

Starting from 1st April

SELF REFERRAL SCHEME

12-week Membership



As part of our charitable objectives for 2022, we are pleased to announce our pilot Exercise Self-Referral Scheme. From 1st April 2022 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:

- Non-Member of the Cyclopark
- 19 years or over
- BMI of 25 and over
- Inactive
- Post-natal (after 6 weeks checkup)
- Suffer from depression or anxiety
- Pre diabetic
- High blood pressure
- Osteoarthritis
- Long Covid

Depending on your condition we will ask for proof of your conditions.

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 behavior changes.

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