–12.10pm Zoe (S1)
Health Circuits	12.15–12.55pm Brigitte (S1)	Health Circuits	12.00–12.55pm Irena (S1)	Hydro Active Level 1	Health Circuits
		1.00–1.55pm Irena (S2)		10.00–10.40am Brigitte (SP)	12.15–1.10pm Brigitte (S1)
		Functional Fitness			Mobilise
		2.00–2.55pm Zoe (S1)			2.30–3.25pm Laura (S1)

\* School term time only.

If you are interested in Exercise Referral call 01202 436821

### Class Locations

(SP)	Splash Pool
(S1)	Studio 1
(S2)	Studio 2

### Booking activities (See page 2) Non Members

To make any activity bookings, you need a **FREE Booking Card**, available from Customer Service (see details on page 2).

