

**NEW  
6 WEEK COURSE**

**Saturday 9th September  
- Saturday 14th October  
17.00 - 18.00**

**£6  
only!**



**gymwise**  
*beginners gym courses*

**for 12 - 25 year olds with additional needs**

**Basingstoke Sports Centre** in partnership with Energise Me are running sessions for Children and Young Adults with additional needs. Sessions will be focused on functional and resistance based exercises which will help with everyday movement and co-ordination.

This will increase physical activity, introduce them to the gym environment and most importantly - participants will have fun!

**Book now with Sophie Hughes**  
on 01256 302205  
**mybst.org**

For more information please contact  
Sophie Hughes on **01256 302205** or email  
[sophie.hughes@mybst.org](mailto:sophie.hughes@mybst.org)