



Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** £3.80

 **Type:** Face to Face

Join our supervised gym sessions, a space for individuals with long-term illness or medical conditions to get support and advice to help improve physical, mental and social wellbeing.

Induction & exercise plan from fully qualified staff, we can also offer a full body composition review if required.

To obtain an exercise plan this must be booked in advance to ensure staff availability. The Induction & exercise plan is £5.00

Single gym session is £4.50, our Gymflexipass offers ten sessions for £38.00



[fitness](#) | [exercise](#) | [supervised gym session](#) |

[long-term illness](#) |

[physical activities](#)

Supervised Gym Sessions



 01912500166

 info@qfitgym.uk



The John Willie Sams Centre
Market Street
Dudley
Cramlington
England



<https://qfitgym.uk/supervised-gym-sessions/>

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