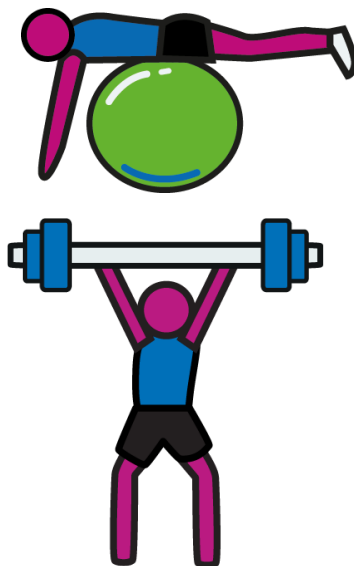




# The Gym

at Barnsley Recovery & Wellbeing College



## Welcome to the Gym at Barnsley Recovery & Wellbeing College

We are a small but fully equipped gym based at Barnsley Recovery College.

We believe physical fitness is very important for good physical and mental health wellbeing and our aim is to give individuals a greater understanding of how the body works with exercise and nutrition.

Through exercise, you will soon discover that this can enhance your physical and mental health, improve your quality of life and reduce the risk of serious health conditions.

Regular exercise helps you to control stress, feel better about yourself and is extremely important for your overall wellbeing.

### The Gym course

Our newly developed course is designed to get you moving and exercising more; it's twice weekly, with the offer of boxercise as a third class, with each session lasting one hour.

The course incorporates: -

- Basic nutrition advice.
- Anatomy and physiology knowledge.
- Home exercise techniques.
- Individual tailor-made programme.
- Weekly progression/programme sheets.

When you complete your enrolment, Lisa or Dale will discuss your options and allocate you a group time. This group time will be your allocated time every week until the course is complete.

All learners will be required to complete a ParQ assessment which will be completed by Dale or Lisa before you can start using the gym. A ParQ Assessment is a physical health tool which helps indicate what your fitness levels are and where to begin your journey. These are completed individually and are confidential.

After your induction, you'll receive a tailored made exercise plan which is constantly reviewed. You'll gain knowledge on how to perform exercises safely and correctly, whilst moving more, getting fitter and gaining knowledge of how your body works through exercise and nutrition.

We pride ourselves on empowering individuals to build learners confidence, encouraging move on to attend local gyms or activities once our course is complete. We ensure the service we're offering is sustainable and achievable in the community.

We aim for individuals to have fun, build relationships, and ascertain their own goals making positive changes for a healthier and happy future.

## Course Dates

Our **Mixed Gym** course starts week commencing **29 September 2025**. You will be allocated a day and time at your induction. It's a 16-week course.

Our **Ladies Only Gym** runs on Tuesday's and Thursday's, starting week commencing 29 September 2025. This is also a 16-week course.

## What our learners have said.....

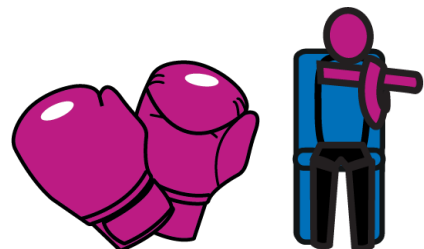
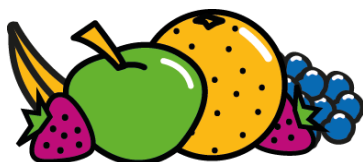
We are all enthusiastic about moving more and we've all felt and seen the benefits to our own mental health and wellbeing, but don't just take our word for it – read some of our learner's comments.

***“All staff at the College made me feel very welcome, they're very helpful, friendly and give constructive advice. The Gym has a nice atmosphere and everyone who attended was going through the same mental health issues as myself and it made me feel I wasn't alone in my struggles. I felt part of a team. I recommend the Gym, and all the College courses to anyone!”***

***“Physical activity is the key ingredient to keeping my mental health in check and it gives me a great sense of achievement”***

***“Exercise is something I'm in control of. When things are happening outside of my control I know I can always count on physical activity it makes me feel like I'm worth it, rejuvenated and like I've achieved something”***

***“The biggest pay off for me is feeling less alone and isolated. I've gained new friends and felt like it makes such a difference in my life in more than one way!”***





I have extensive knowledge around exercise and boxercise and I'm pleased to help and offer learners my expertise and knowledge on their own Health and Physical Wellbeing journey.

Exercise is something that has really helped my own personal recovery and continues to do so.

**I live by my motto “a healthy body promotes a healthy mind!”**