



# re:refresh ON REFERRAL

## » SESSIONS

### **SUPERVISED GYM**

An opportunity to access a supported and structured exercise session within a gym setting where your programme will be specific to your needs.

### **FUNCTIONAL CIRCUIT**

A class based session using various whole body exercises with the aim of working to improve posture, balance and strength.

### **AQUA STRIDE**

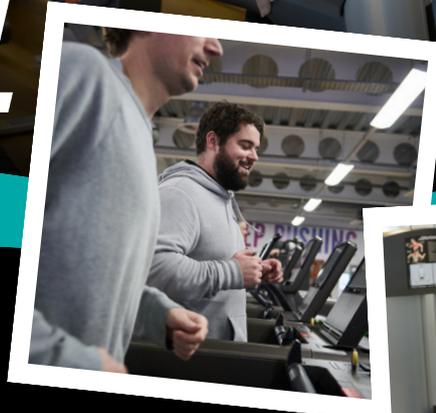
A pool based session, walking with water resistance to build strength, improve mobility and balance.

### **BACK BUILDERS**

A circuit based class incorporating functional movement with back and abdominal specific strength components.

### **CYCLE BACK TO FITNESS**

An opportunity to cycle around the 400m running track, this is a safe environment to build strength and fitness on a bike.



[www.refreshbwd.com](http://www.refreshbwd.com)



01254 682037

Blackburn with Darwen  
**HEALTH &  
WELLBEING**