

NEW to Pershore

CARDIAC REHAB

This Phase 4 class is designed so that individuals can exercise at their own optimum level and a lively, friendly atmosphere is always encouraged. Those attending classes may have their blood pressure taken & monitored closely while exercising if they wish.

All classes are supervised by a British Association for Cardiac and Pulmonary Rehabilitation (BACPR) trained instructor. The instructor is also trained in CPR and an external defibrillator is present at each class.

These sessions are not part of the Rivers Fitness membership. Each session is £6 per person. Please contact Nicole directly for more information on the session.

**Starting from Thursday 14th
November 2019 at 2pm - 3pm**



CONTACT INFO:

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