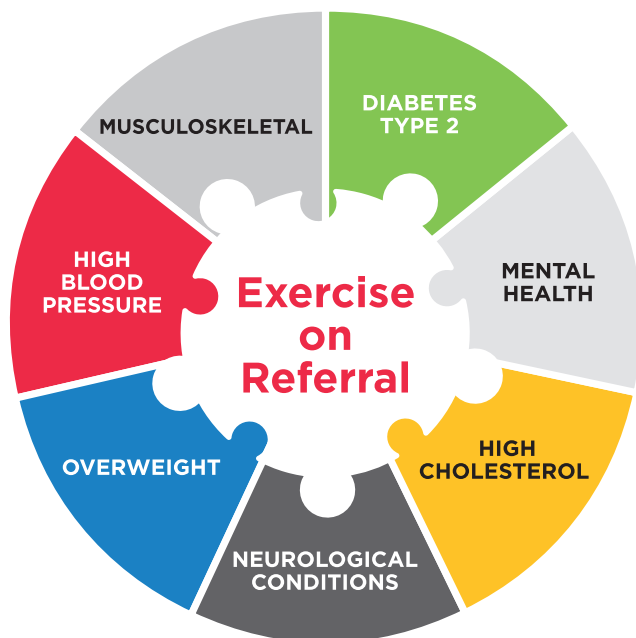


City of London

Exercise on Referral Scheme

You may be eligible to participate in the City of London: Exercise on Referral Scheme if you have one of the following medical conditions and are:

- **A City of London resident aged 18+ who is sedentary* and has a condition that puts them at risk of future ill health, which could be reduced by physical activity.**
*Engaging in less than 30 minutes of physical activity per week.
- **Aged 40 to 74, working in the City of London in a routine/manual/service role, such as construction, retail, hospitality, food services, cleaning, etc**



Golden Lane Sport & Fitness is brought to you by the City of London Corporation in partnership with Fusion. As a registered charity, Fusion continually reinvests to improve the sport & leisure offer in your community



Exercise on Referral

Exercise on Referral is a 12 week programme available at Golden Lane Sports and Fitness Centre, which aims to support, empower and motivate participants to make informed choices, to improve their physical, mental and social well-being through physical activity and healthy eating.

Programme includes:

- Initial, 6 week and 12 week consultations
- Identify and set short and long term goals
- Choice of group based exercise sessions led by specialist EoR instructors
- Access to further exercise schemes upon completion



How to be referred onto one of our programmes?

Please contact one of the following referral partners to be referred onto the scheme:

- City of London Registered Medical Practice: GPs, Practice Nurse and Specialists
- City of London Health Professionals
- Self-refer by contacting us on **Exref-CoL@fusion-lifestyle.com**

Once we receive your referral, we will call you book your initial consultation.

PAYG Membership:

- Consultations: **£10**
- Cost per EoR class: **£2 OR**

Exercise on Referral

Concessionary Membership:

- £15pm valid for 3 months (12 weeks)
- Consultations and unlimited EoR Classes
- Includes Gym and Swim

Please contact us for more information by emailing:

Exref-CoL@fusion-lifestyle.com

or alternatively call on **020 7250 1464**



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