

# DocSpot Activity Programme Tudor Grange Leisure Centre

Blossomfield Road, Solihull, B91 1NB. Tel: 0121 705 6371

## The DocSpot Journey

**Induction:** Your first appointment with a qualified exercise referral instructor to co-design your personalised 12-week physical activity programme.

**4 Week and 8 Week Reviews:** These are follow-up discussions with an instructor and include feedback on progress, update of physical activity programme & goals, additional advice & support.

**12 Week Final Review:** A full assessment & review of your time on DocSpot, including achievements and challenges, support and recommendations for maintaining physical activity.

**After completion:** A notification of discharge & feedback is sent to your referrer to keep them updated.

**Whilst taking part in DocSpot, the physical activity sessions are available at a cost of £4.20\* per session or £30.05\* per month (monthly direct debit only).**

\*Prices subject to change. Last updated March 2026.



**Your personalised 12-week physical activity programme can include any of the activities below. Your DocSpot instructor will recommend the most appropriate exercises suited to your needs and will let you know which exercise classes are unsuitable (if any).**

- **Gym Sessions:** The gym is available Mon-Fri: 7am-10pm and weekends: 8am-6pm, for you to take part in your personalised gym programme.
- **DocSpot Support Sessions:** If you need extra support, advice & programme updates from a GP referral instructor, ask reception to book you in for a DocSpot Support Session.
- **Swimming:** Available during all 'Public Swim' sessions.
- **Group exercise classes:** You can attend any of the centre's group exercise sessions, which includes walking sports, Good Boost, and water-based activities. For up-to-date class information and to book ask at reception or visit the Everyone Active website or App.

**Your instructor can also signpost you to other community activities to complement your activity programme. For example, there are free local walking groups and beginner cycling opportunities. More information can also be found at: <https://solihullonthemove.co.uk/get-moving/>**

### **Additional Information:**

- **Health:** If your health/medical conditions change or you feel unwell when participating in any of the activities please notify a member of staff immediately.
- **Hydration:** To get the most out of your workout drink plenty of water. Bring a water bottle for the gym water fountains.
- **Hygiene:** Please bring a hand towel with you and ensure equipment is wiped down after use.

