



“BACK IN ACTION”

**NEW REHABILITATION CIRCUIT CLASS –
ideal for chronic long term back pain**



Each session will be a mixture of theory and a practical exercise. Gentle circuit sessions involving cardiovascular and strength.

Run by very experienced physiotherapist with small groups.

6 weeks Price: £60

Non clinical/hospital setting

Rayleigh House, 32 High Street, Bookham,

01372 458984

www.finefettle.org