

ACTIVE HEALTH

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

£28.00 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