

# Gymwise

Beginners Gym courses (For 12 - 25 year olds)

at Basingstoke Sports Centre

## 6 WEEK COURSE



### EVERY SATURDAY

9th January 2021 -  
13th February

16:00 - 17:00

**£36.00**

**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!* Please remember to bring a mat.

For more information contact  
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