



basingstoke sports centre

NEW JUNIOR PEDAL TASTER



Tuesday 30th May

16.00 - 16.30



For 12 -16 year olds
(Min height 150cm)

Junior Pedal is a fun 30 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.

for more information, please contact
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