



NEW

5 Week Course

VISUALLY IMPAIRED GYM COURSE

EVERY THURSDAY

at Basingstoke Sports Centre
from 25th April to 23rd May

12.30 - 13.30

Price: £20.00

This Visually Impaired Course is suitable for anyone with a visual impairment. Sessions are supervised and are designed to increase cardiovascular fitness and improve strength.

**To book a space or for more information, please contact Gary Burrow on:
01256 302210 or email gary.burrow@mybst.org**

mybst.org