

NEW
6 Week Course



basingstoke sports centre

speed focused work out bike
compete **JUNIOR**
saddle cyclist **PEDAL** time recreational goals
sport fun **COURSES** achieve
exercise try fast wheel energy
enjoy active **COURSES** fitness

Wednesdays

from 6th September - 11th October

15.45 - 16.30

For 12 -14 year olds
(Min height 150cm)

Junior Pedal is a fun 45 minute session designed for children. Its a cardiovascular workout, focusing on strengthening legs, core and lower back, creating a safe fun exercise session for children of all levels.



BOOK NOW!

at Reception on 01256 326331

for more information, please contact
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