

Gymwise

Beginners Gym courses



at Basingstoke Sports Centre
for 12 - 25 Years olds

5 WEEK COURSE

SATURDAYS

27th April to 25th May

17.00 - 18.00

PRICE: £21.00

per course

BOOK NOW at Reception
on 01256 302230



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!

For more information contact
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