



NEW

6 Week Course

**VISUALLY IMPAIRED
GYM COURSE**

EVERY WEDNESDAY

at basingstoke sports centre

from

Wednesday 2nd May - Wednesday 6th June

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**