

**NEW
7 WEEK COURSE**



basingstoke sports centre

**Saturday 3rd November -
Saturday 15th December
17.00 - 18.00**

**£28
per course**



gymwise
beginners gym courses

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 with Sophie Hughes
on 01256 302205
mybst.org

For more information please contact
Sophie Hughes on **01256 302205** or email
sophie.hughes@mybst.org