

## North Somerset Health Exercise Information List

### Hutton Moor leisure centre - (01934) 425900

#### Cardiac rehabilitation

For anyone following a cardiac event or intervention, Includes those with heart failure

Mondays 13:00 - 14:00, Requires Referral from phase 3 or the GP.

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps> reduced membership option.

**Call:** 07917 116154 (Amanda) **Email:** [info@neurogroupexercise.com](mailto:info@neurogroupexercise.com)

#### Exercise for those with cancer

For anyone with a cancer diagnosis. Including those before and after surgery

Mondays 13:00 - 14:00. Self referral with no underlying conditions. Referral required from GP or self referral via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

**Call:** 07917 116154 (Amanda) **Email:** [info@neurogroupexercise.com](mailto:info@neurogroupexercise.com)

#### Better breathing

For those with a breathing/ Pulmonary condition, including COPD. Suitable for all levels including those on oxygen therapy.

Mondays 14:00 - 15:00

Referral from pulmonary team or GP. Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

**Call:** 07917 116154 (Amanda) **Email:** [info@neurogroupexercise.com](mailto:info@neurogroupexercise.com)

#### Exercise for people with Parkinson's

Exercise group for those with Parkinson's and Parkinsonism,

Fridays 12:00 - 13:00

Self referral, unless there are any underlying health conditions in which case a GP referral. Referral required from GP or self referral via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

**Call:** 07917 116154 (Amanda) **Email:** [info@neurogroupexercise.com](mailto:info@neurogroupexercise.com)

#### Stroke Rehabilitation

For those following a stroke or with a neurological condition.

Fridays 13:00 -14:00

Referral required from the GP. Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

**Call:** 07917 116154 (Amanda) **Email:** [info@neurogroupexercise.com](mailto:info@neurogroupexercise.com)

### **Exercise for people with fibromyalgia**

For anyone with a diagnosis of Fibromyalgia

Thursdays 10:30 - 11:30 & Saturdays 11:15-12:15

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

**Call:** 01934 425900 (ask for Kylie Taylor) **Email:** [kylie.taylor@legacyleisure.org.uk](mailto:kylie.taylor@legacyleisure.org.uk)

### **GP referral**

Exercise and instruction to improve many conditions including; diabetes type 1 and 2, rehabilitation following surgery, muscle and joint disorders, obesity and many others.

7 Days a week sessions available. Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Cost £5.90 per session for 12 sessions and then a reduced membership following successful completion

**Call:** 01934 425900 (ask for Kylie Taylor) **Email:** [kylie.taylor@legacyleisure.org.uk](mailto:kylie.taylor@legacyleisure.org.uk)

### **MSK**

Good Boost provides a flexible approach to supporting you with your muscle or joint pain through gentle aqua and land based exercise rehabilitation classes.

Using information provided about your unique muscle or joint condition, sessions are individually tailored to allow you to progress through your exercises at your own pace and have been built by experts in order to reduce pain and improve your strength and mobility.

The sessions last between 30-60 minutes (site dependant) and consist of a 10-minute warm up followed by a series of 3-4 minute individual exercises, with fun group activities in-between in order to maintain a comfortable body temperature. These sessions cost £5.90 and are on:

Good boost Aqua Tuesday & Thursday 14:30-15:15

Good boost Land Wednesday 14:30-15:15

Self Referral required:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

**Escape Pain Sessions coming soon. Tuesday 13:00 and a Thursday at 11:30. To be added to the waiting list please email: [kylie.taylor@legacyleisure.org.uk](mailto:kylie.taylor@legacyleisure.org.uk)**

## **Scotch Horn Leisure Centre - (01275) 856965**

### **Cardiac Rehab**

For anyone following a cardiac event or intervention, Includes those with heart failure.

Mondays 1 pm to 2 pm, Requires Referral from phase 3 or the GP

Cost £5 per session

### **Energise**

For anyone with a cancer diagnosis. Including those before and after surgery

Tuesdays and Thursdays 11 am till 12 pm

Self referral with no line conditions.

Cost £5 per session

### **Exercise for people with Parkinson's**

Exercise group for those with Parkinson's and Parkinsonism,

Thursdays 12 pm to 1 pm

Self referral, unless there are any underlying health conditions in which case a GP referral would need to be completed.

Cost £5 per session

### **Stroke Rehabilitation**

For those following a stroke or with a neurological condition.

Fridays 1 pm to 2 pm

Referral required from the GP

Cost £5 per session

### **Steady steps**

Class for anyone wishing to improve their balance.

Wednesdays 11 am till 12 pm

Cost £5 per session

### **GP referral**

Exercise and instruction to improve many conditions including; diabetes type 1 and 2, rehabilitation following surgery, muscle and joint disorders, obesity and many others.

Tuesday's, Wednesday's and Thursday's

Referral required from GP. Cost £5.50 per session.

Updated 25/06/25