



INTERESTED?

ACT NOW!

Learning Disability
Physiotherapy Team
Initiative



Contact:

Lynn Frew 01698 855573

Amanda Jones 01698 855516

John Nicholson 01698 855656



**CIRCUIT TRAINING
CLASSES**

Aims of Classes

- Improve and maintain the general health and well-being of adults with a learning disability in Lanarkshire.
- Increase physical activity level of adults with a learning disability in Lanarkshire.
- Provide an appropriate exercise class for adults with a learning disability to attend on a regular basis. This will consist of a structured class based circuit format.

Criteria for Classes

Inclusion Criteria

- ▶ Over 16 years old with known Learning Disability.
- ▶ Able to mobilise with or without assistance/walking aid.
- ▶ Able to participate in group activity with appropriate level of support.
- ▶ Reduced physical activity levels at present.
- ▶ Unable to attend mainstream exercise class.

Exclusion Criteria

- Medically unfit to participate in exercise class – will be assessed by health professional prior to attending class.
- Anyone not meeting referral criteria.

Would you like to:

- ▶ tone up?
- ▶ burn fat?
- ▶ feel fitter and healthier?
- ▶ meet new people?
- ▶ improve your balance and bone health?
- ▶ have fun?



Then join us!

Structure of Class

- Warm-up to your favourite tunes. Shake your booty!
- X 8 circuits, low impact suited to your ability. Work as hard as you want to. Feel the burn!
- Cool down, relax, chill!

