

Cost: £3.80

Type: Face to Face

Join our supervised gym sessions, a space for individuals with long-term illness or medical conditions to get support and advice to help improve physical, mental and social wellbeing.

Induction & exercise plan from fully qualified staff, we can also offer a full body composition review if required.

To obtain an exercise plan this must be booked in advance to ensure staff availability. The Induction & exercise plan is £5.00

Single gym session is £4.50, our Gymflexipass offers ten sessions for £38.00



supervised gym fitness | exercise | session |

long-term illness

physical activities

Supervised Gym Sessions







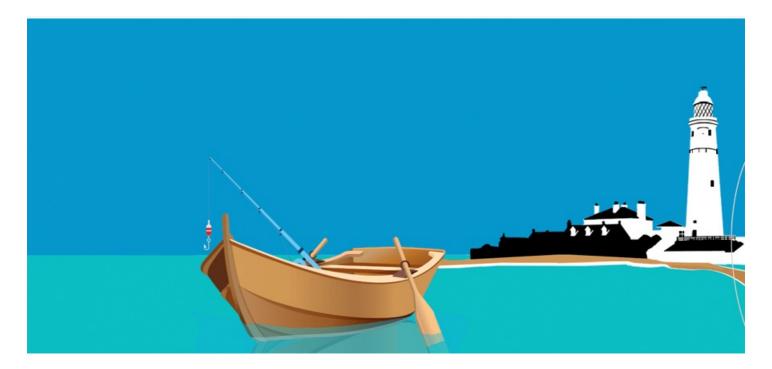
The John Willie Sams Centre Market Street Dudley Cramlington England



Attps://qfitgym.uk/supervised-gym-sessions/

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