

## 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

YMCA

NHS

**Bournemouth and Poole**

## Activities @ The Junction

YMCA

- 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
- Walking Football
- Walking Netball
- Keep Fit
- Creche
- Sports Hall
- Tennis
- Running Clubs
- Holiday Activities
- Kidz Kingdom
- Over 50's Classes
- Disabled Activities
- Children's Parties
- Xmas Parties
- Access To Leisure
- School PE Sessions
- Meeting Rooms
- Function Lounge
- Cafe/Bar



**For more details call**  
**Sophie on 07788 748579**  
or email: [pt@exclusive-pt.co.uk](mailto:pt@exclusive-pt.co.uk)  
[www.exclusive-pt.co.uk](http://www.exclusive-pt.co.uk)

YMCA  
BOURNEMOUTH

Bournemouth/Poole/Christchurch



THE JUNCTION  
PART OF YMCA BOURNEMOUTH

YMCA

## Exercise Referral Scheme

LET

**EXERCISE**

BE YOUR

**REMEDY**

**The Junction Sports and Leisure Centre**

Station Approach, Broadstone, Dorset BH18 8AX

Call 01202 777766 or visit [f](https://www.facebook.com/thejunctionbroadstone) or [t](https://www.twitter.com/thejunctionbroadstone) 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 provide you with an **initial assessment** and also review your progress after 12 weeks. Gym staff are available to help throughout the 12 week programme.

## 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?

**Initial Assessment: £20.00**

This charge includes:

- Initial Assessment (duration 60 minutes)
- Gymnasium Induction/Programme
- End Of Term Review Assessment

**Session Fee: £2.50**  
per visit/activity

Gold Membership options available

[www.thejunctionbroadstone.co.uk](http://www.thejunctionbroadstone.co.uk)

YMCA

## 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/ Gold 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.

**Complimentary session (30 mins appointment) available if further advice required. Bookable at Reception.**

[www.thejunctionbroadstone.co.uk](http://www.thejunctionbroadstone.co.uk)

YMCA

## 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  
Gentle Stretch & Tone  
Body Pump  
Aqua Fit  
Legs Bums & Tums  
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

[www.thejunctionbroadstone.co.uk](http://www.thejunctionbroadstone.co.uk)

YMCA