

HEALTHY LIFESTYLES SERVICES



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Lifestyles Health and Fitness
in Partnership with:



Welcome to Lifestyles Health and Fitness

Lifestyles is a fitness brand with a difference. Our aim is to make high-quality facilities available to everyone so we can all lead healthier lives.

Lifestyles operates a wide range of fitness facilities across CV Life's city-wide sites, including fitness suites, swimming pools, exercise studios and health suites.

Our instructors are friendly, approachable and strive to help achieve your goals. We prioritise offering opportunities to everyone and want as many people as possible to take part. That is why we keep our membership rates affordable.

As much as it is a chain of high-quality fitness facilities, Lifestyles is a holistic approach to your personal wellbeing and fitness. Pop into a Centre near you and we'll be happy to take you on a tour of our facilities.

MEET THE TEAM

Chris Panter

Head of Health & Wellbeing

Simon Blay

Health & Fitness Operations Manager

Gladness Manecka

**Healthy Lifestyles Programme
Coordinator**

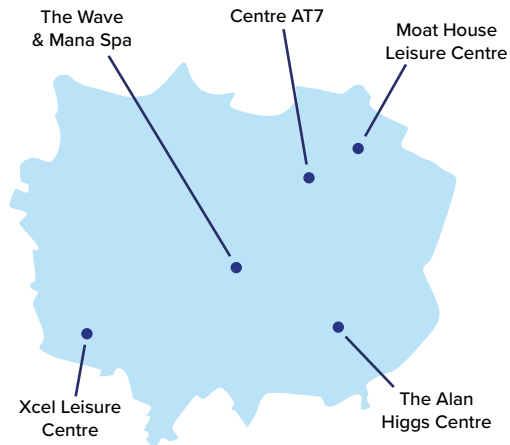
***For enquiries, contact us:
lifestyleshealth@cvlife.co.uk***

**Follow us @cvlifestyles on
Twitter, Facebook and Instagram**

HIGH QUALITY FACILITIES

Welcome to our citywide Lifestyles leisure facilities!

Amongst all of the fantastic sites, you'll find state of the art, Technogym, fitness suite machinery, both 50m and 25m swimming pools, sauna and steam rooms and a huge range of exercise classes including the world renowned Les Mills classes.



The Wave

New Union Street, Coventry, CV1 2PS

- Gym
- 25m Pool
- Classes
- Spin Studio



Centre AT7

Bell Green Road, Coventry, CV6 7GP

- Gym
- 25m Pool
- Steam
- Classes
- Sauna
- Jacuzzi



The Alan Higgs Centre

Allard Way, Coventry, CV3 1HW

- Gym
- 50m Pool
- Steam
- Classes
- Sauna
- Jacuzzi



Moat House Leisure and Neighbourhood Centre

Winston Avenue, Coventry, CV2 1EA

- Gym
- Classes



Xcel Leisure Centre

Mitchell Avenue, Coventry, CV4 8DY

- Gym
- 25m Pool
- Steam
- Classes
- Sauna
- Jacuzzi



Mana Spa

at The Wave, New Union Street, Coventry, CV1 2PS

- Treatments
- Spa Pool
- Steam
- 25m Pool
- Sauna
- Aromatherapy



A HEALTHIER YOU STARTS HERE



Did you know that on your journey with us our Healthy Lifestyles Coordinator will get you settled in at our state of the art sites.

Lifestyles offer a wide range of activities to place you on a fitter future and designated and skilled staff to assist you on your health journey.

Benefits may include designated sessions with one our team in an individual or group environment, these could range from an activity in the pool to one of our wellbeing walks.

Our Healthy Lifestyles Coordinator will meet you in person, take you through a tour of our centres and get you set up with your Lifestyles band and Technogym APP which will automatically log you into the machines and help track your movement. We are here to help you on your wellness journey to improve your health.



Download the Technogym app in IOS or Google Play App Stores.



WELLBEING CONSULTATION

We all want to know that we're as healthy as we can be and have a sense of what our body is made of when we're engaging with physical activity.

It's good to know that we can check up every now and then on our progress. This is where Lifestyles' wellbeing consultations come in. The Lifestyles wellbeing consultations offer you a friendly, helpful indication of your current health and fitness, as well as your full body composition. We'll measure your height, weight, and using our medically accredited TANITA device, provide a full body composition read-out. Finishing with your fitness goals and programmes, and further guidance on your fitness journey.

To book a wellbeing consultation, speak to one of our instructors in any of our centres or book your 'Body MOT' on the Technogym app.



NUTRITION

With our Healthy Lifestyles Membership for £15 per month, you can book nutrition advice and guidance with an instructor or get a 30% discount on a personalised plan with Diana Galindo, registered nutritionist based at the Mana Spa..

For more information, please contact:
lifestyleshealth@cvlife.co.uk

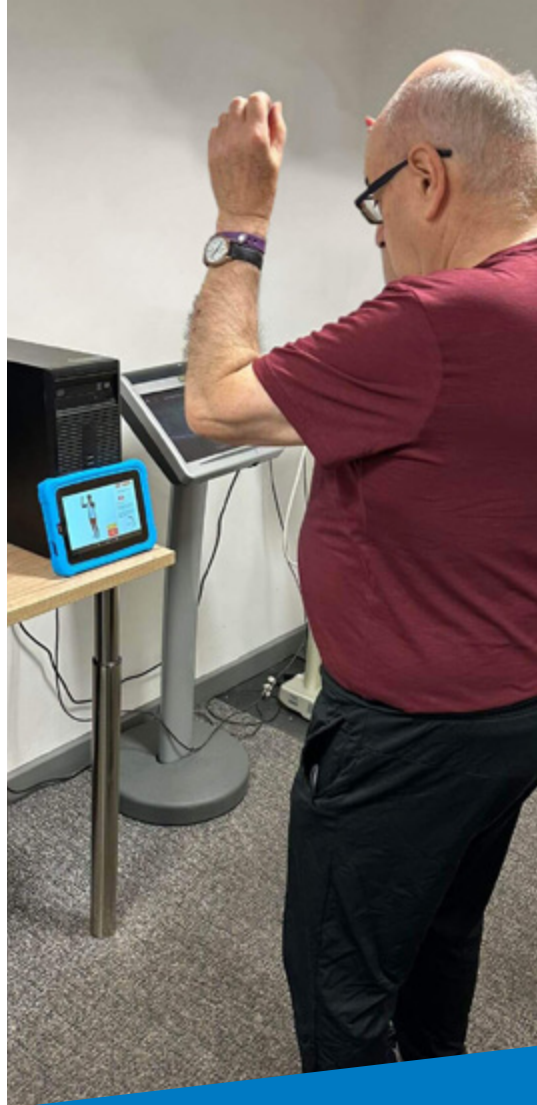
FIND ACTIVITIES THAT WORK FOR YOU

Getting active doesn't mean spending hours in the gym. Whether you are returning to exercise living with a health condition or simply looking to improve your wellbeing, we offer a range of activities suitable for all abilities.

From gentle classes and wellbeing walks to swimming and gym-based exercises, there is something to help you move with more confidence.

Our friendly instructors are here to support you every step of the way and help you find the activities that work best for you.

Not sure where to start? Here are some activities you can choose from, find the one that best matches your health needs, fitness level, and personal goals.



ACTIVITIES

Wellbeing Walk Group

Cardio - suitable for: Beginners

Various locations across Coventry

Walking is one of the simplest ways to improve your health. Join our friendly wellbeing walks to build confidence, stay active, and enjoy the company of others. Suitable for all fitness levels, our walks are held at various locations across Coventry and typically last around 1 hour.

Gently Does It

Cardio – Suitable for: Intermediate

The Alan Higgs Centre, Xcel Leisure Centre, Centre AT7

A fun, low intensity, low impact session designed to work your heart, muscles and increase flexibility, all in one easy to follow class designed to revitalise your body through exercise.

Tai Chi

Mobility, Flexibility & Balance – Suitable for: Beginners

Moat House Leisure and Neighbourhood Centre

Improve your balance, flexibility, and overall wellbeing with this gentle, low impact class. Using slow, flowing movements and controlled breathing, Tai Chi is suitable for all abilities and can help reduce stress while improving strength, coordination and confidence.

Aqua Yoga/ Pilates/Yoga

Mobility, Flexibility & Balance – Suitable for: Beginners to advanced

The Alan Higgs Centre, Centre AT7, Xcel Leisure Centre, Moat House Leisure and Neighbourhood Centre, The Wave

Whether you are new to exercise or looking to build strength and flexibility, we have a class to suit you. Aqua Yoga offers gentle, water-based movements ideal for beginners; Pilates focuses on core strength and posture, while Yoga provides a more challenging session to improve flexibility, balance and overall wellbeing.

Swimming

Cardio & Strength – Suitable for: all abilities

The Alan Higgs Centre, Centre AT7, Xcel Leisure Centre and The Wave

One of the best forms of exercise: low impact but great for the heart rate. It helps build muscle strength and endurance without putting huge pressure on your body.

Chair Fitness

Mobility – Suitable for: beginners

The Alan Higgs Centre, Xcel Leisure Centre

A fun, social seated exercise class designed to improve mobility, flexibility, and overall wellness. Enjoy gentle stretching and light exercises—all from the comfort of a chair. Wheelchair users are warmly welcome. Perfect for all levels!

For more information about our facilities, class timetables and more, visit: cvlifestyles.co.uk

For enquires:

Lifestyleshealth@cvlife.co.uk



PERSONALISED SUPPORT TO HELP YOU MOVE MORE

Everyone's health and fitness journeys are different. That's why we offer personalised exercise options designed to support you at your own pace. Whether you are managing joint

or muscle pain, returning to exercise, or looking for a simple way to build confidence in the gym, our technology supported programmes can help you move safely and independently.

GOOD BOOST



Your Personalised Rehabilitation Support At Centre AT7 and Xcel Leisure Centre

Good Boost is a personalised rehabilitation programme designed to help you improve movement, strength and confidence when managing musculoskeletal conditions. Using a tablet-based programme, your exercises are tailored around your symptoms, abilities and goals allowing you to progress at your own pace with support from our team.

Available as a 12-week programme from £35*, free for lifestyles members.

Once you finish your sessions, you'll be able to purchase a 6-month Lifestyles Membership for **ONLY £25 per month with unlimited use of facilities.** * *

*GoCV, GoCV+ and concession rates available.

****Complete a minimum of 10 sessions to be eligible**

“ I was unable to walk with my legs because I have severe pains in my back and legs. I couldn't even climb stairs, taken off my socks or enjoy daily activities until I went for therapeutic aqua aerobics classes! This helped reduce the pain in my joints so much, that I can now walk and have less pain. I now get to enjoy my daily activities with a lot of energy I gained.

Thanks so much to Gladness and also to the members of the swimming team who always assist me to get into the pool. So much happier now. ”

Maureen A

Attendee of Good Boost Sessions



GET THE MOST
FROM YOUR



BIOCIRCUIT

at Xcel Leisure Centre

BioCircuit is an easy-to-follow, technology assisted gym workout that guides you through a personalised circuit based on your goals and fitness level. The equipment automatically guides you through each exercise, helping you feel confident and supported while building strength, fitness, and healthy habits.

Available as a bolt-on or membership

Find out more by visiting:
www.cvlife.co.uk/biocircuit



HEALTH REFERRAL PROGRAMME

Supporting you to move more, build confidence and improve your health

At CV Life, we work alongside a range of partners to support people living with health conditions, recovering from illness or injury, or looking to return to activity and everyday life.

Through our referral programme, you will receive personalised support from our trained instructors to help you exercise safely, improve your wellbeing, and build long-term healthy habits.

How it works:

1. Referral from a partner organisation

You can be referred by your GP, physiotherapist, hospital team or another qualified professional who understands your needs.

2. Free consultation

We will meet with you to understand your health, your goals and what activities are most suitable for you.

3. Personalised programme

You will receive a tailored 12 sessions programme designed around your needs and functional goals.

Your programme may include:

- 1-to-1 rehabilitation sessions or aquatic therapy with a Level 3 qualified specialist instructor
- Gym induction and personalised exercise guidance
- Access to suitable group exercise classes and swimming
- Wellbeing walks across Coventry
- Supported group sessions where available

Our aim is to complement the support you receive from healthcare professionals and help you develop confidence, knowledge, and skills to continue being active independently.

At the end of your programme, you will receive personalised exercise recommendations and the option to continue your journey with a discounted membership starting from £15 per month.*

*Terms apply

HEALTH REFERRAL OFFER

12 sessions from £35 with your first session FREE*

*GoCV, GoCV+ and Concession rates available

Once you finish your sessions, you'll be able to purchase a membership from £15 per month.



WHO CAN WE SUPPORT?

MUSCULOSKELETAL (MSK) REHABILITATION

For people living with muscle, joint or bone conditions

If you are experiencing problems such as back pain, arthritis, joint pain, or recovering from an injury, exercise can play an important role in improving movement, strength, and confidence.

Our specialist instructors can support you to:

- Improve mobility and physical function
- Build strength safely
- Manage symptoms through appropriate exercise
- Return to activities that are important to you

We work alongside healthcare services to help you continue your recovery and develop confidence in managing your condition.

“

Gladness, part of the CV Life Lifestyles Team, interviewed me and **made a programme specific to my complex needs** (arthritis, carpal tunnel syndrome, post heart attack, pancreatitis and acute kidney disease). I had been nervous of attending gyms... **The programme gave me confidence**, especially the one to one sessions....

I would highly recommend the programme. ”

Rosemarie T.

referred to the GP referral scheme via the UHCW physiotherapy department

CARDIAC REHABILITATION

Supporting you to safely return to exercise after a heart condition or cardiac event

Exercise plays an important role in recovery after a cardiac event and can help improve strength, stamina, confidence, and overall wellbeing.

Our cardiac rehabilitation programme is delivered by Level 4 BACPR-qualified instructors and is designed to support you in safely rebuilding your fitness at your own pace.

The programme includes:

- 12 supervised group exercise sessions in a supportive environment
- A combination of cardiovascular exercise, light resistance training, mobility and stretching
- Guidance on how to continue exercising safely beyond the programme
- Access to wellbeing walks across Coventry

Sessions take place away from the main gym floor, providing a comfortable and supportive environment where you can build confidence alongside others with similar experiences.

Referral from your GP, cardiac rehabilitation team or healthcare professional is required.

Our specialist rehabilitation sessions are designed to support your recovery and complement the care you receive from your healthcare team. The aim is to help you build confidence and develop the skills to continue exercising independently.

CANCER REHABILITATION

Helping you regain strength, confidence and wellbeing during and after cancer treatment

Cancer treatment can affect energy levels, strength, confidence and everyday activities. Staying active through and after treatment can help support recovery and improve quality of life.

Our cancer rehabilitation programme is delivered by Level 4 qualified cancer rehabilitation instructors, providing safe and personalised support to help you gradually rebuild your fitness.

The programme includes:

- 12 supervised group exercise sessions in a supportive environment
- A combination of cardiovascular exercise, light weights, mobility exercises and stretching
- Exercise intensity based on your needs, treatment journey and goals
- Support to improve strength, stamina, confidence and independence

- Guidance on how to continue exercising safely beyond the programme
- Access to wellbeing walks across Coventry

We understand that treatment journeys are different for everyone. If you need to take a break due to treatment or changes in your health, we can support you in returning when appropriate.

Referral from your GP, specialist nurse or healthcare professional is required.

‘Patients who exercise regularly after Cancer treatment or Cardiac event have a better quality of life, lower risk of side effects, lower risk of cancer returning or further Cardiac event and generally survive longer.’
(Thomas et al, 2014),
(Lawler et al, 2011)

“Following breast cancer surgery I was advised to do some rehab classes. I thoroughly enjoyed the 12 weeks rehab run by Lisa at the Xcel Centre.

Following on from these I joined the Bio Circuit also at the Xcel. Bio circuit takes all the faff out of gym so it is very quick to pop in and do a 15 to 30 mins session without the need to do any equipment set ups.

I love doing a weekly body composition on their Tanita body analyser. It is nice to be able to do everything without the need for a personal trainer.”

Dympna
attendee of our programme



NEUROLOGICAL REHABILITATION

Supporting movement, confidence and independence after neurological conditions

Living with a neurological condition can affect strength, mobility, balance, and confidence. Staying active in a safe and supportive environment can help people maintain their abilities, improve fitness, and continue working towards their personal goals.

Through our partnership with the Coventry Community Integrated Neuro and Stroke Service (CINSS) and other organisations, we support people following neurological events, including stroke, to continue their rehabilitation journey within the community.

Our support can include:

- Individual gym-based sessions tailored to your abilities and goals
- Support to safely use gym equipment and build confidence with exercise
- Access to suitable group exercise classes to improve strength, balance and overall wellbeing

- A welcoming environment to continue your progress beyond clinical rehabilitation
- A space where specialist neuro physiotherapists can work with their patients in the community

We currently support people recovering from stroke and welcome referrals for individuals living with other neurological conditions, such as Parkinson's disease and multiple sclerosis, where our service can meet their needs. Our aim is to help you remain active, build confidence, and develop the skills to continue exercising independently.

Referral from a healthcare professional is required.

Our service helps bridge the gap between clinical rehabilitation and long-term physical activity, giving people the confidence and support to continue moving beyond their initial recovery.

“ We were able to get in early with a progressively high intensity program that has **led to our patient returning to work** – which, as a young adult, they were very keen to do – **and exceeding the required fitness test** in order to return to ‘active’ duty.

Our patient informed us they now feel fitter than before their neurological event.

This directly relates to our access to CVLife services. ”

David Virgo
Specialist Physiotherapist
at the Coventry and Warwickshire
Partnership Trust



RETURN TO WORK SUPPORT

Helping you build confidence and physical ability for returning to employment

Returning to work after illness, injury or a period of reduced activity can feel challenging. Our programme can support people referred through workplace health pathways by helping them improve:

- Strength and physical capacity
- Confidence with movement
- Fitness for everyday activities
- Ability to manage activity demands

We work with healthcare and employment partners to provide a supportive step towards returning to work.

Important information

Following your consultation, we may require medical clearance before starting the programme or recommend alternative support if your needs fall outside our specialist expertise.

For more information:
lifestyleshealth@cvlife.co.uk



MANA SPA

ONCOLOGY MASSAGE

Oncology massage is a form of massage treatment that can be adapted to individual needs. While it can be used on anyone, it's particularly beneficial for cancer patients because of its gentle, yet effective, approach and its ability to be adapted with your changing needs physically and emotionally, over the course of your cancer treatment.

**EXCLUSIVE OFFER FOR
REHABILITATION CLIENTS:
15% DISCOUNT
ON ONCOLOGY MESSAGES
AT MANASPA**



SPECIALIST GROUP EXERCISE CLASSES

Targeted support for specific health needs

Our specialist exercise classes are designed to support people experiencing specific health challenges. Delivered by qualified instructors, these sessions provide a safe and supportive environment to help you improve your movement, strength, confidence, and quality of life. You can access these classes through referral from a healthcare professional or by purchasing a 12-week programme. Free for Lifestyles members*

BACK PAIN REHABILITATION

Helping you move with confidence and manage back pain

Back pain can affect your movement, confidence, and ability to enjoy everyday activities. Our specialist back pain class uses evidence-informed exercise to help you safely improve strength, mobility and confidence in movement.

The programme can help you:

- Improve core and back strength
- Increase mobility and flexibility
- Build confidence with everyday movements
- Learn how to exercise safely while managing symptoms
- Develop strategies to support long-term back health

PELVIC FLOOR REHABILITATION

Supporting strength, confidence and pelvic health

Pelvic floor symptoms can affect people at different stages of life, including after pregnancy, surgery, or due to changes associated with ageing. Our specialist pelvic floor rehabilitation sessions provide a supportive environment to help you understand and strengthen your pelvic floor. The programme can help you:

- Learn how the pelvic floor works and why it matters
- Improve pelvic floor strength and control
- Support bladder and bowel confidence
- Improve core stability and movement
- Build confidence returning to exercise

Sessions are delivered in a supportive and respectful environment, with exercises adapted to your individual needs and goals.

Access:

- ✓ Healthcare professional referral
- ✓ 12-week programme available

Free for lifestyles members

WHEN ADDITIONAL MEDICAL SUPPORT MAY BE NEEDED BEFORE STARTING

Our Healthy Lifestyles programmes are designed to support people safely. Following your consultation, we may recommend medical clearance, additional support, or an alternative pathway if we feel this is needed to ensure your safety.

This may include:

Recent surgery, injury or acute illness

We may need to delay starting the programme if you have:

- Unhealed surgical wounds
- A current fever or acute illness
- An active foot problem, such as ulceration
- Significant pain, dizziness or excessive breathlessness during exercise

Heart and circulation conditions

Additional medical clearance may be required if you have:

- Unstable or uncontrolled angina
- New or uncontrolled heart rhythm problems (arrhythmias)
- Uncontrolled resting heart rate (tachycardia above 100 bpm)
- Unstable or acute heart failure
- Uncontrolled blood pressure (resting blood pressure above 180/100 mmHg)
- Significant changes in ECG results or a recent heart attack/acute cardiac event within the last 6 months
- Symptoms of low blood pressure, including significant drops in blood pressure during exercise
- Unstable or uncontrolled cardiovascular conditions

Neurological conditions and falls risk

Additional assessment may be required for:

- Recent stroke (within the last 3 months)
- Established cerebrovascular disease
- Older adults with a high risk of falls
- Frailty combined with osteoporosis and a history of fractures
- Severe cognitive impairment affecting ability to exercise safely

Respiratory and metabolic conditions

We may need further information or medical clearance for:

- Unstable diabetes
- Advanced diabetes requiring specialist management
- COPD, emphysema or other lung conditions associated with significant breathing limitations

Mental health and other health conditions

We may recommend further support if you have:

- An acute or uncontrolled psychiatric illness
- Any unstable or uncontrolled medical condition that may affect your safety during exercise

Age

- Participants must be 16 years or older to access the programme.

These criteria are used to ensure that we can provide the safest and most appropriate support. If we are unable to meet your needs, we will discuss this with you and signpost you to a more suitable service where appropriate.

FREQUENTLY ASKED QUESTIONS

WELLBEING WALKS

How much does it cost to attend the wellbeing walks?

The walks are free for everyone. You do not need to be a member to attend.

Are walking locations accessible by public transport?

Yes, our wellbeing walks take place in areas that are easy to reach by public transport. Full details and directions will be provided once you join.

Will the walking pace be suitable for me?

Yes! Our wellbeing walks are designed to be inclusive and welcoming for everyone, regardless of fitness level. Our walk leaders will match the pace of the slowest walker so no one is left behind! We do however require that you are able to walk at least 30 minutes continuously.

What should I wear?

We recommend wearing comfortable clothing suitable for the weather and walking boots.

CANCER/CARDIAC REHABILITATION SESSIONS

How can I get referred?

If you are an oncology patient, you can get referred through the MacMillan team based at the Cancer Information and Support Centre at the UHCW*.

If you are a cardiology patient, you will need to have completed your rehabilitation at the Atrium. You can ask your care team there to refer you.

*Speak to your GP if it's been over 6 months since your cardiac incident.

EXERCISE REFERRAL

How do I get started?

Simply ask your healthcare provider to refer you. Once referred, we'll invite you for a free consultation to create a tailored programme.

Where are the sessions held?

Sessions can be held at any of our centres. You'll be provided with full details during your consultation.

I am already a member, do I need to pay for the sessions?

You won't need to pay for the sessions. At the end of your programme you will be eligible for a change of contract and benefit from the discounted rate for 6 months.

What happens if I can only do specific times due to work or personal commitments?

We are flexible and can do sessions before 9AM or after 5PM, and on Saturday mornings.

Will I need medical clearance?

Depending on your condition, we may require medical clearance before starting the programme. This will be discussed during your consultation.

How long is each session?

Sessions typically last 45 minutes, but this may vary depending on the activity and your needs.

What if I can't swim or feel nervous in the water?

No problem! Our pools are shallow, and our instructors will support you at a pace that feels comfortable. If you're still unsure, we can discuss alternative activities better suited to your needs.

Are there female-only sessions available?

Yes, we offer female-only pool slots, and many of our classes are primarily attended by females and led by female instructors. We can plan your sessions accordingly to ensure you feel comfortable. Unfortunately, we do not have female-only sections in our gyms.

What happens after I complete the programme?

At the end of the 12-session programme, you'll receive tailored exercise recommendations and have the option to continue with a discounted membership.

How can I get more information?

For further details, you can email us at lifestyleshealth@cvlife.co.uk



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