

Fareham Exercise Referral Scheme

Walking for Health in Fareham Every Friday at 10.30am Meet in main reception area

- Walk your way to better health by joining the group;
- Walks last for approximately 30 minutes
- They help to increase your fitness levels
- Meet new people
- Ideal for beginners and those with limited mobility
- There is no need to book, just remember to wear comfortable footwear and bring a bottle of water
- Receive a 10% discount voucher to use in the café.



If you are interested in receiving the FREE bi - monthly walk programmes, detailing over 20 walks then please tel: 01329 231899 or email: enquiries@farehamw4h.org.uk

Personal Training Session - £4.05 per session

Book your 30-minute sessions with your exercise referral instructor.
Various times to choose from.

Supervised Gym Sessions - £4.05 per session

Every Monday, Wednesday and Friday from 11.00am to 12 noon
Please pay at main reception

Health Checks are now available - £10.00 each

Includes; weight, BMI, body fat %, blood pressure, glucose and cholesterol testing

Book your place now with the Everyone Active gym team

GP Group Exercise Sessions - £1.65 each

Monday	2.15pm to 3.00pm	Aerobics with Emma
Wednesday	1.15pm to 2.00pm	Circuits with Chris
Friday	8.00am to 8.30am	Aquatone with Lance

If you would like to take part in any of these group exercise sessions please pre-book at main reception.