



basingstoke sports centre

# Family Pedal Course



**SATURDAYS**

**12.10 - 12.40**

**from 24th February to 24th March 2018**

**Suitable for children aged 12 years and up! (Min height 150cm)  
All children MUST be accompanied by an adult.**

Family Pedal is a fun 30 minute session designed for children & adults. Its a cardiovascular workout, focusing on strengthening legs, core and lower back, creating a safe fun exercise session for all abilities.

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

