

Starting from 1st September

Self-Referral Scheme

12 Week Membership



As part of our charitable objectives for 2022, we are pleased to announce our Exercise Self -Referral Scheme.

From 1st September we are offering 20 free spaces for a 12-week Self-Referral Membership. To be eligible for the scheme you must meet the following criteria. *Depending on your condition, we may ask for proof of your conditions.*

- Non Member of the Cyclopark
- 19 Years or Over
- BMI of 25 and Over
- Inactive
- Post-natal (After 6 Week Checkup)
- Post Natal
- Suffer From Depression or Anxiety
- Pre-Diabetic
- High Blood Pressure
- Osteoarthritis
- Long Covid

The scheme will run for 12 weeks and you will have an initial face to face consultation on week 1, including a gym program writing session and then 1 per month until the end of the scheme.

Our 12 week program offers regular, low impact activity with a familiar group of people and instructors. You will progress at your own pace, with support to building long term behaviour changes.

We offer a timetable for those on the Self-Referral scheme, including:

- Total Body Conditioning
- Pilates and Yoga
- Chair Fit and Chat
- Zumba and Dance Fitness
- Parent and Baby Spin, HIIT and Kettlebells
- Low Impact HIIT
- Legs Bums and Tums
- Velo Fit

To sign up for our **Self-Referral Exercise Scheme** please email: Fitness@cyclopark.com

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RIDE • FITNESS • PLAY

