

The Sherwood Clinic

Physiotherapy • sports injuries • heart health • rehabilitation

NEW FITNESS & STAMINA CLASSES

If you have a back or muscular or joint pain and are unsure about the type of exercises to do and to stay fit, we have just the solution for you!

- In a purpose built rehabilitation gym environment, an assessment by an experienced physiotherapist will be carried out absolutely FREE!
- The exercise class will tailor for your condition and yet be very effective.
- All exercise classes will be led by a physiotherapist.
- An exclusive 25% discount offered when booked for the course (10 sessions).



NEW DAYTIME YOGA CLASSES

Achieve peace of mind with a fit body!

- HATHAYOGA discipline aimed to suit people with mixed abilities.
- The yoga class in a small group set up will tailor for your condition and yet be very effective.
- Led by a British Wheel of Yoga qualified instructor
- An exclusive 25% discount offered when booked for the course (10 sessions).