

gymwise

beginners gym courses

at Basingstoke Sports Centre

NEW 6 WEEK COURSE

Saturday 5th January-
Saturday 9th February

17.00 - 18.00

A circular badge with a purple border and a white background. The text '£24' is written in a large, bold, purple font, and 'per course' is written in a smaller, purple font below it.

£24
per course



for 12 - 25 year olds with additional needs

Basingstoke Sports Centre 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 at Reception
on 01256 326331
mybst.org

For more information please contact
Sally Starbuck on **01256 302219** or email
sally.starbuck@mybst.org