



Argyll Active

EXERCISE ON REFERRAL SCHEME

Want to become more active but not sure where to start?

Why not ask to be referred by your healthcare professional or self-refer through our website. Once referred you will be offered support and advice on the best type of physical activity for you.

The scheme now includes Cardiac Rehab Phase IV, Macmillan Move More and Falls Prevention.

Details overleaf on the exercise types and activities available.

**Become
fitter and
healthier
in just
12 weeks!**



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TYPE OF EXERCISE

You will be given a choice of the following:

WATER BASED REFERRAL HYDROFIT/AQUAFIT - where available (gentle exercise to music in the water using floats)

GYM/CLASS BASED CIRCUITS (exercising with state of the art fitness equipment)

MAINSTREAM CLASSES (only if you wish to take part and have the necessary fitness levels)

COST OF SESSION

The charge for participating in the scheme is **£3.30 per session** or you can take out an individual membership.

If you wish to use any of the other facilities, you will be charged at the normal 'pay as you go' rate. Details can be obtained from the instructor taking your session.

In some cases further concessions may be available.

SCHEME DURATION

The programme is delivered in 12-week blocks with 2 sessions per week. Each session lasts approximately 1 hour comprising of the following:

1. Warm Up
2. Exercise session
3. Cooldown
4. Stretching/flexibility
5. Instructor feedback

TYPE OF CLOTHING

Wear flat shoes, preferably trainers, loose clothing and remember to bring a bottle of water with you.

