

Gymwise



Beginners Gym courses (For 12 - 25 year olds)

at Basingstoke Sports Centre

6 WEEK COURSE

EVERY SATURDAY

16.00 - 17.00

7th Nov - 12th Dec

£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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Registered Charity: 301731