



Exercise Referral

Active Lifestyles Price List

Initial assessment (plus 3 additional follow up appointments)	£11.90
Pay as you go exercise class	£4.00
Pay as you go swim session	£5.00
Pay as you go gym session	£3.75
Active Lifestyles Package (12 weeks usage)	£85.00

Applemore Health & Leisure: Claypits Lane, Dibden, Southampton, SO45 5TN
Lymington Health & Leisure: North Street, Pennington, Lymington, SO41 8FZ
New Milton Health & Leisure: Gore Road, New Milton, BH25 6RR
Ringwood Health & Leisure: Parsonage Barn Lane, Ringwood, BH24 1PX
Totton Health & Leisure: Water Lane, Totton, Southampton, SO40 3GX

023 8200 0299

www.freedom-leisure.co.uk

