

RiversMeet

Health & Fitness 

EXERCISE REFERRAL SCHEME

RiversMeet is working with your local healthcare professionals to provide a dedicated service that can help you improve your health and fitness.

How do I take part?

You can take part in the scheme by contacting your Local GP or medical health practitioner to help you begin your journey.

What happens when I join?

You will be assigned a GP Referral qualified personal trainer for a 12-week period, who will help you agree on your achievable goals. Your trainer will meet with you every 2-4 weeks to write an achievable fitness programme for you to follow with regular reviews and help you answer any lifestyle or nutritional questions you may have along the way.

How much will it cost?

The GP referral scheme will cost you £90 for the 12-week duration which is either payable in one go or in monthly stages. This includes swimming, use of the gym and specific exercise classes that your trainer will book you in for. Activity participation may depend on your medical condition.

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ONLY
£90
FOR
12 WEEKS

www.riversmeetgillingham.org Tel: 01747 834013

RiversMeet, Hardings Lane, Gillingham, Dorset SP8 4HX

*Terms and conditions apply

