

Gymwise

Beginners Gym courses (For 12 - 25 year olds)

at Basingstoke Sports Centre



Saturdays Term Time

11th Sept - 23rd Oct

16:30 - 17:30

(No sessions on 25th Sept & 2nd Oct)

£30 5 WEEK
COURSE

£6 PER SESSION

**1 hour Summer
Holiday Classes**

Saturday 14th Aug

Saturday 28th Aug

16:30 - 17:30



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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