



NEW

6 Week Course

VISUALLY IMPAIRED GYM COURSE

EVERY THURSDAY

at Basingstoke Sports Centre

from 27th September to 1st November

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 Sophie Hughes on:

01256 302205 or email sophie.hughes@mybst.org

mybst.org