

**NEW**

**6 Week Course**

**VISUALLY IMPAIRED  
GYM COURSE**

**EVERY THURSDAY**

**at basingstoke sports centre**

**from**

**Thursday 14<sup>th</sup> June - Thursday 19<sup>th</sup> July**

**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](mailto:sophie.hughes@mybst.org)  
[mybst.org](http://mybst.org)**