

Gymwise

Beginners Gym courses (For 12 - 25 year olds)

at Basingstoke Sports Centre



Saturdays

Term Time

15th Jan - 19th Feb

16:30 - 17:30

£36 6 WEEK
COURSE



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
Sally Starbuck
sally.starbuck@mybst.org

Registered Charity: 301731