

# Oaksey House

## Gym Physio Sauna



### Kate Badger Physiotherapist

Kate is a qualified physiotherapist and specialist in sports medicine. She is in attendance in the Betfair Wing every **Tuesday and Thursday from 12 noon to 4.00pm**. Her assistant, Frankie Naylor, a qualified sports therapist, is in attendance every afternoon and evening, Monday – Friday.

### Gym and Sauna

**The Gym and 8 seat sauna** - are open from **8.30am to 8.30 pm, Mondays to Fridays** for regular use by licensed jockeys, apprentices, conditionals, amateurs, retired jockeys, work riders and anyone employed by a licensed trainer. It is well equipped and has two horse Simulators.

### Membership Fees

**The fee for membership of the gym & sauna is £100 pa.**

This includes help and advice from **Frankie Naylor** our full-time Gym Manager, a qualified sports therapist and personal trainer, who will complete a Health Questionnaire, formal Induction and gym programme.

For an additional fee of £30, Frankie will undertake consultations, conduct health and fitness



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