



**Brunel Fitness Centre**  
Speedwell Road  
Bristol BS15 1NU

# Active Choices

1.

To join this scheme, you will need to be referred from a medical professional such as a GP, Physiotherapist, or a Nurse Practitioner for a medical reason.

2.

This is a 12-week scheme aimed at improving your health and wellbeing through a personalised gym program. The sessions will be built around your health condition, and what you'd like to achieve!

3.

The 12-week scheme costs £60.00 in total, or £5.00 per visit. Upon completion, you will be eligible for discounted monthly membership rates.



## Payment Options

**£60.00 Course Payment**

**£5.00 Per Visit**

**£22.50 Per Month (Unlimited)**

For further information, please contact us on **0117 377 0098** or **brunel@almsport.co.uk** now!