

# LEISURE AND ACTIVE WELLBEING

Newsletter

---



## Looking for a new way to stay active? This month, we're exploring gym opportunities across the Forest of Dean.

Welcome to the June edition of our Leisure and Active Wellbeing Newsletter.

This month, we're highlighting the range of gym options available across the Forest of Dean.

Many of the gym providers have completed "Exercise on Referral" training, enabling them to support people with a range of health conditions and help them access the gym safely and effectively.

Whether you're looking for high-intensity exercise or a gentler way to stay active, there are plenty of options to choose from.

June 2026 / Issue # 2

### Spotlight on ...

---

#### **Rockets Health & Fitness Club**

*Supportive and welcoming training environment*

#### **Inclusive Fitness**

*Friendly, fully accessible gym, for all abilities*

#### **Freedom Leisure**

*Swimming pools, fitness studios, classes and more*

# Rockets Health & Fitness Club, Coleford

☑ Exercise on referral trained

Rockets Health and Fitness Club offers a welcoming and supportive training environment, with a wide range of equipment including free weights, resistance machines, cardio stations and a functional training area.

Whether someone is new to the gym or looking to build on their current routine, the club provides a space where people can work towards their health and fitness goals with confidence.

**For more information, visit the website:**  
[www.rocketshealthandfitness.com](http://www.rocketshealthandfitness.com) or call: 01594 834700



# Freedom Leisure

☑ Exercise on referral trained

With swimming pools, squash courts, fitness studios and gyms, Freedom Leisure centres in Lydney, Cinderford, Newent and Sedbury offer something for everyone, whatever your age, ability or fitness level.

There is also a fantastic choice of classes to help people get moving and have fun, including Les Mills classes, Arthritis Class, Cancer Rehabilitation, Kickstart, Aqua Aerobics, Swimming lessons and more.

For those living with a health condition, Freedom Leisure also offers a **Health Gym Membership** scheme. Referrals can be made by a health professional, and the scheme provides extra support to help people use the gym and leisure centre facilities with confidence, along with a concessionary rate.

Click on the links below for more information about each site:

[Lydney](#) [Cinderford](#) [Newent](#) [Sedbury](#)



# Inclusive Fitness, Bream

☑ Exercise on referral trained

Inclusive Fitness offers a fully accessible gym designed to support people of all abilities. With adapted equipment for both disabled and non-disabled users, it provides a welcoming, inclusive space where everyone can feel comfortable exercising.

The team support people with a wide range of health conditions and are passionate about helping people feel motivated, supported and confident in being active.

**For more information contact Gareth on 07943 393289.**



## Looking for more options? Here is a selection of other great gym facilities in the Forest of Dean ...

### Coleford

#### Fitzone

Forest of Dean Gymnastics & Fitness Centre, Five Acres,  
Coleford, GL16 7QW.  
01594 833393

#### Bells Hotel Gym

Bells Hotel and Country Club, Lords Hill, Coleford, GL16  
8BE.  
01594 832583

### Cinderford

#### Ironmasters

37 Foxes Bridge Road, Cinderford, GL14 2PQ.  
07507 857574

#### Frazer Montague Fitness

47 Foxes Bridge Road, Cinderford, GL14 2PQ.  
07765 213127

### Mitcheldean

#### Relentless

Building 9, Vantage Point, Mitcheldean, GL17 0DD.  
07818 593313

### Lydney

#### Fortitude

Unit 1 Old Farmers Stores Church Road, Lydney GL15  
5EX.  
07360 278781

#### Whitemead Forest Park Pool & Gym

Whitemead Forest Park, Parkend, GL15 4LA.  
01594 560400



Check out our [Leisure and Active Wellbeing Information Pack](#) for further information about  
Leisure and Active Wellbeing opportunities.

Or contact us on 01594 812447 / [community.wellbeing@fdean.gov.uk](mailto:community.wellbeing@fdean.gov.uk).