

# Inclusive Fitness

## FAQs

**Q: Who is this session for?**

**A:** Ideal for those with mild to moderate learning needs, or anyone who needs extra guidance in an adapted gym environment. Aged 13+

**Q: What is the aim of the session?**

**A:** Provide an opportunity to build an exercise routine at your own pace and encourage to work independently where possible.

**Q: When/Where is it?**

**A:** *Inclusive fitness sessions* are between 12:45pm and 4:00pm on Saturdays. *Welcome Sessions* are 12:45pm-1:30pm or 1:30pm to 2:15pm Saturdays. Both take place at Houldsworth Village.

**Q: How to book?**

**A:** Contact the Disability and Inclusion Officer at [eve.fox@lifeleisure.net](mailto:eve.fox@lifeleisure.net)—You will receive a reply with questions and we will support you to set up your 'inclusive membership'.

**Q: How does it work?**

**A:** Welcome sessions are an in-depth adapted induction with your own personalised exercise program. The coaches will demonstrate exercises and how to use your fitness booklet. Then, you can use the gym independently or with a parent/carer. You can do as many welcome sessions as you need with our coaches guidance. Then, the inclusive fitness session is supervised by a coach who will give assistance only where necessary. Sessions are adapted through environmental changes.

**Q: Why is this different to other gym memberships/classes?**

**A:** First 4 sessions are FREE. You can use these during welcome sessions. Our inclusive fitness has a simplified and easy to understand booklet with a library of exercises and a space for you to record your progress.

**Q: What adaptations have been made to cater those with additional needs?**

**A:** More thorough pre-booking process ensures everyone is best prepared for the session. Ongoing training for instructors to better understand those with additional needs. We chose the quietest time of the week in the gym and have the option to turn the music down or off. We also have signage up around the centre to make other gym users aware of the session.

**Q: What happens if I need to cancel?**

**A:** We understand and would appreciate if you could let us know the day before if you can't attend. Call 0161 443 4090 or contact reception at [reception.houldsworth@lifeleisure.net](mailto:reception.houldsworth@lifeleisure.net). If you have to cancel on the day please call as it's unlikely the email will have been received.

**Q: What are the next steps after the welcome sessions are completed?**

**A:** We advice using all 4 free sessions for the welcome sessions, it's an opportunity to get in-depth inductions. Once completed you can either attend during the inclusive fitness session 2:30pm-4:00pm or, if you feel ready, you can look into a membership to use at any life leisure hub.



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