

A photograph of a man in a red tank top smiling while using a treadmill in a gym. The image is partially obscured by a red diagonal overlay on the left side.

THE JUNCTION

PART OF YMCA BOURNEMOUTH

# Exercise Referral Scheme

# 2017

**The Junction Sports and Leisure Centre**

Station Approach, Broadstone, Dorset BH18 8AX

Call 01202 777766 or visit   or [www.thejunctionbroadstone.co.uk](http://www.thejunctionbroadstone.co.uk)

## What is the Exercise Referral Scheme?

The Junction Exercise Referral Scheme is an initiative at The Junction Sports & Leisure Centre in Broadstone. It provides patients referred from their GP, a safe, professional and encouraging environment to help increase their health and fitness levels and improve their quality of life. Our qualified Exercise Referral Team will support you through the various stages of the 12 week programme, with our aim to make your exercise fun and fulfilling.

## Who is the Exercise Referral Scheme for?

Your GP will be able to refer you to the scheme provided that you are inactive, have a long standing health condition\* and/or have a BMI over 30.

\*Certain conditions only

## How much does it cost?

On attending your initial appointment (duration 60 minutes) you will be charged £20.00.

This charge includes:

- Initial Assessment
- Gymnasium Induction/Programme
- End Of Term Review Assessment

Attendance at all subsequent activity sessions are on a pay as you go basis at £2.50 per activity.

(Membership option available)

## How does it work?

Once you have met your GP your completed referral form will be sent to the GP Referral Co-ordinator at The Junction Sports & Leisure Centre .

## The 12 week programme will work as follows:

- 1) You will be contacted by the GP Referral Co-ordinator inviting you to book your 'Initial Assessment' to begin your 12 week programme @ The Junction. (£20.00 administration fee payable)



- 2) Attend the 'Initial Assessment/ Gym Induction' @ The Junction. (duration 60 mins)



- 3) 12 weeks of advised gym, swim and fitness sessions (£2.50 per activity/ Membership option available)



- 4) At week 12 all patients need to attend a complimentary Review Assessment, arranged by the GP Referral Co-ordinator in order to complete the scheme and qualify for the discounted membership.

## Activities/Sessions included in The Junction's Exercise Referral Scheme ...

Use of our superbly equipped Gymnasium ...

**7 days a week ...**

Use of all public/ adult swim sessions ...

**7 days a week ...**

### Access to the popular 'Fitness Class Timetable'

- Zumba
- Beginners / Improvers Indoor Cycling
- 50+ Stretch & Tone
- Body Pump
- Aqua Fit
- Legs Bums & Tums
- Aqua Zumba
- Plus many more ...



### Our Role is to:

- Encourage you to start a tailored exercise programme to meet your goals and needs
- Help you adapt to a healthier, more active and enjoyable lifestyle
- Advise you on how to safely exercise
- Offer discounted services to make your fitness more affordable
- Support and assist you throughout the scheme and beyond

## Why Exercise?

Research has shown that exercise and physical activity can help:

- Control diabetes
- Reduce body fat
- Decrease the risk of Coronary Heart Disease
- Reduce blood pressure
- Increase stability and balance
- Improve mood and mental wellbeing
- Reduce stress and anxiety
- Increase energy
- Improve quality of life

## Membership Information

After completing our 12 week 'Exercise Referral Scheme' you will be entitled to reduced membership which covers Gym/ Swimming & Classes, costs as follows:

1. 12 month contract by direct debit  
£19.99 per month, per person  
NO JOINING FEE
2. 12 month upfront payment  
£220.00 per person



**Bournemouth and Poole**

# Activities @ The Junction

- Aerobics
- Indoor Cycling
- Free Weights
- Gymnasium
- Resistance
- Cardio Vascular
- Body Pump
- Zumba
- Fusion Fitness (11-15yrs)
- Yoga
- Pilates
- Aqua Fit
- Swimming
- Badminton
- Football
- After School Activities
- Trampolining
- Gymnastics
- Keep Fit
- Creche
- Sports Hall
- Tennis
- Running Clubs
- 5-A-Side League
- Holiday Activities
- Kidz Kingdom
- Over 50's Classes
- Disabled Activities
- Children's Parties
- Xmas Parties
- Access To Leisure
- Skills For Life
- School PE Sessions
- Meeting Rooms
- Function Lounge
- Coffee Shop



**For more details call**

**Luke on 07597 081323**

or email: [pt@exclusive-pt.co.uk](mailto:pt@exclusive-pt.co.uk)

**[www.exclusive-pt.co.uk](http://www.exclusive-pt.co.uk)**

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