



basingstoke sports centre

BOOK NOW!
at Reception on 01256 326331
Limited Spaces

**FREE
TASTER
SESSION**



Family Pedal Session

Saturday 2nd December

12.10 - 12.40

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

mybst.org