

NEW
6 WEEK COURSE

**Saturday 4th March -
Saturday 8th April**
17.00 - 18.00

£6
only!



gymwise
beginners gym courses

for 12 - 25 year olds with additional needs

Basingstoke Sports Centre in partnership with Sport Hampshire & IOW 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