



Exercise on Referral Scheme

The Exercise on Referral Scheme is a 12-week programme which consists of:

- an initial consultation
- a 12-week exercise programme, tailored to meet individual needs
- a final reassessment

Classes are held weekly, throughout the programme, and are led by a qualified instructor.

For more information contact:

Venues:

Sparc Bishops Castle - 01588 630243
Church Stretton - 01694 720051

Web: Shropshire.gov.uk

Email: EOR.leisure@shropshire.gov.uk



Shropshire LEISURE TIME

