

Press Release

Wychavon Leisure Community Association Ltd

Date for release	From	Contact Tel	Email
Early June	Bob Schofield	07926 161 302	Bob.Schofield@talktalk.net

Title

Body Text

CARDIAC REHAB CLASS AT DROITWICH SPA LEISURE CENTRE

Wychavon Leisure and Workout Together have joined forces to provide a new class that is designed for those people who have a heart condition and want to increase their activity levels in a safe and friendly environment.

The class will be held in the Droitwich Spa Leisure Centre on Thursdays at 11.45am, the class lasts an hour and will cost £4.00 per session. The first class will be on 17th June 2010.

The class will be supervised by Bob Schofield, a Level 4 Specialist Exercise Instructor registered on the Register of Exercise Professionals. Bob was trained by The Wright Foundation in all aspects of exercise and Cardiac Rehabilitation. Bob is also a Member of the British Association for Cardiac Rehabilitation (BACR).

Bob said "People are normally referred to the classes by their hospital or GP though anyone with a heart problem can come down for an assessment.

Nigel Grundy, Fitness Manager of the Rivers gyms said "These courses are great for people who have suffered a heart problem; as these courses give people their confidence back whilst increasing their activity levels".

For further information or to book your place then contact Bob Schofield on 07926 161 302.

Ends

Notes for Editors

About Wychavon Leisure:

- Wychavon Leisure Community Association Ltd. is an Industrial and Provident Society with charitable objects. Established in May 1999, the company provides facilities for sport, recreation and leisure for the benefit of social welfare as outlined in our rules.
- Photo opportunity with Bob, Nigel and Customer in the Rivers gym at Droitwich Spa Leisure Centre to promote these forthcoming sessions.

Wychavon Leisure Community Association Ltd

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