



## Exercise referral membership

For those with long term health conditions



Includes programmes and reviews with an exercise referral instructor



Price includes use of facilities at Torridge, Holsworthy and Torrington

Does not include exercise classes or use of the sauna



**£27.30 per month**

£10 joining fee, 1 months cancellation notice

Membership includes use of:

- Gym
- Pool

with

**ACTIVE**  
TORRIDGE

**☎ 07810018474**

For more information and to organise referrals please contact:

**hello@activetorridge.co.uk**