

Gymwise

Beginners Gym courses
at Basingstoke Sports Centre
for 12 - 25 Years olds



PRICE:
£25.20

6 WEEK COURSE

SATURDAYS

15th June to
20th July

17.00 - 18.00

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!

For more information contact
Gary Burrow 01256 302210
gary.burrow@mybst.org

mybst.org