

# Inclusive fitness FAQs

**Q: Who is this session for?**

**A:** This session is ideal for those with mild to moderate learning needs who need extra guidance in an adapted gym environment above the age of 13.

**Q: How to book**

**A:** Contact Inclusion Officer phillip.sutton@lifeleisure.net by email. You will receive a reply with some questions on how to best support you/your child and have an 'Inclusive Membership' set up.

**Q: What is the aim of the session?**

**A:** To provide an opportunity for those with additional needs to build an exercise routine at their own pace and encourage them to work independently when possible.

**Q: When/where is it?**

**A:** The Inclusive Fitness time slot is between 12:45pm and 4:00pm on Saturdays in our gym at Houldsworth Village. This is the quietest time of the week at the gym. Welcome Sessions – 12:45pm - 1:30pm and 1:30pm - 2:15pm (your choice of which is more convenient)  
Inclusive Fitness session – 2:30pm - 4:00pm.

**Q: How does it work?**

**A:** We have the Welcome Sessions which are basically an in-depth induction with your own personalised, simplified exercise program. The Fitness Coaches will show you how to do each exercise and how to use your Inclusive Fitness booklet. Once you have finished the welcome sessions, you can then use the gym independently or with a carer/companion. We encourage you to do as many of the welcome sessions as you need, to either expand your fitness routine or to practice the exercises you were shown under a fitness coaches supervision and guidance. The Inclusive Fitness session 2:30pm - 4:00pm is just supervised by a coach who will give assistance when necessary (they are there to attend the gym space and not to individually coach during this time) the adaptations in environment and presence of a coach is what makes this session different.

**Q: Why is this different to other gym memberships/classes?**

**A:** The first 4 sessions are FREE. Meaning you have the opportunity to use these 4 free vouchers during the welcome sessions to get the most out of your personal training from the fitness coaches. Our Inclusive Fitness has a simplified and easy to understand booklet with a library of exercises and space for you to record your progress.

**Q: What adaptations have been made to cater to those with additional needs?**

**A:** We have a more thorough pre-booking process to ensure that you and the gym staff are best prepared for the session. Our Fitness Instructors have ongoing training to better understand individuals with additional needs. We have chosen the quietest time of the week in the gym for this session and have the option of turning the music down or off completely, if you would prefer. We also have signage up around the centre to make other gym users aware of this session.

**Q: What happens if I can't make it and need to cancel?**

**A:** We understand would appreciate if you could let us know the day before you aren't able to attend. By contacting reception at reception.houldsworth@lifeleisure.net or calling 0161 443 4090. If you have to cancel on the day please call as it is unlikely the email will be seen on a Saturday.

**Q: What are the next steps after the Welcome Sessions are completed?**

**A:** We would advise using all 4 free session vouchers for the Welcome Sessions, as it's an opportunity to get 4 in-depth inductions to either revise your original workout plan or expand on your catalogue of exercises each week. Once they are completed, you can either attend during the Inclusive Fitness session 2:30pm - 4:00pm, if you would like the same adaptations made in the gym and a Fitness Instructor supervising the session. Alternatively, you can look into a membership to use around our centres if you feel ready to enter the gym environment outside of the Inclusive Fitness time slot and even at other Life Leisure hubs.

