

TRAINING AND ADVICE FOR THE PUBLIC

We currently offer a range of services from the final stages of rehabilitation through to conditioning for a specific activity.

These services are available within Hampshire and further afield.

Please call us on **01962 670001** to discuss your requirements.

PROFESSIONAL TRAINING FOR INSTRUCTORS

All of our courses and workshops are currently available. We can deliver any of the titles listed or agree bespoke content to meet your training needs.

We offer reasonable rates for individuals or up to groups of 10.

Training can be delivered at a place close and convenient to you or at a location in central Hampshire.

Please call us on **01962 670001** to discuss your requirements.

Please note: We have chosen to end our endorsement with REPs and as such our training cannot be used to earn REPs cpd points. We are in the process of amending our website to reflect this.