

gymwise

beginners gym courses

at Basingstoke Sports Centre

NEW 6 WEEK COURSE

Saturday 3rd November -
Saturday 8th December

17.00 - 18.00

A circular badge with a green border and a white background. Inside, the text '£24' is written in a large, bold, green font, and 'per course' is written in a smaller, green font below it.

£24
per course



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