



Cambridgeshire
County Council



FREE COMMUNITY EXERCISE

FROM MAY 2023

CARE
TOGETHER

Supporting those over
65 to remain independent

MOBILE
FACILITY

PROFESSIONAL
TRAINERS

ON-GOING
SUPPORT

6 WEEK INITIATIVE

**BOOK
TODAY**



01487 208150
(Fitness Rush)



community
@fitnessrush.co.uk



Fenland Areas



STATE-OF-THE-ART

We use a range of modern equipment to ensure our workouts are inclusive and accessible to everyone.



TAILORED PROGRAM

We understand that every individual has different needs and goals, so our tailored planning ensures you achieve long term results.



SUSTAINED WELLBEING

Not only will we help everyone begin, enjoy and benefit from fitness but our ongoing support allows our participants to continue their journey after the initiative has finished.

www.fitnessrush.co.uk

CREATE A PROUD REFLECTION