

Rejuven8 Physiotherapy



Physio Led Service

Swim Strong Classes



Why Rejuven8?

Our Swim specific strength & conditioning classes are designed to help improve core strength, increase flexibility & enhance performance in the water, using a variety of exercises & equipment.

Classes are run in a comfortable & warm environment in a new purpose built facility & are suitable for those who wish to improve their skills.

There's ample free parking & all equipment is provided.

**Now booking for
Feb 2019**

Classes held on **Tuesdays**

Time: 5:30pm-6:10pm

Next block of 5 sessions

26/02

05/03

12/03

19/03

26/03

Price: £60

For further information or
booking contact:
rejuven8physio@gmail.com

Address: Rejuven8 Physiotherapy, 5th Street, Stoneleigh Park, Kenilworth, CV8 2LZ.

Find us on Waze