

AMPFIT

fitness classes for amputees

Want to keep active, meet people and improve your walking?



Then why not take part in a weekly fitness class at Southsea Community Centre. If you have had an amputation and would like to stay active and keep in contact with people in a similar position to you then this is the group for you. The classes are aimed at any level of ability and can be done from a wheelchair. They are low intensity and fun. The group will be run by an experienced tutor and is dedicated to those who have suffered limb loss.



The fitness classes will take place every Thursday afternoon from 1.30p.m until 2.30 p.m. at Southsea Community Centre (see back of leaflet for information about the Centre and how to get there).

The cost of each session is £2.00 per person.

If needed, we can arrange transport to help you get to the Community Centre, but you must let us know at least a day beforehand.

If you are interested in coming along, then please ring the telephone number below. You will get a recorded message and will be able to leave your details so we can call you back. If you need transport, please ensure you provide details of your name, address (including post code) and telephone number.

Telephone AMPFIT on: 07538 801565

Friends, family members and carers are welcome to come along and watch or make use of the facilities at the Community Centre.

The fitness classes are supported by the Disablement Services Centre (DSC) at St Mary's Hospital, Portsmouth and funded by the Big Lottery Fund and Moving Forward (the User Group of the DSC).



Portsmouth Hospitals 
NHS Trust



Opening hours and contact

Monday to Friday from 9am to 10pm
Saturday from 9am to 4.30pm
Saturday evening and Sunday by arrangement
Lin Sharpe 023 9282 3895

Facilities and resources

Hall seating for 200
Rooms for 20 to 60 people available for activities, meetings and functions
Live music allowed
Cafe facilities
Photocopier

Access

Ground floor is wheelchair accessible including the hall and cafe
No lift to upper floor
Wheelchair accessible toilet
Office phone is available for use of the public for taxis and emergencies on request

