

Meadowlarks Exercise Class

Thanks for requesting more information about our classes.

What does the class involve?

The class involves seated and standing exercises aimed at improving general strength, flexibility, balance and fitness. The class lasts around 50 minutes and with the in person class at Rectory Meadow Surgery there is opportunity to stay and have a cup of tea afterwards if you would like to.

What should I wear?

Loose comfortable clothing that you can move about in, nothing too warm and good fitting footwear.

What should I bring?

Patients have their own Theraband (elastic exercise band) and a hand weight to use during the class. We have sets that you can buy this from us or bring your own.

When is it?

Mondays 2pm - Zoom class with the link sent out in the morning before the class. No need to book in advance you can just click on the link and attend.

Thursdays 2pm at Rectory Meadow Surgery - Reception can show you where to go. Currently not booked in advance but getting busier so that may change.

What does it cost and how do I pay?

The classes cost £4 per session and can be purchased in a block of 5 classes for £20. You only pay for the classes you attend and are billed after the class. Payment is by a link sent out or bank transfer and we do have a card machine at the practice.

A theraband and hand weight set costs £15 and the theraband is replaced for free whenever needed. Ask Caroline or James at the class if you would like a set or let me know by email and we can arrange for a set to be left at Reception for you to pick up.

How do I join?

New comers need to fill out a Registration form and a brief medical history, we can send this via email or you can fill out a form on arrival.

If you would like to attend it would be very helpful if you could send me your full name, details so I can add you to the system in advance or give me a call on 07941074456 and I can take your details over the phone.

I hope the above is helpful and we look forward to welcoming you to a stronger fitter future!

Best Wishes,

Jenny, James and Caroline

