Activity on Referral is a project to help people to **get more exercise**. It is to help you get fit and keep fit.

It means you might be able to save money and **pay less to use the gym**.

The staff at the gym will work with you for **12 weeks** to make sure you are getting the most out of it.

If you would like to join Activity on Referral please **contact your doctor’s surgery**.
You can join the project if you:

- Need to lose weight
- Are stressed or depressed
- Have Type 2 Diabetes
- Have problems with cholesterol
- Have had people in your family with heart disease
- Have problems with strength or mobility
- Are a new mother
- Are quitting smoking

To find out more about Activity on Referral, you can contact Jackie Browne at Northamptonshire Sport.

**Phone:** 01604 366455

**Email:** JBrowne@northamptonshire.gov.uk

**Website:**
http://www.activityonreferral.co.uk
Corby
Lodge Park Leisure Centre

01536 400033

Gym & Fitness Classes plus Swimming is available at Corby Pool

£10 to start

£2.90 per gym session or
£29.50 per month or
£15/month direct debit membership (3 months)

Reviews: £5
Corby
East Midlands International Pool

01536 464643

Gym, Swimming & Fitness Classes

£10 to start
£2.90 per gym session or
£29.50 per month or
£15/month direct debit membership (3 months)

Reviews: £5
Daventry
Reach for Health Exercise and Rehabilitation Centre

01327 871118

Gym sessions only

£10 to start

£20 joining fee with £4 per session or
£21 per month direct debit
Daventry
Moulton Sports Complex

01604 641604

Gym session only

£10 to start

£2.50 per session ‘pay as you go’
East Northants
The Pemberton Centre

01933 350324

Gym & Fitness Classes

£59.95 for 3 months or £2.50 per session
East Northants
The Nene Centre

01832 734090

Gym, Fitness Classes & Swimming

£59.95 for 3 months or
£2.50 per session
Kettering

Kettering Swimming Pool & Expressions Fitness & Health Club

01536 410253

Gym, Fitness Classes & Swimming

£2.30 per session for gym £1.75/session for swim or Direct Debit at £14.50 per month
Kettering
Desborough Leisure Centre & Expressions Fitness & Health Club
01536 7611239

Gym & Fitness Classes

£2.30 per session for gym or Direct Debit at £14.50 per month
Northampton
Danes Camp Leisure Centre

01604 402300

Gym & Swimming

£20 to start

£8.00 per session at peak time & £3.50 off peak

or

£19.95 per month Direct Debit for 3 months membership
Northampton
Lings Forum Sports Centre

01604 402300

Gym & Swimming

£20 to start

£8.00 per session at peak time & £3.50 off peak

or

£19.95 per month Direct Debit for 3 months membership
Northampton
The Mounts Baths

01604 402300

Gym & Swimming

£20 to start

£8.00 per session at peak time & £3.50 off peak

or

£19.95 per month Direct Debit for 3 months membership
South Northants
Brackley Leisure Centre and Swimming Pool

01280 701787

Gym, Fitness Classes & Swimming

£2.65 per session
or
£26.50 for 12 weeks
South Northants
Towcester Centre for Leisure

01327 322480

Gym, Fitness Classes & Swimming

£2.65 per session
or
£26.50 for 12 weeks
Wellingborough
Redwell Leisure Centre

01933 402045

Gym & Fitness Classes.

Swimming is available at the Waendel Leisure Centre

£2.60 per session or
£35 for 12 weeks