

We are looking for New Instructors for our Phase Four Cardiac Rehab exercise classes.

Could you be our next Phase Four Cardiac Rehab exercise instructor?

Are you looking to either expand on your training or gain experience to further your career by working with an existing network of trainers?

Are you looking for that feel good feeling of supporting your community for a few hours a week whilst adding to your income?

Our charity is looking to expand our classes and provide cover for existing venues which could be right for you.

If you currently have the National BACPR accreditation this is preferable however, we are willing to offer training to the right people to achieve this goal.

Pre COVID we were supporting 26 classes a week in Berkshire and aim to support our community to this level again going forward.

Apart from training we also support our Instructors with equipment and assist in finding suitable locations to service the NHS referrals we receive. In addition to this we will support you financially whilst building class numbers to a self-funding level.

This would be ideal for someone already in a Gym or training environment or someone with an interest in Cardiac Rehabilitation.

For more information or to apply contact Lynn at chairman@throbrehab.org.uk