

Physical Activity Referral in Stockport (PARiS)



Pricing

Free of charge:

- PARiS consultation.
- PARiS on-going support.
- Select supervised specialist exercise classes (Long COVID, mental health).
- PARiS supervised gym sessions - one at each facility per week.
- Stay steady 6 month falls prevention programme =

Stay Steady | Life Leisure

- Online classes.
- Free home exercise plans.

Reduced rates:

- **HUB extra** PARiS d/debit = **£25 a month** (includes all classes, centres, and swimming everywhere)

Or

- **HUB** PARiS d/debit = **£21 a month** (only Stockport Sports Village, Houldsworth Village, Priestnall, Avondale and Grand Central Pools). This includes classes at the sites above and Swimming at Avondale and GCP only).

Classes:

- Casual gym visits **£3.60** or **£3.10** (with leisure key)
- Casual PARiS swim is **£2.60**
- Avondale is free all the time specifically for gym visits if they are eligible for a leisure key.

PARiS Journey

- Referral or self-referral.
- First consultation within 2-6 weeks of referral (telephone or site)
 - Discuss best pathway for referral (home, class, gym).
- PARiS Induction – first appointment.
- 6-week review of progress.
- 3-month review.
- 6-month review.

For more information and class details, visit:

<https://www.lifeleisure.net/exercise-referral/>

Or call: 0161 482 0900