

NEW

6 Week Course

VISUALLY IMPAIRED GYM COURSE

EVERY THURSDAY

at Basingstoke Sports Centre

from 10th January to 14th February

12.30 - 13.30

Price: £24.00

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**