

# Exercise Programme

As a member of the Live Well Fitness Centre, you are entitled to a personalised exercise Programme when you join and can have it reviewed every 6-8 weeks.

During this appointment one of our expert Fitness and Wellbeing Advisor will assess your past and current health and activity levels in order to design you a personalised exercise Programme to help you towards achieving your specific health and wellbeing goals.

The Programme will be sent by email or handed to you in order that you can follow it by yourself in the gym.