

**NEW  
6 WEEK COURSE**



basingstoke sports centre

**Saturday 8th September -  
Saturday 13th October  
17.00 - 18.00**

**£24  
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](http://mybst.org)

For more information please contact  
Sophie Hughes on **01256 302205** or email  
[sophie.hughes@mybst.org](mailto:sophie.hughes@mybst.org)