



Exercise Classes

Croydon Health NHS Trust and Local independent instructors

- **Zumba:** Croydon Health Services NHS Trust
Tuesday 17:15-18:00, £18 for six classes
Wednesday 17:15-18:00, £18 for six classes
- **Pilates:** Croydon Health Services NHS Trust
Thursday 17:15-18:00, £24 for six classes

This is a great demonstration of the high level of interest shown by employees in taking part in low-cost, on-site sporting and physical activity opportunities. Here, it was necessary to break down some logistical barriers experienced in coordinating the workplace health initiative, however, the programme has proven to be, and continues to be, incredibly successful.

The Croydon Health Services NHS Trust site presented certain barriers to developing on-site sports and physical activities; the main hospital site is limited in terms of outside space suitable to run activities, and indoor facilities available to use are scarce.

"Pilates makes a huge difference to my quality of life – the timing of the class is also fantastic because being straight after work means no delays and no excuses for not going!"

"Have been to three Zumba classes so far. Great that they are straight from work as I am not very good at motivating myself once I get home ... week by week am able to keep up more."

"... joined the Zumba classes to help with my movement – I work at a desk for 8 hours a day and a Zumba class at the end of the working day is fantastic. I have enjoyed doing the classes with other staff at the beginning of the process whilst we are all at a similar level ..."

The payment structure agreed to be most effective due to the high demand, was for participants to pay an up-front fee for an initial 6 week programme. The cost was kept low, simply to cover the instructor's fee (£40/h for Pilates and 25/45mins for Zumba). The capacity of the classes was 12 and places were offered on a first come, first served basis; due to the particularly high and quick response to the Zumba class, a second class was set up.

Successes

- Opening up the opportunity for activities or initiatives in relation to workplace health to be delivered at the Lennard Road Community Health Centre site
- Linking the Trust up with two activity instructors
- Developing a delivery and payment process that works effectively
- The high demand for sporting and physical activity demonstrated

Recommendations

- Ascertain the level of interest for running activities prior to booking in sessions
- Collect money up front in 4-8 week blocks to manage demand and ensure commitment and secure payment for venue/coach.